ANDHRA KESARI UNIVERSITY

CURRICULUM FRAMEWORK

BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

TWO YEAR PROGRAMME

Syllabus

Approved by

Board of Studies in Physical Education & Sports Sciences
Andhra Kesari University on 03.09.2026

As per the guidelines of the
NATIONAL COUNCIL FOR TEACHER EDUCATION
And
Common core syllabus approved by
Andhra Pradesh State Council of Higher Education

1. NKJ
2. N. Nirmala Rao
3. P. Jagadeesh

Semester-III

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(26)BP301	Sports Training	4	4	30	70	100
R(26)BP302	Concepts of Wellness Management	4	4	30	70	100
R(26)BP303	Sports Psychology and Sociology	4	4	30	70	100
Elective Course (Anyone)						
R(26)BP304	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	100
R(26)BP305	Curriculum Design					
Part-B : Practical Course						
R(26)BP306	**Project work** :Track and Field (Throwing Events) * Gymnastics/*Swimming (* Any one)	6	4	30	70	100
R(26)BP307	Karate / Judo / Fencing/ Tennikoit, Softball, Basketball	6	4	30	70	100
R(26)BP308	Wrestling, Taekwondo, Boxing, Table Tennis, Volleyball	6	4	30	70	100
Part-C Teaching Practices						
R(26)BP309	Teaching practice: Particular Lesson Plans for the games of I, II & III Semesters (out of 10 lessons 5 at practicing school & 4 internal and 1 external).	6	4	30	70	100
	Total	**40**	**32**	**240**	**560**	**800**

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester-IV

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(26)BP401	Sports Management	4	4	30	70	100
R(26)BP402	Concepts of Yoga	4	4	30	70	100
R(26)BP403	Officiating and Coaching	4	4	30	70	100
Elective Course (Anyone)						
R(26)BP404	Fitness Assessment and exercise prescription	4	4	30	70	100
R(26)BP405	Research and Statistics in Physical Education					
Part-B : Practical Course						
R(26)BP406	Athletics Specialization	6	4	30	70	100
R(26)BP407	**Project Work:** Game of Specialization: Football, Kabaddi, Badminton, Cricket, Hockey, Handball, Kho-Kho, Ball Badminton, Basketball, Volleyball, Softball, Tennis, Table Tennis (Any one of these)	6	4	30	70	100
Part-C Teaching Practices						
R(26)BP408	Teaching Practice in Sports Specialization: coaching lesson Plan in Track and Field / Swimming /Gymnastics (Any one of these)	6	4	30	70	100
R(26)BP409	Teaching practice in Game of specialization: Coaching lessons: Kabaddi/ Kho-kho/ Cricket/ Football/ Hockey/ softball/ Volleyball/ Handball/ Basketball/ Badminton/ Table-tennis/ Tennis / Throwball/Shooting/Yoga /Ball Badminton/Karate/Judo/ Fencing/Tennikoit/Boxing/Wrestling /Teakwando (Any one of the above games). Out of 10 lessons, 5 lessons at school and 4 internal and 1 external . (both particular and coaching lessons have to be included in the program. Each lesson is of 45 minutes duration.	6	4	30	70	100
	Total	**40**	**32**	**240**	**560**	**800**
Grand Total for four semesters		**160**	**128**	**960**	**2240**	**3200**

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

Semester-III - Theory

R(26)BP301 SPORTS TRAINING

Unit-1 Introduction to Sports Training

Meaning and Definition of Sports Training, Aims and Objective of Sports Training, Principles of Sports Training. **Methods of Sports Training:** Continuous training, Interval training, Repetition training, Fartlek training, Resistance training, Circuit training, Plyometric training. Warm-up and warm-down, **Athletic diet:** Pre competition, during competition and post competition.

