

Bachelor of Physical Education and Sports
(Four Year Professional Degree Programme)

REGULATIONS, SCHEME
AND SYLLABUS

(To be made effective from 2023-24 admission onwards)



Maharshi Dayanand Saraswati University,
Ajmer (Rajasthan)

**REGULATIONS, SCHEME AND SYLLABUS OF
B.P.E.S. (4 Year) PROFESSIONAL DEGREE PROGRAMME**

Regulations

Introduction

Bachelor of Physical Education and Sports (B.P.E.S.) programme is a four year professional degree programme with the objective of preparing Physical Education Teachers to impart Physical Education and sports activities up to High School level. The course will also facilitate employment for them as PE Teacher/Trainers/Instructors/Coaches in fitness centers, health clubs, sports clubs, sports academy etc.

1. **Name of the Course :** The name of the course shall be Bachelor of Physical Education and Sports **B.P.E.S. (4 Year)**.
2. **Nature of the Course:** The course shall be full time residential and co-educational.
3. **Duration:** The duration of the course shall be four academic years with Eight semesters.

A candidate must complete the course of study for the Bachelor of Physical Education and Sports (B.P.E.S.) and pass all papers in Part-A (Theory), Part-B (Practicum), Part-C (Teaching Practice) Part-D (Coaching Ability), and Part-E Internship within a total period of Eight Years commencing from his/her first admission to the B.P.E.S. Course.

4. Eligibility for admission and reservation of seats.

For admission to the B.P.E.S. 4 Year Course, the candidate shall fulfill the following conditions;

- 4.1 If he/she has passed any one of the following examinations with at least 45% marks.

Senior Secondary Certificate Examination (10+2)

Or

*Intermediate/equivalent examination from any recognized
Education Board/ University.*

- 4.1.2 However, for the candidates belonging to SC/ST/OBC and other categories the relaxation in the percentage of marks in the qualifying examination shall be as per the rules of the Maharshi Dayanand Saraswati University, Ajmer.
- 4.2 Candidate should be below the age of 25 years as on 1st July of the academic session.
- 4.3 Should possess a high level of physical fitness to undertake daily heavy load of Physical exercises and should not have any Physical deformity or mental disability which prevents him/her from actively taking part in Physical Education programme.
- 5. Number of Seats - 50**
- 6. Selection Criteria**
The candidates shall be selected to the B.P.E.S. (4 Year) Course as per merit and university norms.
- 7. Medium of Instruction and Examination**
The medium of instruction and examination of the course shall be English/Hindi.
- 8. Programme in the Choice Based Credit and Semester System**
The following are the important aspects of the B.P.E.S. programme.
- A. Semesters
 - B. Continuous Internal Assessment (CIA)
 - C. End Semester Examination (ESE)
- 9. Semesters:** An academic year is divided into two semesters.

The duration of each semester shall be five months inclusive of the days of examination. 75% Attendance is compulsory. There will be, to the extent possible, one-month break between each semester.

10. **Working days:** There shall be at least 180 working days per year exclusive of admission and examination processes, etc.
11. **Academic Week:** It is a unit of six working days in which distribution of work is organized from day one to day six, with seven contact hours which include tutoring on each day.
12. **Choice Based Credit and Semester System:** It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.
13. **Core Course:** It means a subject that is compulsory as specified for all students undergoing the B.P.E.S. programme.
14. **Elective Subject** means a subject which would enrich the B.P.E.S. programme where the students are allowed to choose from a category of subjects.
15. **Practicum** means a Game or Sport discipline that comes under the category of Games which are compulsory as specified for all students undergoing the B.P.E.S. (4 Year) Degree programme.
16. **Course:** The term course usually referred to as ‘papers’ is a component of a programme. All courses need not carry the same weightage. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures / Practicals / Tutorials / Laboratory Work / Field Work / Outreach Activities / Project Work / Vocational Training / Viva / Seminars / Term Papers / Assignments / Presentations / Self-study etc. or a combination of some of these.

The following are the various categories of courses suggested for the B.P.E.S. Programme:

- a. Theory Course**
 - i. Core Course
 - ii. Elective
- b. Practicum**
- c. Teaching Practice**
- d. Coaching Ability**
- e. Internship**

STRUCTURE OF B.P.E.S.

