ANDHRA KESARI UNIVERSITY

CURRICULUM FRAMEWORK

BACHELOR OF PHYSICAL EDUCATION (D.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

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Semester-III

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Lectures per week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(22)-DP-301	Sports Training	4	4	30	70	100
R(22)-DP-302	Child Psychology and Sociology	4	4	30	70	100
R(22)-DP-303	Information Technology in Physical Education	4	4	30	70	100
R(22)-DP-304	Officiating and coaching	4	4	30	70	100
Part-B : Practical Course						
R(22)-DP-305	Project Work: Records on Track and Field – Throwing Events *Gymnastics /*Swimming (*Any one)	6	4	30	70	100
R(22)-DP-306	Basketball, Table –Tennis, Tennikoit , Tennis, Volleyball	6	4	30	70	100
R(22)-DP-307	Boxing, Fencing, Judo, Karate, Taekwondo, Bharathiyam, Combatives, Dands & Baithaks, National Songs, Surya Namaskaram, Martial Arts, Astanga Yoga.	6	4	30	70	100
R(22)-DP-308	Particular lesson plans in any one game from Semester I,II & III. 5 lessons (4 Internal & 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 Lectures per week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
R(22)-DP-401	Sports injuries and Rehabilitation	4	4	30	70	100
R(22)-DP-402	Organisation and Administration of Physical Education	4	4	30	70	100
R(22)-DP-403	Test and Measurement in Physical Education	4	4	30	70	100
R(22)-DP-404	Nutrition and Naturopathy	4	4	30	70	100
Part-B : Practical Course						
R(22)-DP-405	Specialization in Athletics	6	4	30	70	100
R(22)-DP-406	Project Work: Record submission on Game of Specialization: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho-Kho, Softball, Tennis,, Throwball, Tennikoit, Table Tennis, Volleyball (Any one of these)	6	4	30	70	100
R(22)-DP-407	Teaching Practice in Sports Specialization: coaching lesson Plan in Track and Field / Swimming /Gymnastics (Any one of these)	6	4	30	70	100
R(22)-DP-408	Teaching practice in Game of specialization: Coaching lessons: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho-Kho, Softball, Tennis, Throwball, Tennikoit, Table Tennis, Volleyball (Any one of these)	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 Course

R(22)-DP-301 : SPORTS TRAINING

Unit- 1 Meaning, Definition, Importance, Characteristics and Principles of Sports Training. Brief introduction on Detraining and Retraining.

Unit-2 Training Load and Adaptation Process; Overload - Causes, Symptoms and Preventive Measures, recovery and its benefits.

Unit-3 Definition and Types of Flexibility, Strength, Endurance, Speed and Coordinative Abilities

Unit-4 Training methods : Continuous training, Interval training, Repetition training, fartlek training, resistance training, circuit training, plyometric training.

Methods of developing Fitness Components - Flexibility, Strength, Endurance, Speed and Coordinative Abilities, Talent Identification and nurturing of talent

References:

1) Harre, Dietrich, ***Principles of Sports Training*** (Berlin: Speculated, 1982).
2) Dick W. Frank. ***Sports Training Principles*** (London: Lepus Books, 1980).
3) Jensen, R. Clayne, and Fisher A.G. ***Scientific Basis of Athletic Conditioning*** (Philadelphia: 1979).
4) Matvyew, L.P. ***Fundamental of Sports Training*** (Moscow: Progress Publishers, 1981).
5) Cratty, J. Brayant ***Perceptual and Motor Development in Infants and Children*** (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
6) Singh, H. ***Sports Training, General Theory and Methods*** (Patiala: NSNIS, 1984).
7) Uppal, A.K., ***Sports Training*** (New Delhi: Friends Publication, 1999).
8) Bompa, ***Series of strength training***
9) K.R.S.Reddy & Srinivasan – ***Science of Sports Training***, Swastik publications, New Delhi.