Unit-2 Training Components

Strength: Meaning and Definition, Methods of Strength Development. **Speed:** Meaning and Definition, Methods of Speed Development. **Endurance:** Meaning and Definition, Methods of Endurance Development. **Coordination:** Meaning and Definition, Methods of coordination Development. **Flexibility:** Meaning and Definition, Methods of Flexibility Development.

Unit-3 Training Process

Load: Definition and Types of Load. Principles of Intensity and Volume of stimulus. Technical Training: Meaning and Methods of Technical Training. Tactical Training: Meaning and Methods of Tactical Training

Unit-4 Training program and planning

Periodization: Meaning and types of Periodization. Aims and Content of Periods: Preparatory, Competition, Transitional. **Planning:** Training session, Talent Identification and Development

Automated Load Monitoring: Using AI algorithms to calculate acute-to-chronic training workloads, auto-generate personalized recovery cycles, and prevent overtraining.

References:

1) Dick, W. F. (198o). ***Sports training principles.*** London: Lepus Books.
2) Harre, D.(1982). ***Principles of sports training.*** Berlin: Sporulated.
3) Jensen, R.C..& Fisher, A.G. (1979). ***Scientific basis of athletic conditioning.*** Philadelphia: Lea and Fibiger, 2ndEdn.
4) Srinivas M.V. & K.R.S. Reddy, (2014) Science of sports training, Swasthik Publication, New Delhi.
5) Matvyew, L.P. (1981). ***Fundamental of sports training.*** Moscow: Progress Publishers.
6) Singh, H. (1984). ***Sports Training, General Theory", and methods. Patiala:*** NSNIS.
7) Uppal, A.K. (1999). ***Sports Training.*** *New* Delhi, Friends Publication.

R(26)BP302 CONCEPTS OF WELLNESS MANAGEMENT

Unit-1 WELLNESS

Definition and scope of wellness- Wellness continuum and health - Dimensions of wellness - Physical Wellness - Emotional Wellness - Social Wellness - Spiritual wellness - Intellectual wellness and Environmental wellness.

Unit-2 EXERCISE AND WELLNESS

Physical wellness, exercise and functional physical health of different systems of human body, lifestyle diseases in relation to inactivity, Nutrition and exercise to physical wellness.

Unit-3 STRESS MANAGEMENT

Stress : Definition of Stress, Stress and Emotional health, Stress and physical health- Mechanism of stress and related degenerative diseases- Inter dependence of Spiritual wellness, Social wellness and Emotional wellness- Stress management techniques.

Unit-4 FITNESS AND BODY COMPOSITION

Health fitness components, body composition, muscular endurance, strength, Cardio vascular fitness and flexibility, importance of cardio respiratory endurance .Obesity and health risk factors, childhood obesity and problems. Body composition indicators and measurements

References:

1) ***Wellness Workbook:*** How to achieve enduring health and vitality, John W Travis and Regina S Ryan, Crown publishing, New York.
2) ***The Soul of Wellness:*** 12 holistic principles for achieving a healthy body, mind, heart and spirit, Rajiv Parti, Select book incorporation, New York.
3) ***Wellness coaching for lasting Lifestyle change***, Michael Arloski, Whole person associates, Duluth, USA.
4) ***Staying Healthy with Nutrition***: The complete guide to Diet and Nutritional medicine, Elson M Has,.
5) Charles B.Corbin etal: ***concept of fitness and wellness*** megraw hills.inc St lauis Bangkok 3rd 2000 U.S.A

R(26)BP303 SPORTS PSYCHOLOGY AND SOCIOLOGY

Unit-1 Introduction

Meaning, Definition, Importance and scope of Sports Psychology. Characteristics of Various Stages of growth and development. Individual differences. Heredity and environment. Dynamics of Human behaviour, Play and theories of Play.