SEMESTER I	
Course Code	Title of the papers
BPES CC 101	History of Physical Education
BPES CC 102	Human Anatomy
BPES CC 103	Fundamentals of Track & Field
BPES PC 103	Track & Field (Practicum)
BPES AEC 104	Hindi / English / Rajasthani
SEMESTER II	
Course Code	Title of the papers
BPES CC 201	Human Physiology
BPES CC 202	Health and Wellness
BPES CC 203	Fundamentals of Yoga and its application
BPES PC 203	Yogic Practices (Practicum)
BPES AEC 204	Hindi / English / Rajasthani (Communication Skills)

SCHEME OF EXAMINATION

Scheme of examination for end of semester examination applicable to all undergraduate courses (**Pass course**). The question paper of semester Examination for the Disciplinary Centric Core Course (DCCC), Discipline specific elective (DSE), Ability Enhancement Course (AEC), Value Added Course (VAC) and Skill Enhancement Course (SEC) will be of 70 marks and it will be divided in two parts i.e. Part A and Part-B.

Part-A will consist of **10 compulsory questions**. There will be at least three questions from each unit and answer to each question shall be limited up to **50 words**. Each question will carry **2 marks**. **Total 20 Marks.**

Part-B will consist of **10 questions**. At least three questions from each unit are set and student will have to answer **five questions**, selecting at least one question from each unit. The answer to each question shall be limited to **400 words**. Each question carries **10 Marks**. **Total 50 Marks.**

SCHEME OF EXAMINATION

Semester I					
Course Code	Title of the papers	Credits	CIA	ESE	Total Marks
BPES CC 101	History of Physical Education	6	30	70	100
BPES CC 102	Human Anatomy	6	30	70	100
BPES CC 103	Fundamentals of Track & Field	4	30	70	100
BPES PC 103	Track & Field (Practicum) (Running, Jumping & Throwing Events)	2	15	35	50
BPES AEC 104	Hindi / English / Rajasthani	2	30	70	100
TOTAL		20	135	315	450

Semester II					
Course Code	Title of the papers	Credits	CIA	ESE	Total Marks
BPES CC 201	Human Physiology	6	30	70	100
BPES CC 202	Health and Wellness	6	30	70	100
BPES CC 203	Fundamentals of Yoga and its application	4	30	70	100
BPES PC 203	Yogic Practices (Practicum)	2	15	35	50
BPES AEC 204	Hindi / English / Rajasthani (Communication Skills)	2	30	70	100
TOTAL		20	135	315	450

SYLLABUS
BACHELOR OF PHYSICAL EDUCATION AND SPORTS
(Four Year Professional Degree Programme)

SEMESTER - I

BPES CC 101 : HISTORY OF PHYSICAL EDUCATION

Unit – I: Introduction to Physical Education

- Introduction & Scope of Physical Education.
- Meaning, Definition, Importance, and Scope of Physical Education.
- Aims and Objectives of Physical Education.
- Relationship of Physical Education with General Education.
- Physical Education as an Art and Science.

Unit- II: History of Physical Education in India

- Historical Development of Physical Education in India (Ancient, Medieval and Modern Period) Ancient Period.
- Indus Valley Civilization Period (3250 BC–2500 BC).
- Vedic Period (2500 BC–600 BC).
- Hindu Period (600 BC–1000 AD), Rajput Period, Mughal Period.
- Medieval Period (1000 AD–1757 AD) Modern Period.
- British Period (Before 1947).
- Physical Education in India (After 1947).

Unit- III World history of Olympic Games

- History of Ancient India, World & Olympic Games.
- Physical Education in Ancient Greece, Spartan city-state, and Athens.
- Physical Education in Ancient Rome.

- Ancient Olympics Games: Origin, development, decline & termination. Modern Olympics Games: origin, opening & Closing ceremony, Olympic Flag & Olympic torch.
- IOC, IOA & SAI, LNCPE. University Department of Physical Education and Sports in India & World.

References:

- Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree College of Physical education.
- Kamlesh, M. (1988). *Physical Education Facts and Foundation*. Faridabad: P. B Publications.
- M.L, K. (1997). *Foundations of Physical Education*. New Delhi: Metropolitan Book Co. Pvt. Ltd.
- Mojumdar, R. M. (2009). *History of Physical Education and Sports*. Darya Ganj New Delhi: Sports Publication.
- Singh, A. (2014). *Essentials of Physical Education*. New Delhi: Kalyani Publishers. Sharman, J. R. (1964). *Introduction to Physical education*. New York: A.S. Barnes & Co.

BPES CC 102 : HUMAN ANATOMY

Unit -I Introduction to Human Anatomy

- Meaning, definition and concept of Human Anatomy.
- Importance of learning anatomy for a Physical Educator.
- Organization of the body: molecular, cellular, tissue, organ, organ system, human body.
- Microscopic structure of an animal cell.
- Tissues: concept, classification, structure and functions of each tissue.

Unit -II Musculoskeletal System

- Organization of skeletal muscle: muscle fiber, fascicle, muscle as an organ. Microscopic structure of skeletal muscle: contractile proteins, organelles of muscle fiber.
- Characteristics of skeletal muscle.
- Functions of skeletal muscle.
- Organization of bone.
- Classification and functions of bones.
- Meaning and classification of joints: Structural classification (fibrous, cartilaginous, Synovial) & functional classification (synarthrosis, amphiarthrosis and diarthrosis).