R(22)-DP-302 : CHILD PSYCHOLOGY AND SOCIOLOGY

Unit- 1 Meaning, Definition and Nature of Psychology, Child Psychology, Educational Psycholgy and Sports Psychology
Importance of Sports Psychology. Motivation – Definition, Importance and types of motivation.

Unit-2 Stages of Growth and Development of Children - Physical, mental, social and communication skill development, psycho-motor learning at different stages.

Play-Theories of play.

Unit-3 Meaning, Definition and Importance of Sociology and Sports Sociology; Culture and Sports, Socialization and Sports, Gender and Sports

Unit-4 Social Mobility – Sports Professionalization – Role of social factors on sports performance

References:

1) Blair. Jones and Simpson, ***Educational Psychology***, McMillan Co., New York, 1962.
2) Cratty. B. J., ***Psychology and Physical activity***. Eaglewood Cliffs. Prentice Hall, 1968.
3) Crow and Crow, ***Educational Psychology***. Eurasia Publishing House, N. Delhi, 1979.
4) Kamlesh, M.L. ***Psychology in Physical Education and Sport***. Metropolitan Book Co., N. Delhi.1998.
5) Mathur. S.S., ***Educational Psychology***. Vinod Pustak Mandir, Agra, 1962.
6) Skinnner, Charles. E., ***Education Psychology***. Prentice Hall of India, N. Delhi, 1984.
7) Loy, John W., Kenyon, Gerald S. & McPherson, Barry D. ***Sports Culture and Society*** (Philadelphia: Lea & Febiger, 1981).
8) Ball, Donald W. and Loy John W. **Sport and Social Order**; ***Contribution to the sociology of sport***, (London: Addison Wesley Publishing Co., Inc., 1975).
9) Loy John. W. McPherson, Barry D., and Kenyon Gerald, ***Sport and Social System*** (London: Addison Wesley Publishing Company Inc., 1978).
10) Edward Larry. ***Sociology of Sport*** (Illinois: The Dorsey Press, 1973).
11) Cratty, Brayant, J. Social ***Dimensions of physical Activity*** New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.
12) Benjamain Dumiville – ***Child Psychology***, Lokesh thani, Sports publications
13) Dharam viz – ***Sports and society readings in sociology of sports.***

R(22)-DP-303 : INFORMATION TECHNOLOGY IN PHYSICAL EDUCATION

Unit- 1 Introduction to Computer System: definition, Characteristics, Principles, Parts of Computer and their functions, Generations, Input and Output Devices, Operating Systems, Memory (RAM, ROM)

Unit-2 WINDOWS: Meaning and Features of Windows, , Start and Shutdown Computer, Creating Folders and Short cut Icons. Saving, Copying and Deleting Files,. Use of Note Pad and Paint Brush.

Unit-3 MS OFFICE: MS Word, MS Excel and MS Power point and introduction to Internet

Unit-4 Computer Applications in Physical Education: principles of development of self instruction materials special reference to school children, principles of designing e-learning modules

References:

1) Chauhan Sunil, Saxena Akash, Gupta Kartika, ***Foundation of Computer***, (Firewall Media, 2006)
2) ***Computer Fundamentals***. Pradeep K. Sinha & Priti Sinha, 4th edition, BPB Publication
3) ***Computers in Your Future***, Marilyn Meyer & Roberta Baber, 2nd edition, Prentice Hall India
4) ***Computers Today***. Suresh K. Basandra, Galgotia publication, upgraded edition-2008
5) Irtegov, D. ***Operating System Fundamentals***. Firewall Media. 2004.
6) Milke, M Absolute ***Beginner's Guide to Computer Basics***, Pearson Education Asia 2007.
7) ***NIIT Basics of Networking*** Prentice - Hall of India Pvt. Ltd, 2004



R(22)-DP-304 : OFFICIATING AND COACHING

Unit- 1 Officiating, Meaning, importance and principles of officiating. Qualities and qualifications of good official, Duties of Officials. (Hockey, Football, Handball, Volleyball, Basketball, Tabletennis, Kabaddi, Kho-Kho, Throwball, Tennis, Badminton, Ball Badminton, Cricket, Softball and Tennikoit), System of officiating in games.

