

B.P.ED. SYLLABUS

EXISTING	PROPOSED
SEMESTER - I	SEMESTER - I
PC – 101 Track and Field: Running Field - Starting techniques: Standing start, Crouch start and its variation, Proper use of blocks. - Finishing Techniques: Run, Through, Forward lunging, shoulder shrug - Ground Marking, Rules and Officiating - Hurdles Fundamental Skills – Starting, Clearance and Landing Techniques Type of Hurdles Ground Making and Officiating. Relays: Fundamental Skill Various patterns of Baton Exchange Understanding of Relay Zones Ground Marking Interpretation of Rules and Officiating.	PC – 101 Track and Field Track Events: Sprints, Middle distance, Long distance, Hurdles, Relay and Walk (Any Three) - Starting techniques: Standing start and various Crouch start - Finishing Techniques: Run through, Forward lunging, shoulder shrug - Fundamental Skills of Hurdles: Start, Take off, Clearance and Landing - Relays: Various Techniques - Walk: Various Techniques
SEMESTER – II	SEMESTER – II
PC – 201 Track and Field Athletics: Jumping Events - High Jump (Straddle Roll) - Approach Run - Take Off - Clearance over the bar - Landing	PC – 201 Track and Field Field Events: Long Jump, Tripple Jump, High Jump and Pole Vault (Any Three) Basic Skills and techniques of the Jumping Events - Basic Stance - Approach Run - Take off - Action in the air/Clearance over the bar - Landing - Follow Through
SEMESTER – III	SEMESTER – III
PC 301 Track and Field (Throwing Events): Discuss Throw, Javelin, Hammer throw, shot-put (Any Three) - Basic skills and techniques of the Throwing events - Ground Marking/Sector Marking - Interpretation of Rule and Officiating - Grip - Stance - Release - Reserve/(Follow through action) - Rules and their interpretations and duties of Officials.	PC 301 Track and Field (Throwing Events) Field Events: Shot-put, Discuss Throw, Javelin, Hammer throw (Any Three) Basic skills and techniques of the Throwing events - Grip - Stance - Release - Reverse - Follow through
SEMESTER – IV	SEMESTER – IV
PC – 401 (Track and Field/Gymnastics/Swimming)	PC – 401 (Track and Field/Gymnastics/ Swimming)
	PC- 401 Track and Field Track and Field: Marking, Rules and Officiating of events studied in Semester I, II and III. Track and Field Marking

	- Rules of All the Events (Track and Field) - Officiating of All the events (Track and Field)								
	PC - 401								
	Gymnastics								
	<table border="1"> <thead> <tr> <th style="text-align: center;">For Boys</th><th style="text-align: center;">For Girls</th></tr> </thead> <tbody> <tr> <td> 1. Fundamental of Still Rings - Swings - Inverted hang hold - Tuck hold - Inverted pull ups - L position hold </td><td> 1. Fundamental of Balancing Beam - Toe Walk (Straight Leg) - Squat Walk - Toe Turn (180 degree) - Tuck Jump - T – Balance Hold </td></tr> <tr> <td> 2. Fundamental of Parallel Bars - Half Arm Swing - Support Arm Swing - L Sit position hold - Swing to dismount - Bac/front uprise </td><td> 2. Fundamental of Uneven Bars - Glide Swing - Mount from board (straight arm) - Cast (45 degree) - Upper Bar Swing - Back/front hip circle </td></tr> <tr> <td> 3. Fundamental of Pommel Horse - Weight Shifting - Amplitude Kicks - Straddle Swing - L Hold - Cisiors </td><td></td></tr> </tbody> </table>	For Boys	For Girls	1. Fundamental of Still Rings - Swings - Inverted hang hold - Tuck hold - Inverted pull ups - L position hold	1. Fundamental of Balancing Beam - Toe Walk (Straight Leg) - Squat Walk - Toe Turn (180 degree) - Tuck Jump - T – Balance Hold	2. Fundamental of Parallel Bars - Half Arm Swing - Support Arm Swing - L Sit position hold - Swing to dismount - Bac/front uprise	2. Fundamental of Uneven Bars - Glide Swing - Mount from board (straight arm) - Cast (45 degree) - Upper Bar Swing - Back/front hip circle	3. Fundamental of Pommel Horse - Weight Shifting - Amplitude Kicks - Straddle Swing - L Hold - Cisiors	
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	PC - 401								
	Swimming								
	Swimming: Fundamental Skills - Entry into the pool. - Developing water balance and confidence - Water fear removing drills. - Floating-Mushroom and Jelly fish etc. - Gliding with and without kickboard. - Introduction of various strokes - Body Position, Leg, Kick, Arm pull, Breathing and Co ordination. - Start and turns of the concerned strokes. - Introduction of Various Strokes. - Water Treading and Simple Jumping. - Starts and turns of concerned strokes. - Rules of Competitive swimming-officials and their duties, pool - specifications, seeding - heats and finals, Rules of the races.								
PC - 402	PC - 402								
Badminton	Badminton								
-	Aim / Outcomes: demonstrate grip, footwork, clear/drop/smash techniques, doubles formation, and on-court umpiring basics. Practical content & drills: Technique: serve types, clear, drop, smash, drives, net play. Footwork circuits: shadow drills, multi-direction movement. Tactical: doubles court coverage, singles movement patterns. Officiating: scoring system, service faults, let rules. Teaching/coaching tasks: micro-lessons on basic stroke progression and footwork.								