Unit-2 Learning , Personality, Motivation,

Learning: Theories of learning, Transfer of Learning. **Personality:** Meaning and definition of personality, characteristics of personality, Dimension of personality, Personality and Sports performance. **Motivation:** Meaning, Definition and importance of Motivation. Types of Motivation : Intrinsic & Extrinsic, Motivation techniques and their impact on sports performance. Aggression, Anxiety and their effects on Sports performance. Mental Preparation Strategies: Attention, focus, Self- talk, Relaxation, Imaginary.

Unit-3 Relation between Social Sciences & Physical Education

Meaning, Definition and Importance of Sociology, Orthodoxy, customs, Tradition and Physical Education. Festivals and Physical Education, Socialization through Physical Education, Social group, Primary group and Remote group.

Unit-4 Culture

Meaning and Importance of culture, features of culture, effects of culture on people life style. Different methods of studying : Observation / Inspection method, Questionnaire method and Interview method.

Digital Mental Wellness: Application of AI-driven mood tracking, stress assessment apps, and virtual cognitive behavioral tools designed for student-athletes.

References:

1) Ball, D. W. & Loy, J.W. (1975). ***Sport and social order; Contribution to the sociology of sport.*** London: Addison Wesley Publishing Co., Inc.
2) Blair, J.& Simpson, R.(1962). ***Educational Psychology,*** New York: McMillan Co.
3) Cratty, B.J.(1968). ***Psychology and Physical Activity.*** Eaglewood Cliffs. Prentice Hall.
4) Kamlesh, M.L. (1998). ***Psychology In physical Education*** *and Sport.* New Delhi: Metropolitan Book Co.
5) Loy, J.W., Kenyon, G.S. & McPherson, B.D. (1978). ***Sport and social system.*** London: Addison Wesley Publishing Company Inc.
6) Loy, J.W., Kenyon, G. S. & McPherson, B. D. (1981). ***Sports culture and society.*** Philadelphia: Lea & Febigero
7) Mathur, S.S. (1962). ***Educational Psychology. Agra.*** *Vinod Pustak Mandir.*
8) Skinnner, C.E, (1984). ***Education Psychology.*** New Delhi: Prentice Hall of India.
9) William, F.O. & Meyer, F.N. (1979). ***A handbook of sociology.*** New Delhi: Eurasia Publishing House Pvt Ltd.
10) R.Jain : ***Sports Sociology*** – Khel Sahitya Kendra, Delhi.

R(26)BP304 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)

Unit-1 Sports Medicine

Meaning, Definition, and Importance of Sports Medicine. Role of Physical Education Teachers and Coaches in Athletes Care and Rehabilitation. Common sports injuries and their prevention. **First Aid**: Definition of First Aid, **DRABC** formula (Danger, Response, Airways, Breathing and Circulation), **Artificial respiration technique**: Mouth to mouth, Mouth to nose respiration, CPR (Cardio Pulmonary Resuscitation). **Treatments:** Laceration, Blisters, Contusion, Strain, Sprain, Fracture, Dislocation and Cramps. **Bandages :** Types of Bandages, Taping and supports.

Unit-2 Physiotherapy

Definition: Guiding principles of physiotherapy, Importance of physiotherapy. **Treatment Modalities:** Electrotherapy, infrared rays, Ultraviolet rays, short wave diathermy, ultra sound.

AI-Assisted Rehab Protocols: Utilizing smart therapy devices and computer vision apps to track range-of-motion recovery and ensure patients perform rehab exercises correctly at home.

Unit-3 Hydrotherapy and Massage

Hydrotherapy: Meaning and Methods, Cryotherapy, Thermo therapy, Contrast Bath, Whirlpool Bath, Steam Bath, Sauna Bath, Hot Water Fomentation.

Massage: Meaning and importance of massage, Indications and contraindications of massage. Types of Manipulation, Physiological effects of Massage.

Unit-4 Therapeutic Exercise

Definition, Principles and Importance of Therapeutic Exercises. **Classification of Therapeutic exercise:** Passive Movements (Relaxed, Forced and passive stretching). active movements (concentric, Eccentric and static). Free Mobility Exercise for Shoulder, Wrist, Fingers, Hip, Ankle, Foot joints and Neck exercises.

