## CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR, U.P. DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS B.P. ED. TWO YEARS PROGRAMME (FOUR SEMESTERS) (July 2015 Onwards) REVISED COURSE STRUCTURE <u>Semester - 1</u>

	Par	t A: Theo	retical Co	ourse		
	Title of the					
Course	Papers			Internal	External	Total
Code				Marks	Marks	Marks
		Core Co	ourse			
CC-101	History, Principles and					100
	foundation of Physical			20	80	100
	Education					
CC-102	Anatomy and Physiology			20	80	100
CC-103	Health Education and			20	80	100
	<b>Environmental Studies</b>					
	Elec	ctive Cours	e (Anyon	e)		
EC-101	Olympic Movement			20	80	100
EC-102	Officiating and Coaching					
	Pa	rt-B Practi	cal Cours	e		
PC-101	Track and Field (Running			20	80	100
	Events)					
PC-102	Swimming/Gymnastics/			20	80	100
	Shooting					
PC-103	Indigenous Sports:					
	Kabaddi, Kho-Kho			20	80	100
PC - 104	Mass Demonstration					
	Activities:					
	Dumbbells,			20	80	100
	Tipri, wands, hoops,					
	Umbrella, lezium,					
	march pass etc.	<u> </u>				
	Total			160	640	800

	Semester - II	
--	---------------	--

	Par	t A: Theo	retical Co	urse		
Course	Title of the Papers	Total	Credit	Internal	External	Total
Code		Hours		Marks	Marks	Marks
		Core C	ourse			
CC-201	Yoga Education			20	80	100
CC-202	Educational Technology					
	and Methods of Teaching			20	80	100
	in Physical Education					
CC-203	Organization and			20	80	100
	Administration					
	Elec	tive Cours	se (Anyone	e)		
EC-201	Contemporary issues in					
	physical education,					
	fitness and wellness			20	80	100
EC-202	Sports Nutrition and					
	Weight Management					
	Par	t-B Practi	cal Course	9		
PC-201	Track and Field			20	80	100
	(Jumping Events)					
PC-202	Yoga/Aerobics/			20	80	100
	Gymnastics/ Swimming					
	(any two of these)					
PC-203	Racket Sports:		_	_		
	Badminton/ Table Tennis/			20	80	100
	Squash/Tennis					
	(Any two of these)					
	Part	– C Teac	hing Prac	ctice		
TP - 201	Teaching Practices					
	(05lessons in class room			20	80	100
	teaching and 05 lessons in		[[	- 20	00	100
	Outdoor activities from PC201, 202 & 203 as above under practical course of II sem.)					
	Total			160	640	800

	Par	t A: Theoretic	al Co	urse		
Course	Title of the Papers			Internal	External	Total
Code				Marks	Marks	Marks
		Core Cours	е			
CC-301	Sports Training			20	80	100
CC-302	Computer Applications in .			20	80	100
	Physical Education		_			
CC-303	Sports Psychology and			20	80	100
	Sociology					
		tive Course (A	nyone	)		
EC-301	Sports Medicine,					
	Physiotherapy and		_	20	80	100
	Rehabilitation		•	20		100
EC-302	Curriculum Design					
	Par	t-B Practical C	Course			
PC-301	Track and Field			20	80	100
	(Throwing Events)					
PC-302	Combative Sports:					
	Martial Art/ Karate/ Judo/					
	Fencing/ Boxing/			20	80	100
	Taekwondo/ Wrestling					
	(Any two out of these)					
PC-303	Team Games: Baseball/					
	Cricket/ Football/ Hockey/.					
	Softball/ Volleyball/		_	20	80	100
	Handball/ Basketball/					
	Netball (Any two of these)					
	Part	– C Teaching	a Prac	tice		
	Teaching Practice:					
	(Teaching Lesson Plans)					
	Games from PC 301, 302					
	and 303 as mentioned					
	under practical course of				0.0	400
TP – 301	III Sem.			20	80	100
	(out of 10 lessons 5					
	internal and 5 external at					
	practicing school)					
	Total			160	640	800

		<u>Semester</u>	<u>- IV</u>			
	Par	t A: Theor	etical Co	urse		
Course	Title of the Papers			Internal	External	Total
Code				Marks	Marks	Marks
		Core Co	ourse			
CC-401	Measurement and				00	100
	Evaluation in Physical			20	80	100
	Education					
CC-402	Kinesiology and			20	80	100
	Biomechanics					
CC-403	Research and Statistics in			20	80	100
	Physical Education					
		ctive Course	e (Anvone)			
EC-401	Theory of sports and					
	games			20	80	100
EC-402	Sports Management					
	· · · · · ·	rt-B Practic	al Course			
PC-401	Track and Field /					
	Swimming / Gymnastics		F	20	80	100
	(Any one out of three)					
PC-402	Kabaddi & Kho-Kho/		•			
	Baseball/ Cricket/					
	Football/Hockey/Softball/					
	Volleyball/ Handball/					
	Basketball/ Netball/			20	80	100
	Badminton/ Table Tennis/			20		100
	Squash/ Tennis					
	(Any Two of these)					
	Part	– C Teach	ning Practi	се		
	Sports Specialization					
TP-401	(Individual Sports):					
16-401	Coaching lesson Plans					
	Swimming /Gymnastics		1			
	(Any of one out of these)			20	80	100
	(5 lessons)					
TP-402	Game specialization (Team			20	00	100
	Games) Coaching lesson: Kabaddi & Kho-			20	80	100
	Kho/Baseball/ Volleyball/					
	Kho/Baseball/ Volleyball/ Handball/Basketball/ Nathall/Basketball/			160	640	800
	Netball/Badminton/ Table Tennis/Squash/ Tennis			640	2560	3200