Unit-2 Rules of various games, Layout of courts and fields of games.

Track and field – layout of track and field, rules of track and field events – Runs, Jumps, Throws

Systems of officiating in track and field events.

Unit-3 Coaching definition, principles and physiology of coaching, qualities and qualification and responsibilities of a good coach.

Unit-4 Coaching camps, Skill, Technique, Tactics and strategies, System of playing games, selection of team, Brief description of teaching, coaching and training

References:

1) Cratty, B.J., ***Psychology and Physical activity***. Eaglewood Cliffs. Prentice Hall, 1968.
2) Crow and Crow, ***Educational Psychology***. Eurasia Publishing House, N. Delhi, 1979.
3) Kamlesh, M.L. ***Psychology in Physical Education and Sport.*** Metropolitan Book Co., N. Delhi.1998.
4) Skinnner, Charles. E., ***Education Psychology***. Prentice Hall of India, N. Delhi, 1984.
5) Loy, John W., Kenyon, gerald S. & McPherson, Barry D. ***Sports Culture and Society,*** Philadelphia: Lea & Febiger, 1981.
6) Ball, Donald W. and Loy John W. **Sport and Social Order**; ***Contribution to the sociology of sport,*** London: Addison Wesley Publishing Co., Inc., 1975.
7) Loy John. W. McPherson, Barry D., and Kenyon Gerald, ***Sport and Social System,***London: Addison Wesley Publishing Company Inc., 1978.
8) Edward Larry. ***Sociology of Sport,***Illinois: The Dorsey Press, 1973.
9) Cratty, Brayant J. ***Social Dimensions of Physical Activity,*** New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.

Semester-IV - Theory Course

R(22)-DP- 401 : SPORTS INJURIES AND REHABILITATION

Unit- 1 Meaning and Causes of Sports Injuries. Principles of prevention of sports injuries

Unit-2 Common Sports Injuries, symptoms and their treatment, Ligament sprain – Muscle sprain – Tennis elbow- Golfer's elbow, lower back strain – Dislocation – Fractures, Runners knee – Shin pain – Blisters – contusion, Abrasion, Laceration, Haematoma, contusion.

Unit-3 Definition of First-Aid, DRABC formula (Danger, Response, Airways, Breathing & Circulation), Artificial respiration techniques – Mouth to mouth, mouth to nose respiration, CPR(Cardio Pulmonary Resuscitation), First Aid for Haemorrhage, Fracture, Sprain and Strain, Drowning, Heat Stroke and Heat Exhaustion; Concept of PRICE(Prevention, Rest, Ice, Compression and Elevation)

Unit-4 Rehabilitation - Meaning, Objectives and importance of Rehabilitation; Rehabilitation Modalities - Cold, Heat, Water, Radiation.

References:

1) Ann. Lowlin. ***Women's Fitness Program Development*** Human, Kinetics. 2002.
2) Bengt O. Eriksson *et. al*, ***Sports Medicine***, Guinness Publication, 1990.
3) Christine M. Drews, ***Physiology of Sports and Exercise***, Human Kinetics, USA, 1999.
4) David R. Mottram, ***Drugs in Sports*** (4th Ed) Routledge Taylor and Francis Group, 2005.
5) Erikson, B.O. *et al*, ***Sports Medicine***, Guinness Pub. Great Britain, 1990.
6) Jain, Rachna, ***Sports Medicine***, KSK, New Delhi, 2002.
7) Jeyaprakash, C. S., ***Sports Medicine***, J.P. Brothers Pub., New Delhi, 2003.
8) Khanna, G.L., ***Exercise Physiology & Sports Medicine,*** Lucky Enterprises, Delhi, 1990.
9) Mathew O.K. & Fox E.L, ***Physiological Basis of Physical Education and Athletics***, W.B. Saunders Co: Philadelphia, 1971.
10) Pandey, P.K., ***Outline of Sports Medicine***, J.P. Brothers Pub., New Delhi, 1987.
11) Pandey, P.K., ***Sports Medicine***, Khel Sahitya Kendra, New Delhi, 1998.