	Equipment & safety: rackets, shuttles, net; non-marking shoes; warm-up to prevent shoulder strain
PC - 402 Baseball	PC - 402 Baseball Aim/Outcomes: demonstrate batting, fielding, pitching/throwing fundamentals, base running, coaching basics and officiating (basic umpiring). Practical content & drills: • Throwing & catching mechanics, infield/outfield drills, batting technique (tee, soft toss, live pitching), pitching fundamentals (wind-up, release) -softball pitching if applicable. • Base running & sliding technique, relay throws, cut-off practice. • Game strategies: batting order, field alignment, situational plays. Teaching/coaching tasks: deliver micro-lessons on batting progression and on field drills; produce a coaching practice plan for a beginner squad. Equipment & safety: bats, gloves, helmets, bases, protective gear for catchers; strict helmet use for batters and base runners.
PC-402 Basketball	PC-402 Basketball Aim/Outcomes: demonstrate dribbling, passing, shooting, defensive footwork, set plays, and basic refereeing. Practical content & drills: • 1. Players stance, Ball Handling, Footwork. • 2. Skills: Dribbling, Passing, shooting, Rebounding, Layup. • 3. Tactical: Zone and Man to Man Defense, Pick and roll. • 4. Drill for all Skills and Tactics. • 5. Rule and their Interpretations, Court and its Specifications. • 6. Coaching lesson • 7. Officiating
PC-402 Cricket	PC-402 Cricket Cricket: Fundamental Skills • Batting-Forward and backward defensive stroke • Bowling-Simple bowling techniques • Fielding-Defensive and offensive fielding • Catching-High catching and Slip catching • Stopping and throwing techniques • Wicket keeping techniques session. • Teaching/coaching tasks: micro-lessons: batting technical correction and bowling accuracy session; design a nets schedule and a match-simulation Equipment & safety: nets, helmets, pads, gloves, stumps; concussion protocol, protective gear mandatory for batting and wicket keeping.
PC-402 Football	PC-402 Football Football: Fundamental Skills • Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick • Trapping-trapping rolling the ball, trapping bouncing ball with sole • Dribbling-With instep, inside and outer instep of the foot.

	• Heading-From standing, running and jumping. • Throw in • Feinting-With the lower limb and upper part of the body. • Tackling-Simple tackling, Slide tackling. • Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting
PC-402 Handball	PC-402 Handball Fundamental Skills • Fundamental Skill-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from Two Wings and Centre, Blocking Goal Keeping, Defense. • Rules and their Interpretations and Duties of officials.
PC-402 Hockey	PC-402 Hockey • Introduction to Fundamental grips of hockey • Hit (grip, back swing, contact, follow through) • Stopping (moving line of the ball, stopping the ball) • Push (Foot position, Placement of the stick, Follow through) • Rolling the ball • Dribbling the ball • Passing the ball (forward pass, square pass, triangular pass) • Scoop • Penalty shoot-out Skill penalty stroke • Rules and Regulation of the games • Duties of the officials • Score sheet filling • Umpiring Signals
Kabaddi PC-402	Kabaddi PC-402 Unit I-Revised Fundamental Offensive Skill in Kabaddi • Footwork Skills • Hand Touch • Kicks • Bonus • Code of conduct in kabaddi Unit-II Revised Fundamental Defensive Skill in Kabaddi • Ankle Hold • Thigh Hold • Knee Hold • Waist Hold • Block • Leg/Foot Catch Unit-III Advance offensive Skills in Kabaddi • Flying Hand Touch • Piston Kick • Lion Jump • Dubki • Scorpion Kick • Offensive Tactics Unit-IV Advance Defensive Skills in Kabaddi • Double Ankle Hold • Follow on Dash • Double Thigh Hold • Second Ankle Hold • Diving Back Hold • Defensive Tactics
Kho – Kho PC-402	Kho – Kho PC-402 The contents of Practical for Kho-Kho are as follows:- 1. Measurement of the field. 2. Equipment and specifications of equipments.