## **SCHEME OF EXAMINATION**

	<u> </u>		
Subject	Internal	External	Total
-			Marks
THEORY (400)			
History, Principles and foundation of Physical	20	80	100
Education			
Anatomy and Physiology	20	80	100
Health Education and Environmental Studies	20	80	100
	20	80	100
		-	
			100
Swimming/Gymnastics/Shooting			100
Indigenous Sports: Kabaddi/Kho-Kho	20	80	100
		- II	
(Any of one out of these)	•		100
	20	80	100
	160	640	800
<u>SEMESTER -II</u>			
Subject	Internal	External	Total
			Marks
THEORY (400)			
	20	80	100
	20	80	100
Organization and Administration	20	80	100
	20	80	100
· · · · ·			
Two also and Elald ( human in a Elizanta)	•	00	100
Track and Field (Jumping Events)	20	80	100
Track and Field (Jumping Events)   Yoga/Aerobics / Swimming / Gymnastics	20 20	80	100
Yoga/Aerobics / Swimming / Gymnastics (Any two out of these)	20		100
Yoga/Aerobics / Swimming / Gymnastics (Any two out of these) Racket Sports:			
Yoga/Aerobics / Swimming / Gymnastics (Any two out of these)	20	80	100
Yoga/Aerobics / Swimming / Gymnastics (Any two out of these) Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these)	20	80	100
Yoga/Aerobics / Swimming / Gymnastics (Any two out of these) Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these) <u>TEACHING PRACTICE (100)</u>	20	80	100
Yoga/Aerobics / Swimming / Gymnastics (Any two out of these) Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these) <u>TEACHING PRACTICE (100)</u> Teaching Practice (5 lesson Classroom and 5	20	80	100
Yoga/Aerobics / Swimming / Gymnastics (Any two out of these) Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these) <u>TEACHING PRACTICE (100)</u> Teaching Practice (5 lesson Classroom and 5 lesson outdoor) Track and Field (jumping	20	80	100
Yoga/Aerobics / Swimming / Gymnastics (Any two out of these) Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these) <u>TEACHING PRACTICE (100)</u> Teaching Practice (5 lesson Classroom and 5 lesson outdoor) Track and Field (jumping events) yoga/aerobics/swimming/gymnastics,	20 20	80	100
Yoga/Aerobics / Swimming / Gymnastics (Any two out of these) Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis (Any of the two out of these) <u>TEACHING PRACTICE (100)</u> Teaching Practice (5 lesson Classroom and 5 lesson outdoor) Track and Field (jumping	20	80	100
	SEMESTER - I   Subject   THEORY (400)   History, Principles and foundation of Physical   Education   Anatomy and Physiology   Health Education and Environmental Studies   Olympic Movement/Officiating and Coaching   (Elective)   PRACTICAL (400)   Track and Field (Running Events)   Swimming/Gymnastics/Shooting   Indigenous Sports: Kabaddi/Kho-Kho   (Any of one out of these)   Mass Demonstration Activities: Dumbbells /   tipri/wands/hoop/umbrella/lezium/march pass   (Any one out of these)   Total   Subject   THEORY (400)   Yoga Education   Educational Technology and Methods of Teaching in   Physical Education   Organization and Administration   Contemporary issues in physical education, fitness   and wellness/ Sports Nutrition and Weight   Management (Elective)   PRACTICAL (300)	SubjectInternalTHEORY (400)InternalHistory, Principles and foundation of Physical20EducationAnatomy and Physiology20Health Education and Environmental Studies20Olympic Movement/Officiating and Coaching20(Elective)PRACTICAL (400)Track and Field (Running Events)20Swimming/Gymnastics/Shooting20Indigenous Sports: Kabaddi/Kho-Kho20(Any of one out of these)Indigenous Sports: Kabaddi/Kho-KhoMass Demonstration Activities: Dumbbells / Total20Total160SubjectInternalTHEORY (400)20Yoga Education20Physical Education20Organization and Administration20Organization and Administration20Organization and Administration20Physical Education20Physical Education20Physical Education20Physical Education20Physical Education20Physical Education20PRACTICAL (300)20	SEMESTER - ISubjectInternalExternalTHEORY (400)00History, Principles and foundation of Physical2080Education000Anatomy and Physiology2080Health Education and Environmental Studies2080Olympic Movement/Officiating and Coaching2080(Elective)000PRACTICAL (400)00Track and Field (Running Events)2080Swimming/Gymnastics/Shooting2080Indigenous Sports: Kabaddi/Kho-Kho2080(Any of one out of these)00Mass Demonstration Activities: Dumbbells / tipri/wands/hoop/umbrella/lezium/march pass0(Any one out of these)00Total160640SEMESTER -II11THEORY (400)00Yoga Education2080Educational Technology and Methods of Teaching in2080Contemporary issues in physical education, fitness2080Organization and Administration20800Organization and Administration20800Organization and Medinistration20800PRACTICAL (300)0000