R(22)-DP- 402 : ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION

Unit- 1 Meaning, importance and principles of administration and organization; Factors influencing on good administration; Types of good Administration; Qualifications and qualities of good administration. Organisational setup at different levels: Schools, Colleges, Universities, Mandal, District, State & National

Unit-2 Facilities and standards of Physical Education: Play fields, (Different play areas) Gymnasium, Swimming pool. Purchase & Care of sports equipments, Maintenance of Stock, Maintenance of records and Registers, Cash register, Tapal register, Stock Issue register, Attendance Register, Physical Fitness records, Health records and achievement records. Process of Verification, Write-off and Condemnation of Stock

Unit-3 Tournaments: Meaning of tournament and types of tournaments – Knock-out (Elimination), League (Round Robin), Knock-out cum league, League cum knock-out, Double league, Double knockout, Challenge. Method of drawing Fixtures: Seeding, Special Seeding. Rotation Method, Stair case method. Intramural and Extramural and their importance, Sports Day/ Play Day

Unit-4 Time tables – Meaning and maintenance of Time table, factors influencing time table. Types of Physical Education periods. Budget : Meaning and importance of Budget, Budget income, expenditure and rules regarding expenditure, Preparation and Administration of Budget.

References:

1) Broyles, Frank J. & Rober. Hay D. ***Administration of sports, Athletic Programme***: A Managerial Approach, New York, Prentice hall Inc. 1979.
2) Bucher. Charles A. ***Administration of Physical Education and Athletic Programme*** St. Louis. The C.V. Mosby Co. 1983.
3) Singh, Sujan, ***Organization of Physical Education*** Ropar Jeet Publication, 1973.
4) Thomas J.P. ***Organization & Administration of Physical Education*** Madras, Gyanodayal Press, 1967.
5) Voltmer, Edward F. and Esslinger, Arther A. ***The organization and Administration of Physical Education***: New York: Prentice Hall Inc. 1979.

R(22)-DP- 403 : TEST AND MEASUREMENT IN PHYSICAL EDUCATION

Unit- 1 Meaning and definition of Test, Measurement and evaluation, Importance of Test, Measurement and Evaluation in the field of physical education and sports.

Unit-2 Criteria of good test: Classification of tests, Test Administration(Pre, During and Post)

Unit-3 Tests for different variables Speed – 50metre dash, Maximum speed -30metres dash with flying start, cardio vascular endurance – Cooper's 12 minutes run - walk test, Muscular endurance – Bent knee sit-ups – Explosive power – Standing Broad jump

Unit-4 Anthropometric Measurements: Height, Weight, Arm length, Leg length. BMI and its classification.

References:

1) ACSM's ***Health / Fitness Facility Standards and Guidelines***, New York: Human Kinetics, 1992.
2) Barrow, Harold M. and McGhee, Rosemary, ***A Practical Approach to Management in Physical Education***" Philadelphia: Lea and Fibiger 1979.
3) Clarke, H. Harrison.: ***Application of Measurement to Health and Physical Education***, New Jersey: Prentice Hall Inc. 1976.
4) Safrit, Margaret J: ***Introduction to Measurement in Physical Education and Exercise Science,*** St. Louis: Mosby, 1995.