Unit - III Cardio respiratory, Digestive, Nervous and Urinary System

- Organs in the circulatory system.
- Structure of the heart.
- Constituents of blood.
- Organs in the respiratory system.
- Structure of the lungs.
- Organs in the digestive system.
- Structure of stomach, small intestine and large intestine.
- Structure of a neuron.
- Structure of the brain.
- Organization of nervous system (Central Nervous System, Peripheral Nervous System, Autonomic Nervous System, Somatic Nervous System, Sympathetic Nervous System & Parasympathetic Nervous System).
- Structure of kidney (gross and of nephron).

References:

- Garg, K., Mittal, P. S., & Chandrupatla, M. (2016). Human Anatomy (7th Edn). New Delhi: CBS Publishers.
- Waugh, A., & Grant, A. (2014). Anatomy and physiology in health and illness (12th Edn). China: Churchill Livingstone Elsevier.
- Wingerd, B. (2014). The human body: Concepts of anatomy and physiology (3rd Edn). Baltimore: Wolters Kluwer.
- Marieb, E. N. (1997). Essentials of human anatomy and physiology. Menlo Park California: The Benjamin/Cumming Publishing Company.
- Netter, F. H. (2003). Atlas of human anatomy. New Jersey: Icon Learning Systems.
- Thibodeau, G. A., & Patton, K. T. (2003). Anatomy and physiology. St. Louis, Missouri: Elsevier.
- Waugh, A., & Grant, A. (2010). Anatomy and physiology. Edinburgh: Elsevier.

BPES CC 103 : FUNDAMENTALS OF TRACK AND FIELD

Unit -I Running Events

- Fundamental skills in Running technique and starting techniques
- Running ABC
- Standing start
- Crouch start and its variations
- Fixing of starting blocks (In straight & curve)
- Finishing techniques: Run Through, lead Forward and Shoulder Shrug.

Unit –II Fundamental Skills of Relays

- Various types of Baton Exchange
- Understanding of Relay Zones in 4x100, and 4x400mts relay.

Unit -III Hurdling, Middle and Long Distance Events

- Hurdle Phases
- Types of Hurdles
- Techniques of High and Low Hurdles.
- Techniques of middle and long distance events.
- Track Marking (Standard and Non - Standard Track), Rules and Officiating of Track events.

BPES PC 103 : TRACK AND FIELD (PRACTICUM)

- Running Events – Short, Middle and Long Distance, Relay Races
- Throwing Events – Shot-put, Javelin, Discuss
- Jumping Events – Long Jump, High Jump, Triple Jump

References:

- Peter, J.L.Thompson. (2010). *Introduction to Coaching: the official IAAf guide to coaching Athletics*. Warners Midlands plc , UK
- Harald, Müller and Wolfgang, Ritzdorf.(2009). *Run, Jump, Throw: the official IAAf guide to coaching Athletics*. Warners Midlands plc , UK.
- Gerhardt, Schmolinsky. (1978). “*Track and Field*” *Text book for coaches and Sports Teachers*. Sportverlag Berlin.
- Joanne L. Fallowfield, and David M. Wilkinson.(1999). *Improving Sports Performance in Middle and Long Distance Running: A Scientific Approach to Race Preparation*, England.
- George, Emmanuel. (2002). *Lay out of track and field manual*.

BPES AEC 104 : HINDI / ENGLISH / RAJASTHANI

Ability Enhancement Course (opt any one)

SEMESTER II

BPES CC 201 : HUMAN PHYSIOLOGY

Unit I Introduction to Human Physiology

- Meaning, definition and concept of Human Physiology.
- Importance of learning physiology for a physical educator.
- Branches of physiology.
- Functions of cell organelles.

Unit II Neuromuscular System

- Types of muscle fibers: Slow Oxidative, Fast Glycolytic, Fast Oxidative Glycolytic. Sliding Filament Theory of Muscle Contraction.
- Transmission of nerve impulse.
- Neuromuscular junction.

Unit - III Cardio Respiratory System

- Electrical Activity of the Heart: SA Node, AV Node, Purkinje Fibres.
- Meaning of Cardiac Cycle and events during the Cardiac Cycle.
- Cardio respiratory parameters: Heart rate, Stroke volume, Cardiac Output. Coagulation of Blood.
- Meaning, types, and regulation of Blood Pressure.
- Principles of Respiration: Fick's Principle, Boyle's Law
- Muscles of Respiration and Respiratory mechanics.
- Lung Volumes and capacities: Tidal Volume, Inspiratory Reserve Volume, Expiratory Reserve Volume, Residual Volume, Inspiratory Capacity, Total Lung Capacity, Vital Capacity.
- Physiology of Gas exchange: External Respiration and Internal Respiration.