	3. Fundamental skills and lead up games. 4. Techniques, strategies and system of play. 5. Rules and regulations of the game/activity. 6. Officiating: - a. Duties of official b. Knowledge of score sheets c. Signals officiating technical equipment for officiating. • General skills of the game-Running, chasing, Dodging, Faking etc • Skills in chasing-Correct Kho, moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, tapping on the pole, Diving, Judgment in giving Kho, Rectification of Fou • Skills in Running-Zig zag running, Single and double chain, Ring play, rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills • Ground Marking Rules and their interpretations and duties of officials
PC-402 Netball	PC-402 Netball Aim/Outcomes: execute passing patterns, footwork rules, positional responsibilities and officiating. Practical content & drills: • Skills: chest and bounce passing, pivoting, landing technique, accurate shooting from shooting circle. • Tactical: zone defense, feeding into circle, 3-pass play. • Rules and Regulations. • Officiating: umpire signals, footwork rule enforcement. • Teaching/coaching tasks: micro-lessons on footwork & passing circuits; plan a session focused on circle play.
PC - 402 Softball	PC - 402 Softball Softball Fundamental Skills • Catching: one handed, two handed, with feet grounded, in flight. • Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, • Underarm, bounce, lob); two handed passes (push, overhead, bounce). • Footwork: landing on one foot; landing on two feet; pivot; running pass. • Shooting: one hand; two hands; forward step shot; backward step shot. • Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting • with change of speed. • Defending: marking the player; marking the ball; blocking; inside the circle; outside the • circle (that is, defending the circle edge against the pass in). • Intercepting: pass; shot. • The toss-up. • Role of individual players • Rules and their interpretations and duties of officials.
PC-402 Squash	PC-402 Squash Aim/Outcomes: racket control, shot selection (drive, drop, boast, volley), court movement and refereeing basics. Practical content & drills:

	• Technique: drives on forehand/backhand, length control, volleying. • Movement: split step, recovery to T-position, anticipation drills. • Tactical: shot sequences, press & lob. • Equipment & safety: enclosed court, eye protection recommended.
PC - 402 Tennis	PC - 402 Tennis Tennis: Fundamental Skills. • Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, • Slice grip. • Stance and Footwork. • Basic Ground strokes-Forehand drive, Backhand drive. • Basic service. • Basic Volley. • Over-head Volley. • Slice • Tactics-Defensive, attacking in game • Rules and their interpretations and duties of officials.
PC-402 Table Tennis	PC-402 Table Tennis Table Tennis: Fundamental Skills • The Grip-The Tennis Grip, Pen Holder Grip. • Service-Forehand, Backhand, Side Spin, High Toss. • Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick, Hit, Loop • Drive. • Stance and Ready position and foot work. • Rules and their interpretations and duties of officials.
PC-402 Volleyball	PC-402 Volleyball Volleyball: Fundamental Skills • Players Stance-Receiving the ball and passing to the team mates, • The Volley (Over head pass), • The Dig (Under hand pass). • Service. Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm • Rules and their interpretations and duties of officials. • Court Marking and Equipments

SEMESTER - I

PC – 101

Track and Field

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Track and Field	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in athletics.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in athletics,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Track Events: Sprints, Middle distance, Long distance, Hurdles, Relay and Walk (Any Three)

- Starting techniques: Standing start and various Crouch start
- Finishing Techniques: Run through, Forward lunging, shoulder shrug
- Fundamental Skills of Hurdles: Start, Take off, Clearance and Landing
- Relays: Various Techniques
- Walk: Various Techniques

SUGGESTED READINGS:

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
- Handbook-Rules and Regulation. International Athletic Federation (2010).
- Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1st ed., USA.
- Knight, T. and Troop, N., Sackville Illustrated Dictionary of Athletics, Jackvillie, 1988.
- Knight, T., Athletics, Backville Book, 1988
- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi

- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.
- Website: [World Athletics Home Page](#) | [World Athletics](#)

SEMESTER - II

PC – 201

Track and Field

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Track and Field	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in athletics.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in athletics,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Field Events: Long Jump, Tripple Jump, High Jump and Pole Vault (Any Three)

Basic Skills and techniques of the Jumping Events

- Basic Stance
- Approach Run
- Take off
- Action in the air/Clearance over the bar
- Landing
- Follow Through

SUGGESTED READINGS:

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.

- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
- Handbook-Rules and Regulation. International Athletic Federation (2010).
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- Knight, T. and Troop, N., Sackville Illustrated Dictionary of Athletics, Jackvillie, 1988.
- Knight, T., Athletics, Backville Book, 1988
- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.
- Website: [World Athletics Home Page](#) | [World Athletics](#)

SEMESTER – III

PC – 301

Track and Field (Throwing Events)

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Track and Field	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in athletics.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in athletics,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Field Events: Shot-put, Discus Throw, Javelin, Hammer throw (Any Three)

Basic skills and techniques of the Throwing events

- Grip
- Stance
- Release
- Reverse
- Follow through

SUGGESTED READINGS:

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
- Handbook-Rules and Regulation. International Athletic Federation (2010).

- Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1st ed., USA.
- Knight, T. and Troop, N., Sackville Illustrated Dictionary of Athletics, Jackvillie, 1988.
- Knight, T., Athletics, Backville Book, 1988
- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.
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SEMESTER – IV - 401

TRACK AND FIELD/GYMNASTICS/SWIMMING

SEMESTER – IV

PC- 401

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Track and Field	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in athletics.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in athletics,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Track and Field: Marking, Rules and Officiating of events studied in Semester I, II and III.

- Track and Field Marking
- Rules of All the Events (Track and Field)
- Officiating of All the events (Track and Field)

SUGGESTED READINGS:

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
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- Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1st ed., USA.