References:

1) Christine, M.D., (1999). ***Physiology of sports and Exercise.*** *USA:* Human Kinetics.
2) Conley, M. (2000). ***Bioenergetics of exercise training.*** In T.R. Baechle, & R.W. Earle, (Eds.),
3) ***Essentials of Strength Training and Conditioning*** (pp. 73-9o). Champaign, IL: Human Kinetics.
4) David, R.M. (2005). ***Drugs in sports,*** (4th Ed). Routledge Taylor and Francis Group.
5) Hunter, M. D. (1979). A ***dictionary for Physical Educators.*** In H. M. Borrow & R. McGee, (Eds.),
6) ***A Practical approach to measurement in Physical Education*** (pp.573-74). Philadelphia: Lea & Febiger.
7) Jeyaprakash, C. S., ***Sports Medicine,*** J.P. Brothers Pub., New Delhi, 2oo3.
8) Khanna, G.L., (1990). ***Exercise physiology & sports medicine.*** Delhi: Lucky Enterprises. Mathew, D.K. & Fox,
9) E.L, (1971). **Physiological basis of physical education and athletics.** Philadelphia: W.B. Saunders Co.
10) Pandey, P.K. (1987). ***Outline of Sports Medicine,*** New Delhi: J.P. Brothers Pub.
11) Williams, J.G.P. (1962). ***Sports medicine.*** London: Edward Arnold Ltd.
12) Gareth Jones, Edwillson, Markers Hardy, (2010) U.K. ***The BMA Guide to Sports Injuries***, Dorling Kindersley Limited, London WCZR ORL
13) William E. Garret Jr Donald T.Kirkendall Debarah 10 Squire "***Principles of Practice of Primary care Sports Medicine***" – Williams of Wilking Publishers.

R(26)BP305 CURRICULUM DESIGN (ELECTIVE)

Unit-1 Modern concept of the curriculum

Meaning, Need, importance and development of Curriculum. Role of the teacher in curriculum development. Factors affecting curriculum: Social factors, Personnel qualifications, Climatic consideration, Equipment and facilities, Time suitability. National and Professional policies.

Unit-2 Basic Guidelines for curriculum construction

Focalization, Socialization, Individualization, Sequence and operation, Steps in curriculum construction.

Unit-3 Curriculum: Old and new concepts, Mechanics of curriculum planning

Basic principles of curriculum construction, Meaning, Importance and factors effecting the curriculum design. Curriculum design according to the needs of the students, state and national level policies.

Unit-4 Preparation of Under Graduate for Profession

Areas of Health education, Physical education and Recreation. Curriculum design: Experience of Education, Field and Laboratory. Teaching practice. Professional Competencies to be developed, Facilities and special resources for library, laboratory and other facilities.

References:

1) Barrow, H.M. (1983). ***Man and Movement: Principles of Physical Education.*** Philadelphia: Lea and Febiger.
2) Bucher, C.A. (1986). ***Foundation of physical education***: St. Louis: The C. V. Mosby & Company.
3) Cassidy, R. (1986). ***Curriculum development in physical education.*** New York: Harper & Company.
4) Cowell, C.C. & Hazelton, H.W. (1965). ***Curriculum designs in Physical Education.*** Englewood Cliffs: N.J. Prentice Hall Inc.
5) Larson, L.A. (n.d.). ***Curriculum foundation in physical education.*** Englewood Cliffs: N.J. Prentice Hall Inc.
6) Underwood, G. L. (1983). ***The physical education curriculum in secondary school: planning and implementation.*** England: Taylor and Francis Ltd.
7) Willgoose, C.E. (1979). ***Curriculum in Physical Education.*** 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.

Semester-IV - Theory

R(26)BP401 SPORTS MANAGEMENT

Unit-1 Concept of Management

Meaning, Definition, Scope, concept and importance of Sports Management. **Functions of management**: Planning, organising, staffing, directing and controlling.