References:

- Waugh, A., & Grant, A. (2014). *Anatomy and physiology in health and illness (12th Edn)*. China: Churchill Livingstone Elsevier.
- Wingerd, B. (2014). *The human body: Concepts of anatomy and physiology (3rd Edn)*. Baltimore: Wolters Kluwer.
- Davies, A., Blakeley, A. G., & Kidd, C. (2001). *Human physiology*. James Town Road, London: Harcourt Publishers Ltd.
- Guyton, A. C. (1992). *Human physiology and mechanism of disease*. Philadelphia, Pennsylvania: W.B Saunders.
- Silverthorn, D. U. (2009). *Human physiology an integrated approach*. San Francisco, USA: Pearson Benjamin Cummings.
- Marieb, E. N. (1997). *Essential of human anatomy and physiology*. Menlo Park California: The Benjamin/Cumming Publishing Company.
- Thibodeau, G. A., & Patton, K. T. (2003). *Anatomy and physiology*. St. Louis, Missouri: Elsevier.
- Waugh, A., & Grant, A. (2010). *Anatomy and physiology*. Edinburgh: Elsevier.

BPES CC 202 : HEALTH AND WELLNESS

Unit I - Introduction to Health & Wellness

- Define and differentiate health and wellness.
- Importance of health and wellness Education.
- Local, demographic, societal issues and factors affecting health and wellness.
- Diet and nutrition for health & wellness.
- Essential components of balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals.
- Malnutrition, under nutrition and over nutrition.
- Processed foods and unhealthy eating habits.

Unit II – Diseases

- Body systems and common diseases.
- Sedentary lifestyle and its risk of disease.
- Stress, anxiety, and depression.
- Factors affecting mental health.
- Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counselling and rehabilitation.

Unit III - Management of Health and Wellness

- Healthy foods for prevention and progression of Cancer, Hypertension, Cardiovascular, and metabolic diseases (Obesity, Diabetes, Polycystic Ovarian Syndrome).
- Types of Physical Fitness and its Health benefits.
- Modern lifestyle and hypo-kinetic diseases; prevention and management through exercise.
- Postural deformities and corrective measures.
- Spirituality and mental health.

References

1. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell.
2. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.
3. Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve WellBeing by Nashay Lorick, 2022
4. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.
5. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013.

BPES CC 203 : FUNDAMENTALS OF YOGA AND ITS APPLICATIONS

UNIT I - GENERAL INTRODUCTION TO YOGA

- History and development of yoga
- Aim and objective of yoga and misconceptions
- Etymology and definition of yoga,
- Principles and importance of yoga,
- Foundation of science and arts, and the core of science technology,
- Review of world history India in the scene.
- Role of yoga, asana and meditation in maintaining health and wellness.
- Role of sleep in maintenance of physical and mental health.

UNIT II – GENERAL INTRODUCTION TO INDIAN PHILOSOPHY

- Stream of Yoga
- Gyan, Bhakti, Raj, Karma and Hath Yoga
- Application of Yoga
- Yoga in Education
- Yoga and Personality
- Stress and Yoga
- Introduction of Indian Philosophy (Astika and Nastika Darshan)
- The Science of Happiness,
- Yoga the Individual and the Society.

UNIT III – BRIEF ABOUT YOGA GURUS

- Concept of Guru Parampara,
- Contribution of Various Yogacharya -Maharshi Patanjali, Sankaracharya, Swami Vivekananda, Maharshi Swami Dayananda Saraswati.

- Brief to Upanishads and Yoga.
- Perspective of Bhagavad Gita, Yoga Vashishtha, Narada Bhakti Sutras.

BPES PC 203 : YOGIC PRACTICES (PRACTICUM)

- Kriyas (Shatkarma) and Breathing Practices
- Surya Namaskar (12 steps), Asanas (Prown, Sitting, Standing, Supine)
- Pranayam (Anulom-Vilom, Cooling Pranayam, Surya Bhedi, Chandra Bhedi)

References Books

1. Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarasidas Publishers Pvt. Ltd, Delhi, 2013.
2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarasidas, Delhi, 2012.
3. Parmar, Vishnu (2019). Sports and Yoga. Pink City Publisher, Jaipur.
4. Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010
5. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010
6. Yoga: Its basis and applications. - Dr.HR.Nagendra, SVYP, Bangalore.
7. Essence of Yoga- Swami Sivananda, The Divine life Society.

BPES AEC 204 :

HINDI / ENGLISH / RAJASTHANI (Communication Skills)

Ability Enhancement Course (opt any one)