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- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
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- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.
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B.P.Ed. SEM - IV

PC- 401

Gymnastics

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Gymnastics	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Gymnastics.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Gymnastics,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

For Boys	For Girls
1. Fundamental of Still Rings a. Swings b. Inverted hang hold c. Tuck hold d. Inverted pull ups e. L position hold	1. Fundamental of Balancing Beam a. Toe Walk (Straight Leg) b. Squat Walk c. Toe Turn (180 degree) d. Tuck Jump e. T – Balance Hold
2. Fundamental of Parallel Bars a. Half Arm Swing b. Support Arm Swing c. L Sit position hold d. Swing to dismount e. Bac/front uprise	2. Fundamental of Uneven Bars a. Glide Swing b. Mount from board (straight arm) c. Cast (45 degree) d. Upper Bar Swing e. Back/front hip circle
3. Fundamental of Pommel Horse a. Weight Shifting b. Amplitude Kicks c. Straddle Swing	

d. L Hold	
e. Cisiors	

SUGGESTED READINGS:

- * Bompá O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY.
- * Brown(2009).How to Improve at Gymnastics. Crab tree Publishing Co., USA.
- * Code of Points Trampoline Gymnastics, Federation Int. De Gymnastics, 2005.
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- * Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya New Delhi.
- * JainR(2005).Play and Learn Gymnastics. Khel Sahitaya Kendra
- * Mitchell, D., Davis, B. and Lopez, R. (2002). Teaching Fundamental Gymnastics Skills. Human Kinetics, USA.
- * Price, R.G. (2006). The Ultimate Guide to Weight Training for Gymnastics. 2nd Ed. Sportsworlout. com.
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- * Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi. Stickland, L.R. (2008).
- * Stick land, L.R. (2008). Gender Gymnastics. Trans Pacific Press, Japan.
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol 1), Friends Publications (India), ISBN: 978-93-5978-893-7,
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
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B.P.Ed. SEM - IV

PC - 401

Swimming

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Swimming	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in swimming.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in swimming,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Swimming: Fundamental Skills

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

SUGGESTED READINGS

- * David J., Mathur M. (1994). "How to learn swimming in 30 days" UBS Publishers, New Delhi, India.
- * Jain. R. (2003). "Play and Learn Swimming" Khel Sahitya Kendra, New Delhi, India
- * Jain. D. (2003). "Swimming Skills & Rules" Khel Sahitya Kendra, New Delhi, India
- * Thomas, David G., (2005). "Swimming STEPS TO SUCCESS" Human Kinetics, U.S.A.
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol 1), Friends Publications (India), ISBN: 978-93-5978-893-7
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7
- * (U.K) Hardy, Colin (1987) "Handbook for the Teacher Of Swimming" Pelham books ltd., London

B.P.Ed. SEM - IV

PC - 402 Badminton

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Badminton	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Badminton.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Badminton,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Aim / Outcomes: demonstrate grip, footwork, clear/drop/smash techniques, doubles formation, and on-court umpiring basics.

Practical content & drills:

Technique: serve types, clear, drop, smash, drives, net play.

Footwork circuits: shadow drills, multi-direction movement.

Tactical: doubles court coverage, singles movement patterns.

Officiating: scoring system, service faults, let rules.

Teaching/coaching tasks: micro-lessons on basic stroke progression and footwork.

Equipment & safety: rackets, shuttles, net; non-marking shoes; warm-up to prevent shoulder strain

SUGGESTED READINGS:

- * Ashok Kumar, (2003) Badminton, New Delhi Discovery,.

- * Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- * Brahms Bernd-Voler. (2010). Badminton Handbook. Mayer & Mayer Sports: UK. Unit-II,III&IV-p-9-14.
- * Downey J (1990). How to Coach Badminton. Collins Pub, London.
- * Grice, T. (2007).Badminton: Stepsto Success. 2nd Ed.Human Kinetics, USA.
- * Narang, P. (2005), Play and Learn Badminton, Khel Sahitaya Kendra,.
- * Singh, MK. (2007). Comprehensive Badminton. Friends Pub. New Delhi. 5.
- * Singh, M.K., (2006) A to Z Badminton, New Delhi, Friends Pub.,.
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- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
- * Vanaik A.(2005). Playfield Manual, Friends Publication. New Delhi. 6.
- * Vanaik A.(2017). Officiating and Coaching, Friends Publication. New Delhi.

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PC - 402 Baseball

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Baseball	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Baseball.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Baseball,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Aim/Outcomes: demonstrate batting, fielding, pitching/throwing fundamentals, base running, coaching basics and officiating (basic umpiring).

Practical content & drills:

- Throwing & catching mechanics, infield/outfield drills, batting technique (tee, soft toss, live pitching), pitching fundamentals (wind-up, release) -softball pitching if applicable.
- Base running & sliding technique, relay throws, cut-off practice.
- Game strategies: batting order, field alignment, situational plays.

Teaching/coaching tasks: deliver micro-lessons on batting progression and on field drills; produce a coaching practice plan for a beginner squad.