Unit-2 Leadership

Meaning , Definition & Elements of Good leadership. Leadership styles, methods. **Forms of Leadership:** Autocratic, Laissez-faire, Democratic, Benevolent and Dictator. Qualities of administrative leader, Preparation of administrative leader & Effects of Good Leadership on Organizational performance.

Unit-3 Financial Management

Financial management in Physical Education & sports in schools, Colleges and Universities. Criteria of good budget, Steps of Budget making. Model budget for a school. Procedures for purchases and constructions. Records and Registers.

Unit-4 Sports Management

Sports Management in Schools, colleges and Universities. Planning, Directing and Controlling school, college and university sports programmes. Factors effecting the planning. Developing performance standards, Establishing a reporting system, Evaluation, reward and punishment system. **Event management:** Organisation of major sports event.

References:

1) Ashton, D. ***Administration of Physical Education for women.*** *New* York: The Ronald Press CI. (1968).
2) Bucher, C.A. ***Administration of physical education and athletic programme.*** 7th Edition, St. Louis: The C.V. Mosby Co.
3) Daughtrey, G. & Woods, J.B. ***Physical education and intramural programmes, organisation and administration.*** Philadelphia U.S.A. : W.B. Sounders Cp. (1976).
4) Earl, F.Z, & Gary, W.B.. ***Management Competency Development in Sports and Physical Education.*** Philadelphia: W. Lea and Febiger. (1963)

R(26)BP402 CONCEPTS OF YOGA

Unit-1 Introduction

Meaning , Definition & Scope of Yoga, Aims, Objectives and functions of Yoga, Yoga practices in Upanishads and yoga sutra, Modern Trends in Yoga, Place and importance of Yoga in Physical Education and Sports.

Unit-2 Early Yoga Practices

Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Streams of Yoga Practices: Hatha Yoga, Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga.

Unit-3 Basic Yogic Methods

Asana: Classification of Asanas, Sitting, Standing, Lying, Inverted asanas. Benefits of Asanas : Effects of Asanas on general health. Pranayama: Importance & impact on Muscular, Cardio Respiratory and Nervous System. Relaxation and meditation: Importance & impact on body at work and body at rest.. Bandhas: Jalandhara, Mula, Udyana. Mudras: Chin,Yoga,Aswini, Anjali, Brahma Mudra. Kriyas: Neti ,Nauli, Kapalabhati, Trataka, Dhauthi, Bhastrika.

Unit-4 Yoga Education

Yoga Education for Youth Empowerment and human resource development. Difference between yogic practices and physical exercises, Yoga education centers in India and abroad, Competitions in Yoga asanas.

References:

1) Brown, F.Y.(2000). ***How to use yoga.*** Delhi: Sports Publication.
2) Gharote, M. L. & Ganguly, H. (1988). ***Teaching methods for yogic*** **practices.** Lonawala: Kaixydahmoe.
3) Rajjan, S.M. (1985). ***Yoga strengthening of relaxation for sports man.*** New Delhi: Allied Publishers.
4) Shankar,G. (1998). ***Holistic approach of yoga.*** New Delhi: Aditya Publishers.
5) Shekar, K.C. (2003). ***Yoga for health.*** Delhi: Khel Sahitya Kendra.
6) Satya Murty.K, ***Elements of Yoga,*** Vedadri Brahma Gnana Kendra, Pedakakani, Guntur, India,(2015)

R(26)BP403 OFFICIATING AND COACHING

Unit-1 Introduction of Officiating and coaching

Definition of officiating and coaching, Importance and principles of officiating, Relationship of official and coach with management, players and spectators, Measures of improving the standards of officiating and coaching.

Unit-2 Coach as a Mentor

Duties of coach in general, pre, during and post game. Philosophy of coaching, responsibilities of a coach on and off the field, Psychology of coach in competition and coaching.