## SEMESTER -III

Paper	Subject	Internal	External	Total
				Marks
	THEORY (400)			indi K3
00.001		20	80	100
CC-301	Sports Training	20	80	
CC-302	Computer Applications in Physical Education	20	80	100
CC-303	Sports Psychology and Sociology	20	80	100
EC-	Sports Medicine, Physiotherapy and	20	80	100
301/302	Rehabilitation/Curriculum Design (Elective)			
	PRACTICAL (300)			
PC-301	Track and Field (Throwing Events)	20	80	100
PC-302	Combative Sports : Martial Art, Karate, Judo, Fencing,	20	80	100
	Boxing, Taekwondo, Wrestling (Any two out of these)			
PC-303	Team Games: Baseball, Cricket, Football, Hockey,	20	80	100
	Softball, Volleyball, Handball, Basketball, Netball			
	(Any two of these)			
	TEACHING PRACTICE (100)			
TP-301	Teaching Practice (Teaching Lesson Plans)	20	80	100
	Games (track and field throwing events, martial			
	art, karate, judo, fencing, boxing, taekwondo,			
	wrestling, baseball, cricket, football, hockey,			
	softball, volleyball, handball, basketball, netball)			
	Total	160	640	800
	SEMESTER -IV			
Paper	Subject	Internal	External	Total
				Marks
	THEORY (400)			
CC-401	Measurement and Evaluation in Physical Education	20	80	100
CC-402	Kinesiology and Biomechanics	20	80	100
CC-403	Research and Statistics in Physical Education	20	80	100
EC-	Theory of sports and games(Specifically sports and	20	80	100
401/402	games specialization)/Sports Management (Elective)			
	PRACTICAL (200)			
PC-401	Track and Field/Swimming /Gymnastics	20	80	100
PC-401	Track and Field/Swimming /Gymnastics	20	80	100
	(Any of one out of these)	-		
	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/	20 20	80 80	100 100
	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/	-		
	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/	-		
	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these)	-		
	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these) TEACHING PRACTICE (200)	-		
PC-402	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these) <u>TEACHING PRACTICE (200)</u> Sports Specialization (Individual Sports):	20	80	100
	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these) <u>TEACHING PRACTICE (200)</u> Sports Specialization (Individual Sports): Coaching lesson Plans	-		
PC-402	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these) <u>TEACHING PRACTICE (200)</u> Sports Specialization (Individual Sports): Coaching lesson Plans Track and Field/Swimming /Gymnastics	20	80	100
PC-402 TP-401	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these) <u>TEACHING PRACTICE (200)</u> Sports Specialization (Individual Sports): Coaching lesson Plans Track and Field/Swimming /Gymnastics (Any of one out of these)	20 20	80	100
PC-402	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these) <u>TEACHING PRACTICE (200)</u> Sports Specialization (Individual Sports): Coaching lesson Plans Track and Field/Swimming /Gymnastics (Any of one out of these) Game specialization (Team Game) Coaching lesson: Kabaddi/ Kho-Kho/ Baseball/	20	80	100
PC-402 TP-401	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these) <u>TEACHING PRACTICE (200)</u> Sports Specialization (Individual Sports): Coaching lesson Plans Track and Field/Swimming /Gymnastics (Any of one out of these) Game specialization (Team Game) Coaching lesson: Kabaddi/ Kho-Kho/ Baseball/ Cricket/Football/Hockey /Softball/	20 20	80	100
PC-402 TP-401	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these) <u>TEACHING PRACTICE (200)</u> Sports Specialization (Individual Sports): Coaching lesson Plans Track and Field/Swimming /Gymnastics (Any of one out of these) Game specialization (Team Game) Coaching lesson: Kabaddi/ Kho-Kho/ Baseball/ Cricket/Football/Hockey /Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/	20 20	80	100
PC-402 TP-401	(Any of one out of these) Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any of one out of these) <u>TEACHING PRACTICE (200)</u> Sports Specialization (Individual Sports): Coaching lesson Plans Track and Field/Swimming /Gymnastics (Any of one out of these) Game specialization (Team Game) Coaching lesson: Kabaddi/ Kho-Kho/ Baseball/ Cricket/Football/Hockey /Softball/	20 20	80	100