Equipment & safety: bats, gloves, helmets, bases, protective gear for catchers; strict helmet use for batters and base runners.

SUGGESTED READINGS:

- ❑ Moneyball: Lewis, M. (2004). *Moneyball: The art of winning an unfair game*. W. W. Norton & Company.
- ❑ Baseball: Ward, G. C., & Burns, K. (1994). *Baseball: An illustrated history*. Knopf.

- ☐ The Boys of Summer: Kahn, R. (1992). *The boys of summer*. Harper Perennial.
- ☐ Playing for Keeps: Halberstam, D. (1999). *Playing for keeps: Michael Jordan and the world he made*. Broadway Books.
- ☐ Baseball in April and Other Stories: Soto, G. (2000). *Baseball in April and other stories*. Harcourt Brace.

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PC - 402

Basketball

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Basketball	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Basketball.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Basketball,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Aim/Outcomes: demonstrate dribbling, passing, shooting, defensive footwork, set plays, and basic refereeing.

Practical content & drills:

1. Players stance, Ball Handling, Footwork.
2. Skills: Dribbling, Passing, shooting, Rebounding, Layup.
3. Tactical: Zone and Man to Man Defense, Pick and roll.
4. Drill for all Skills and Tactics.
5. Rule and their Interpretations, Court and its Specifications.
6. Coaching lesson
7. Officiating

SUGGESTED READINGS:

1. Drewett, J. (2007) How to Improve at Basketball Crab Tree Publishing Co., USA
2. Jain Naveen (2003). Play and Learn BasketBall Khel Sahitya Kendra. New Delhi.
3. Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N.Delhi.

4. Sharma O.P. (2003) Basket Ball Skills and Rules, Kehl Sahitya Kendra Delhi.
5. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol 1), Friends Publications (India), ISBN: 978-93-5978-893-7,
6. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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PC-402 Cricket

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Cricket	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Cricket.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Cricket,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Cricket: Fundamental Skills

- Batting-Forward and backward defensive stroke
- Bowling-Simple bowling techniques
- Fielding-Defensive and offensive fielding
- Catching-High catching and Slip catching
- Stopping and throwing techniques
- Wicket keeping techniques session.
- Teaching/coaching tasks: micro-lessons: batting technical correction and bowling accuracy session; design a nets schedule and a match-simulation
- Equipment & safety: nets, helmets, pads, gloves, stumps; concussion protocol, protective gear mandatory for batting and wicket keeping.

SUGGESTED READINGS:

- * Amarnath M . (1996) Learn to Play Good Cricket. UBS Publishers New Delhi.
- * Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- * Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer MatchAnal A Systematic Approach to Improving Performance. Routledge Publishers, USA.

- * Cricket(2008). Sports Skills: Cricket Fielding (Know the Game).A &C Black Publishers.
- * Hobbs, J. (2008). The Game of Cricket A sit should be played. Jepson Press, USA. Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
- * Jain, R., (2003) Play and Learn Cricket, New Delhi: K.S.K,.
- * Kutty, S. K., (2003) Fielding Drills in Cricket, New Delhi: K.S.K,.
- * Rachna, (2002) Coaching Successfully: Cricket, Delhi: Sports,.
- * Rachna, Jain, (2005) Play & Learn Cricket, Khel Sahitya Kendra,.
- * Sharma, Prahlad, (2003) Cricket, Jaipur: Shyam Prakashan,.
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol 1), Friends Publications (India), ISBN: 978-93-5978-893-7,
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- * Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

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PC-402 Football

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Football	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Football.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Football,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Football: Fundamental Skills

- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
- Trapping-trapping rolling the ball, trapping bouncing ball with sole
- Dribbling-With instep, inside and outer instep of the foot.
- Heading-From standing, running and jumping.
- Throw in
- Feinting-With the lower limb and upper part of the body.
- Tackling-Simple tackling, Slide tackling.
- Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting

SUGGESTED READINGS:

- * Approach to Improving Performance. Routledge Publishers, USA.
- * Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA
- * N. Kumar, (2003) Play and Learn Football, New Delhi: K.S.K.,
- * Reilly, T. and J.C.D. Arau (2008). Science and Football V: The Proceedings of the 5th World Congress on Sports Science and Football, Volume 5.
- * Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
- * Sharma, O.P., (2001) Teaching and Coaching-Football, Delhi: Khel S.K.,

- * Thani, Yograj, (2002) Coaching Successfully Football, New Delhi: K.S.K.,
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol 1), Friends Publications (India), ISBN: 978-93-5978-893-7,
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PC-402 Handball

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Handball	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Handball.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Handball,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Fundamental Skills

1. Fundamental Skill-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and low, Attack and Counter Attack, Simple Counter Attack, Counter Attack From Two Wings and Centre, Blocking Goal Keeping, Defense.