Unit-3 Duties of Official

Duties of official in general, pre, during and post game in (Hockey, Football, Handball, Volleyball, Basketball, Table Tennis, Kabaddi, Kho-Kho, Throwball, Tennis, Badminton, Ball Badminton, Cricket, Softball and Tennikoit). Philosophy of officiating, Mechanism of officiating, position, Signals and movement, Ethics of officiating.

Unit-4 Qualities and Qualifications of Coach and Official

Qualities and qualifications of good coach and good official, Layout of courts / fields and Rules of games, Layout of standard Track & Field and Rules, Eligibility rules of intercollegiate and inter-university tournaments.

References:

1) Bunn, J.W. (1968). ***The art of officiating sports.*** Englewood cliffs N.J. Prentice Hall.
2) Bunn, J.W. (1972). ***Scientific principles of coaching.*** Englewood cliffs N.J. Prentice Hall.
3) Dyson, G.H. (1963). ***The mechanics of athletics.*** London: University of London Press Ltd. Dyson, G.H. (1963). *The mechanics of Athletics.* London: University of London Press Ltd.
4) Lawther, J.D. (1965). ***Psychology of coaching.*** New York: Pre. Hall.
5) Singer. R.N. (1972). ***Coaching, athletic & psychology.*** *New* York: M.C. GrawHill.

R(26)BP404 FITNESS ASSESSMENT AND EXERCISE PRESCRIPTION (ELECTIVE)

Unit-1 Preliminary Health Screening and Risk Classification-Preliminary Health Evaluation-Testing Blood Pressure, Heart Rate, Principles of Assessment, Prescription and Exercise Program Adherence, Physical Fitness testing, Basic principles of Exercise program Design.

Unit-2 Assessment of Cardio respiratory fitness and Designing Cardio respiratory exercise programs. Exercise Prescription, guidelines and procedures, Maximal Exercise, Test Protocols, Sub maximal Exercise Test protocols, Field tests for assessing aerobic fitness, Exercise testing for children, Exercise Prescription, aerobic training methods.

Unit-3 Assessment of strength and muscular endurance, strength and muscular endurance testing, Designing resistance training programs, types of resistance training, developing resistance training programs, Muscular misconceptions on resistance training, Assessing Flexibility and Designing stretching programs, Basics of flexibility, assessment of flexibility, designing flexibility programs, designing low back care exercise programs.

Unit-4 Assessment of Body Composition, Classification and uses of body composition, measures of body composition, Laboratory methods for assessing body composition, Field methods for assessing body composition, Designing weight management and body composition programs, Obesity: Types and causes, overweight and Underweight, Weight management principles and practices, well balanced nutrition, Designing weight loss programs, Designing weight gain programs, Designing programs to improve Body composition.

References:

1) ***Advanced Fitness assessment and Exercise Prescription***, Vivian Heyward, Human Kinetics Publishing, USA.
2) ***Applied Body composition assessment***, Vivian Heyward, Human Kinetics, USA.
3) ***Fitness professional's handbook***, Edward T Howley and Don Franks, Human Kinetics, USA.
4) ***Health Fitness instructors handbook***, Edward T Howley, Human Kinetics, USA.

R(26)BP405 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION (ELECTIVE)

Unit-1 Introduction to Research

Definition of Research, Need and importance of Research in Physical Education and Sports. Classification of Research, Meaning of Research Problem, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-2 Methods of Research

Various methods of Research, Need for surveying related literature, Literature Sources, Research Proposal.

Unit-3 Basics in Statistics

Statistics: Meaning, Definition, Nature, Importance and its Types. Raw Score: Grouped Data, Un Grouped Data. Grouped Data: Discrete and Continuous Series. Construction of frequency Table: Class Intervals, Class Distribution. Normal Probability curve, Skewnes and kurtosis. Graphical Presentation: Histogram, Bar Diagram, Frequency Polygon, O'give curve, Pie Diagram.