2. Rules and their Interpretations and Duties of officials.

SUGGESTED READINGS:

- * Jain, D., Play & Learn Handball, New Delhi, Khel Sahitya Kendra, 2003.
- * Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- * Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics, USA.
- * Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers, USA.
- * Surhone, L.M. et.al, (2010). Team Handball. Betascript Publishing, USA
- * Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N.Delhi.
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol 1), Friends Publications (India), ISBN: 978-93-5978-893-7,
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PC-402 Hockey

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Hockey	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Hockey.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Hockey,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

1. Introduction to Fundamental grips of hockey
2. Hit (grip, back swing, contact, follow through)
3. Stopping (moving line of the ball, stopping the ball)
4. Push (Foot position, Placement of the stick, Follow through)
5. Rolling the ball
6. Dribbling the ball
7. Passing the ball (forward pass, square pass, triangular pass)
8. Scoop
9. Penalty shoot-out Skill penalty stroke
10. Rules and Regulation of the games
11. Duties of the officials
12. Score sheet filling
13. Umpiring Signals

SUGGESTED READINGS:

- * Delhi, Narang, P., (2003) Play & Learn Hockey, Khel Sahitya Kendra, New
- * International Hockey Federation, Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation.
- * Jain, D.,(2003) Hockey Skills & Rules New Delhi, khel Sahitya Kendra,.
- * Pecknold, R. and Foeste, A. (2009). Hockey: Essential Skills. McGraw Hills, USA.
- * Pecknold, R.andFoeste, A. (2009). Hockey: EssentialSkills. McGrawHills edition. Sterling Publishers, USA.
- * Singh, Hardayal. (1919).ScienceofSports Training.DVSPublication, N.Delhi
- * Thani Yograj., Coaching Successfully Hockey, Delhi, Sports Publication, 2002.
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- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,
- * Umpires. India, International Hockey Federation, 2003.
- * Vanaik A. (2017). Officiating and Coaching, Friends Publication. New D
- * Walter, R.and.Johnson, M. (2009). Hockey PlaysandStrategies.HumanKine
- * Wukovits, J.F.(2000). HistoryofHockey 1 "Ed. Lucent Books, USA.

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PC-402 Kabaddi

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Kabaddi	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Kabaddi.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Kabaddi,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Unit-Revised Fundamental Offensive Skill in Kabaddi

- Footwork Skills
- Hand Touch
- Kicks
- Bonus
- Code of conduct in kabaddi

Unit-II Revised Fundamental Defensive Skill in Kabaddi

- Ankle Hold
- Thigh Hold
- Knee Hold
- Waist Hold
- Block
- Leg/Foot Catch

Unit-III Advance offensive Skills in Kabaddi

- Flying Hand Touch
- Piston Kick
- Llon Jump

- Dubki
- Scorpion Kick
- Offensive Tactics

Unit-IV Advance Defensive Skills in Kabaddi

- Double Ankle Hold
- Follow on Dash
- Double Thigh Hold
- Second Ankle Hold
- Diving Back Hold
- Defensive Tactics

SUGGESTED READINGS

1. Kumar, Dharmander, (2018). Kabaddi and it's Playing Techniques. Writers Choice, New Delhi.
2. Kumar, Dharmander. (). Kabaddi Dynamics: Skill, Technics, Tactics & Science, Khel Sahitya Kendra,
3. Misra, S.C. (2007). Teach Yourself Kabaddi Sports Publications, New Delhi.
4. Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patlala Publisher
5. Rao EP (1994). Modern Coaching in Kabaddi .D.V.S.Pub
6. Singh, Hardayal. (1919). Science of Sports Training. OVS Publication, N. Delhi.
7. Syat, M. (2005). Kabaddi Teaching. Prerna Parkashan, New Delhi. 8. Vanajka A. (2017) Officiating and Coaching, Friends Publication. New Delhi.

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Kho – Kho C-402

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Kho-Kho	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Kho-Kho.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Kho-Kho,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

The contents of Practical for Kho-Kho are as follows: -

1. Measurement of the field.
2. Equipment and specifications of Equipments.
3. Fundamental skills and lead up games.
4. Techniques, strategies and system of play.
5. Rules and regulations of the game/activity.
6. Officiating: -
 - a. Duties of official
 - b. Knowledge of score sheets
 - c. Signals officiating technical equipment for officiating.

- General skills of the game-Running, chasing, Dodging, Faking etc
- Skills in chasing-Correct Kho, moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, tapping on the pole, Diving, Judgment in giving Kho, Rectification of Fou
- Skills in Running-Zig zag running, Single and double chain, Ring play, rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills
- Ground Marking

Rules and their interpretations and duties of officials

SUGGESTED READINGS:

- * Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- * Panday L (1982). Kho-Kho Sarvaswa. Metropolitan. New Delhi.
- * Singh, Hardayal.(2019).Science of Sports Training. DVS Publication, N. Delhi.
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol 1), Friends Publications (India), ISBN: 978-93-5978-893-7
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7
- * Vanaik A. (2005). Playfield Manual, Friends Publication. NewDelhi
- * Vanaik A. (2017). Officiating and Coaching, Friends Publication New Delhi

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PC-402

Netball

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Netball	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Netball.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Netball,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Aim/Outcomes: execute passing patterns, footwork rules, positional responsibilities and officiating.