Unit-4 Statistical Methods in Physical Education and Sports

Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data. **Measures of Variability**: Meaning, importance. Computing Range, Mean Deviation, Quartile Deviation, Deciles, Percentile and Standard Deviation. **Co-relation**: Computing Karl Pearson Product Moment Co-relation and Karl Spearman Rank Order co-relation.

References:

1) Best, J.W. (1963). ***Research in Education.*** U.S.A.: Prentice Hall.
2) Bompa, T.O. & Haff, G.G. (2009). ***Periodization: theory and methodology of training. 5th ed.*** Champaign, IL: Human Kinetics.
3) Brown, L.E., & Ferrigno, V.A. (2005). ***Training for speed, agility and quickness***, 2nd ed. Champaign, IL: Human Kinetics.
4) Brown, L.E. & Miller, J., (2005). ***How the training work.*** In: Training Speed, Agility, and Quickness. Brown, L.E. & Ferrigno, V.A & Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.
5) Carl, E. K., & Daniel, D.A. (1969). ***Modern principles of athletes training.*** St. Louis: St. Louis's Mosby Company.
6) Clark, H. H., & Clark, D.H. (1975). ***Resear4h process in Physical Education.*** Englewood cliffs, New Jersey: Prentice Hall, Inc.
7) Garrett, H.E. (1981). ***Statistics in psychology and Education.*** New York: Vakils Feffer and Simon Ltd.
8) Oyster, C. K., Hanten, W. P., & Llorens, L. (1987). ***Introduction to research: A guide for the Health Science Professional.*** London: .B. Lippincott Company.
9) Thomas, J.R., & Nelson J.K. (2oo5). ***Research method In Physical Activity.*** U.S.A: Champaign, IL: Human Kinetics Books.
10) Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). ***Research method in physical activity.*** U.S.A: Champaign, IL: Human Kinetics Books.
11) Uppal, A.K. (1990). ***Physical fitness: how to develop.*** New Delhi: Friends Publication.
12) Verma, J.P. (2000). ***A text book on sports statistics.*** Gwalior: Venus Publications.

Semester-I -Practicum :
R(26)BP106 ***Track & Field –***
Running EventsLayout of Track
Technique and Rules of Sprints, Middle distance, Long distance, Relays and Hurdles
Specific Exercises and drills for Track Events

Gymnastics / Swimming (Any one)-
Gymnastics: Floor exercises (Boys &Girls) Horizontal bar – (Boys), Balancing Beam (Girls)
Swimming: Skills & rules of swimming – Free style (50Mt & 100Mt) (Boys & Girls)

Semester-I -Practicum : R(26)BP107
Football, Tennis, Throwball
Layout of Courts / Fields ,Skills, rules & Lead-up Games

Semester-I -Practicum : R(26)BP108
Badminton, Kho-Kho, Shooting
Layout of Courts / Fields/Range ,Skills, rules & Lead-up Games

Semester-I -Practicum :
R(26)BP109
: Project Work :
Mass Demonstration activities:
Flag Hoisting, March-past, Calisthenics, Lezium, Dumb-bells, Kolatam, Aerobics, Wands, Hoops, Pole Drill, Folk Songs & Patriotic Songs.

Semester-II -Practicum : R(26)BP206

Track & Field – Jumping Events
Marking of field events and rules of Jumps
Techniques and Rules of Long Jump, High Jump, Triple Jump, Pole vault
Specific Exercise and Drills
Gymnastics /Swimming (Any one)
Gymnastics: Vaulting horse (Boys &Girls) Pyramids – (Boys & Girls)
Swimming: Skills & rules of swimming – Breast Stroke (50Mts & 100Mts) for (Boys & Girls)

Semester-II -Practicum : R(26)BP207
Yoga, Ball Badminton and Kabaddi
Layout of Courts, Skills, rules & Lead-up Games