Practical content & drills:

- Skills: chest and bounce passing, pivoting, landing technique, accurate shooting from shooting circle.
- Tactical: zone defense, feeding into circle, 3-pass play.
- Rules and Regulations.
- Officiating: umpire signals, footwork rule enforcement.
- Teaching/coaching tasks: micro-lessons on footwork & passing circuits; plan a session focused on circle play.

SUGGESTED READINGS

- * Netball: Shakespear, W. (2009). Netball: Steps to success (2nd ed.). Human Kinetics.
- * The History of Netball: Caldow, M. (2001). The history of netball. A&C Black.
- * Netball Skills & Drills”: Netball Australia. (2010). Netball skills & drills. Human Kinetics.
- * International Netball: All England Netball Association. (2008). International netball coaching manual. A&C Black.
- * Sport Fundraising Bass, J. D., & Brown, M. T. (2016). Sport fundraising: Dynamic methods for schools, universities, and youth sport organizations. Human Kinetics.
- * (Useful for national and international sports organization studies including netball.)

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PC - 402

Softball

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Softball	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Softball.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Softball,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Softball Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, Underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials

SUGGESTED READINGS

- * Softball Skills & Drills: Garman, J. (2017). Softball skills & drills (3rd ed.). Human Kinetics.
- * The Softball Coaching Bible: National Fastpitch Coaches Association. (2014). The softball coaching bible (Vol. II). Human Kinetics.
- * Softball Fundamentals: Joyce, J., & Palermini, J. (2010). Softball fundamentals: A better way to learn the basics. Human Kinetics.
- * Complete Conditioning for Softball: Hedrick, A. (2003). Complete conditioning for softball. Human Kinetics.
- * Take Me Out to the Ball Game: McKissack, P. C., & Carrilho, E. (2000). Take me out to the ball game. Simon & Schuster.

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PC-402 Squash

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Squash	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Squash.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Squash,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Aim/Outcomes: racket control, shot selection (drive, drop, boast, volley), court movement and refereeing basics.

Practical content & drills:

- Technique: drives on forehand/backhand, length control, volleying.
- Movement: split step, recovery to T-position, anticipation drills.
- Tactical: shot sequences, press & lob.
- Equipment & safety: enclosed court, eye protection recommended.

SUGGESTED READINGS

- * Squash: Khan, J. (1986). Squash. Stanley Paul.
- * The Complete Book of Squash: Garman, D. P. (1998). The complete book of squash. Ward Lock.
- * Squash: Skills, Techniques, Tactics Yarrow, P. (2001). Squash: Skills, techniques, tactics. Crowood Press.
- * Successful Squash: Hashman, J., & Elliott, J. (2003). Successful squash. Human Kinetics.
- * World Squash Federation Rules of the Game
World Squash Federation. (2024). *Rules of squash*. World Squash Federation.

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PC - 402

Tennis

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Tennis	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Tennis.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Tennis,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Tennis: Fundamental Skills.

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip,
- Slice grip.
- Stance and Footwork.
- Basic Ground strokes-Forehand drive, Backhand drive.
- Basic service.
- Basic Volley.
- Over-head Volley.
- Slice
- Tactics-Defensive, attacking in game
- Rules and their interpretations and duties of officials.

SUGGESTED READINGS

- * Tennis Anatomy: Roetert, E. P., & Kovacs, M. (2011). Tennis anatomy. Human Kinetics.
- * The Inner Game of Tennis
Gallwey, W. T. (2008). The inner game of tennis: The classic guide to the mental side of peak performance (Rev. ed.). Random House.
- * Tennis Skills & Drills: United States Tennis Association. (2004). Tennis skills & drills. Human Kinetics.
- * Championship Tennis: Giampaolo, F. (2013). Championship tennis. Human Kinetics.
- * ITF Rules of Tennis: International Tennis Federation. (2024). Rules of tennis. International Tennis Federation.

B.P.Ed. SEM - IV

PC-402

Table Tennis

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Table Tennis	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Table tennis.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Table tennis,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Table Tennis: Fundamental Skills

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick, Hit, Loop
- Drive.
- Stance and Ready position and foot work.

Rules and their interpretations and duties of officials.

SUGGESTED READINGS

- * Burn B. (1979) "The Science of Table Tennis" S. Chand & Company Ltd., N. Delhi.
- * Jain D. (2001) "Teaching & Coaching Table Tennis" Khel Sahitya Kendra, Delhi.
- * Jain D. (2003) "Table Tennis skills & Rules" Khel Sahitya Kendra, N. Delhi.
- * Singh, Hardayal. (1919). Science of Sports Training. DVS Publication, N. Delhi. 4.
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol 1), Friends Publications (India), ISBN: 978-93-5978-893-7
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7
- * Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

B.P.Ed. SEM - IV

PC-402

Volleyball

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Volleyball	4	0	0	4	Nil	Nil

Learning Objective: - The learner will be able to use the knowledge of the sports and will have a command of the basic and advanced rules and regulations of marking the sports related field and conducting a tournament.

Learning Outcome:

After completing the course, the students will be able to:

- Demonstrate the various skills of the sports efficiently
- Understand the concept of officiating and coaching in Volleyball.
- Fulfill duties of official in general, pre-, during and post-game
- Follow the ethics of officiating in Volleyball,
- Identify Eligibility rules of intercollegiate and inter-university tournaments as well as Integrity and values of sports
- Demonstrate high level of fitness by participating in given sports.

Volleyball: Fundamental Skills

- Players Stance-Receiving the ball and passing to the team mates,
- The Volley (Over head pass),
- The Dig (Under hand pass).
- Service. Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm
- Rules and their interpretations and duties of officials.
- Court Marking and Equipment.

SUGGESTED READINGS:

- * American Volleyball Coaches Association (2005). Volleyball: Skills Drills. Human Kinetics, USA.
- * Bompa O. Tudor and Halff G. Gregory. (2009) Periodization Theory and Methodology of Training Human kinetics. NY.
- * Kenny, B. and Gregory, C. (2006). Volleyball: Steps to Success. Human Kinetics, USA
- * Scates, A. and Linn, M. (2002). Complete Conditioning for Volleyball. Human Kinet
- * Shondell, D. and Reynaud, C. (2002). The Volleyball Coaching Bible. Human Kinetin
- * Singh, Hardayal. (2019). Science of Sports Training. DVS Publication N. Delhi.
- * The National Alliance for Youth. Sports (2009). Coaching Volleyball For D Publishers, USA.
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol 1), Friends Publications (India), ISBN: 978-93-5978-893-7
- * Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7
- * Volleyball, USA (2009). Volleyball: Systems and Strategies. Human Kinetics, US
- * Vanaik A. (2017). Officiating and Coaching, Friends Publication New Delhi

SCHEME OF EXAMINATION SEMESTER - I

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-101	History, Principles and foundation of Physical Education	30	70	100
CC-102	Anatomy and Physiology	30	70	100
CC-103	Health Education and Environmental Studies	30	70	100
EC-101/102	Olympic Movement/Officiating and Coaching (Elective)	30	70	100
	<u>PRACTICAL (400)</u>			
PC-101	Track and Field (Running Events)	30	70	100
PC-102	Swimming/Gymnastics/Shooting	30	70	100
PC-103	Indigenous Sports: Kabaddi/ Malkhambh/ lezim / March past (Any of one out of these)	30	70	100
PC-104	Mass Demonstration Activities: Kho-Kho / dumbbells / tipri / wands / hoop /umbrella (Any one out of these)	30	70	100
	Total	240	560	800

SEMESTER -II

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-201	Yoga Education	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	30	70	100
CC-203	Organization and Administration	30	70	100
EC- 201/20 2	Contemporary issues in physical education, fitness and wellness/ Sports Nutrition and Weight Management (Elective)	30	70	100
	<u>PRACTICAL (300)</u>			
PC-201	Track and Field (Jumping Events)	30	70	100
PC-202	Yoga/Aerobics / Swimming / Gymnastics (Any of the two out of these)	30	70	100
PC-203	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these)	30	70	100
	<u>TEACHING PRACTICE (100)</u>			
TP-201	Teaching Practice (Classroom and outdoor)	30	70	100
	Total	240	560	800

SEMESTER –III

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-301	Sports Training	30	70	100
CC-302	Computer Applications in Physical Education	30	70	100
CC-303	Sports Psychology and Sociology	30	70	100
EC-301/302	Sports Medicine, Physiotherapy and Rehabilitation/Curriculum Design (Elective)	30	70	100
	<u>PRACTICAL (300)</u>			
PC-301	Track and Field (Throwing Events)	30	70	100
PC-302	Combative Sports : Martial Art, Karate, Judo, Fencing, Boxing, Taekwondo, Wrestling (Any two out of these)	30	70	100
PC-303	Team Games: Baseball, Cricket, Football, Hockey, Softball, Volleyball, Handball, Basketball, Netball (Any two of these)	30	70	100
	<u>TEACHING PRACTICE (100)</u>			
TP-301	Teaching Practice (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports)	30	70	100
	Total	240	560	800

SEMESTER -IV

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (400)</u>			
CC-401	Measurement and Evaluation in Physical Education	30	70	100
CC-402	Kinesiology and Biomechanics	30	70	100
CC-403	Research and Statistics in Physical Education	30	70	100
EC-401/402	Theory of sports and games(Specifically sports and games specialization)/Sports Management (Elective)	30	70	100
	<u>PRACTICAL (200)</u>			

PC-401	Track and Field/Swimming /Gymnastics (Any of one out of these)	30	70	100
PC-402	Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	30	70	100
	<u>TEACHING PRACTICE (200)</u>			
TP-401	Sports Specialization: Coaching lessons Plans Track and Field/Swimming /Gymnastics (Any of one out of these)	30	70	100
TP-402	Game specialization Coaching lessons: Kabaddi/ Kho-Kho/ Baseball/ Cricket/Football/Hockey /Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	30	70	100
	Total	240	560	800