Semester-II -Practicum : R(26)BP208
Hockey, Handball, Cricket
Layout of Courts / Fields, Skills, rules & Lead-up Games

Semester-II - Teaching Practice R(26)BP209
Project Work: *Teaching Practice* - General: Lesson Plans of 45 Minutes duration each (Total 10 lessons).
Class Room teaching: (Four Internal and one External) in any of the theory subjects of 1st and 2nd semesters.
Outdoor teaching: (Four Internal and One External) from any of the activity from R(26)BP109

Semester-III -Practicum : R(26)BP306

Project Work : Track & Field – Throwing Events

Marking of Throwing sectors and rules of Throws
Techniques and Rules of Discus, Shot-put, Javelin & Hammer,
Specific Exercises and drills.

Gymnastics/ Swimming (Any one)

Gymnastics: Parallel bars & roman rings (Boys), Gymnastics Positions & Rhythmic Gymnastics (Girls)

Swimming: Skills & rules of swimming – Butter Fly (50Mt) (Boys & Girls)

Semester-III -Practicum : R(26)BP307

Karate / Judo / Fencing /Tennikoit.
Softball, Basketball
Layout of Courts, Skills, rules & Lead-up Games

Semester-III -Practicum :

R(26)BP308 Wrestling / Taekwondo/
Boxing Table Tennis, Volley Ball
Layout of Courts, Skills, rules & Lead-up Games

Semester-III -Teaching Practice- R(26)BP309

Teaching Practice : Particular Lesson Plans for the games of I,II and III semesters, (Out of 10 Lessons 4 Internal 1External, 5 Lessons at outside schools)

Semester-IV -Practicum : R(26)BP406

Specialization in athletics: candidates has to show proficiency in any one of the events in runs, Jumps and throws. Record and Viva - Voce.

Semester-IV -Practicum : R(26)BP407: Project Work

Game of Specialization: candidate has to show proficiency and officiating ability in any one of the games from I, II & III semesters. Record and Viva - Voce.

The following components are essential in the Record book.

A. Origin, History and development of game/ event
B. Technical terms related to the event/ game
C. Fundamental Skills/ Techniques/ Drills
D. Advanced Skills / Techniques
E. Lead up games
F. Rules of the game/event
G. Officiating and signals
H. Major Tournaments, Trophies and the results
I. Awards and Awardees in the respective game/event.
J. Training Schedules for six weeks.

Semester-IV - Teaching Practice : R(26)BP408

Teaching practice in sports specialization: Coaching lesson plan in any one of the track & Fields events / Swimming/Gymnastics. (5 Lessons of 45 Minutes duration each. 4 Internals & one External)

Semester-IV -Teaching Practice: R(26)BP409

Teaching Practice in game of Specialization: Coaching lessons in any one of the game from I,II & III Semesters. Each lesson is of 45 minutes duration. Out of 10 lessons, 5 lessons are to be conducted at school. For the remaining 5 lessons, 4 lessons should be conducted for internals and one for the external examination. Both the particular lessons and coaching lessons have to be incorporated in the program.

Table-1 : Semester wise distribution of hours per week

Semester	*Theory*	*Practical*	*Teaching Practice*	*Total*
I	*16*	*24*	*00*	*40*
II	*16*	*18*	*6*	*40*
III	*16*	*18*	*6*	*40*
IV	*16*	*12*	*12*	*40*
Total	*64*	*72*	*24*	*160*
Minimum of 36 teaching hours per week is required in five or six days in a week				

Table-2 : Number of credits per semester

Semester	*Theory*	*Practical*	*Teaching Practice*	*Total*
I	*16*	*16*	*00*	*32*
II	*16*	*12*	*04*	*32*
III	*16*	*12*	*04*	*32*
IV	*16*	*08*	*08*	*32*
Total	*64*	*48*	*16*	*128*
Minimum of 36 teaching hours per week is required in five or six days in a week				