P. Jayanna

R(22)-DP – 404 : NUTRITION AND NATUROPATHY

Unit- 1 Sports Nutrition, Concept of Nutrition, Types of Nutrients, Balanced Diet

Unit-2 Obesity - Causes and Prevention; Weight Management through Life style Modification. Malnutrition

Unit-3 Naturopathy - Meaning, Definition and Principles of Naturopathy; Methods of Nature Cure, Fasting, Mud Therapy and Hydrotherapy

Unit-4 Application of Naturopathy, technique for various diseases like cold, cough, fever, constipation, diarrhea

References:

1) Brown, JE. (2005). ***Nutrition,*** Now Thomson, Wordsworth.
2) Corbin, C.B., G.J. Welk, W.R Corbin, K.A. Welk (2006) ***Concepts of Physical Fitness***: Active Lifestyle for Wellness. McGraw Hill, New York, USA.
3) Graham, G. (2001), ***Teaching Children Physical Education***: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA. Hoeger,
4) Hoeg***er (2007) Fitness and W****e****l****lness***, 7th Ed. Thomson Wadsworth, Boston, USA.
5) Kamlesh, M. L. & Singh, M. K. (2006) ***Physical Education*** (Naveen Publications).
6) Kansal, O.K. (2008) ***Text book of Applied Measurement, Evaluation & Sports Selection. Sports & Spiritual Science*** Publications, New Delhi.
7) Lumpkin, A. (2007) ***Introduction to Physical Education, Exercise Science and Sports Studies***, McGraw Hill, New York, U.S.A.

Semester-I -Practicum : R(22)-DP-105

Track & Field *– Running Events*

Layout of Track

Technique and Rules of Sprints, Middle distance, Long distance, Relays, Hurdles

Gymnastics / Swimming (Any one)-

Gymnastics: Floor exercises (Boys &Girls) Horizontal bar – (Boys), Balancing Beam (Girls)

Swimming: Skills & rules of swimming – Free style (50Mts & 100Mts) for (Boys and Girls)

Semester-I -Practicum : R(22)-DP-106

Badminton, Cricket Football, Kabaddi & Throwball

Skills, rules & Lead-up Games

Semester-I -Practicum : R(22)-DP-107

Minor Games: Intelligence games, Tag games, Relay Games & Ball Games

Semester-I -Practicum : R(22)-DP-108, Project Work :

Calisthenics, Dumbell, Flag Hoisting, Hoops, Lezium, March past, Umbrella, Wands, Kolatam and Flower Sticks

Semester-II -Practicum : R(22)-DP-205

Track & Field – Jumping Events
Marking of field events and rules of Jumps
Technique and Rules of Long Jump, High Jump, Triple Jump, Polevault

Gymnastics / Swimming (Any one)
Gymnastics: Vaulting horse (Boys &Girls) Pyramids – (Boys & Girls)
Swimming: Skills & rules of swimming – Breast Stroke (50Mts & 100Mts) (Boys) and Breast Stroke (50 Mts & 100Mts) (Girls.)

Semester-II -Practicum : R(22)-DP-206
Ball Badminton, Handball, Hockey, Kho-Kho and Softball
Skills, rules & Lead-up Games

Semester-II -Practicum : R(22)-DP-207
Aerobics, Chess, Malkhambh, Shooting, Yoga

Semester-II - Teaching Practice R(22)-DP-208 Project Work :
Teaching Practice : Coaching lesson plans in Games in I & II Semesters - 10 lessons of 40 Minutes duration each (9 internal & 1 External) at Schools
General Lesson plan : 10 Lessons of 40 min duration each (9 Internal & 1 External)

Semester-III -Practicum : R(22)-DP-305

Project Work :*Track & Field – Throwing Events*

Marking Throw sectors and rules of Throws

Technique and Rules of Shotput, Discus, Javelin, Hammer,

Gymnastics / Swimming (Any one)

Gymnastics: Pommel horse (Boys) Gymnastic Positions, Combination of Rhythmic Activities - Rope, Ribbon (Girls)

Swimming: Skills & rules of swimming – Butter Fly (50Mts) (Boys and girls)

Semester-III -Practicum : R(22)-DP-306

Basketball, Table Tennis, Tennikoit, Tennis & Volleyball

Semester-III -Practicum : R(22)-DP-307

Boxing, Fencing, Judo, Karate, Taekwondo, Bharathiyam, Combatives, Dands & Baithaks, National Songs, Surya Namaskaram, Martial Arts, Astanga Yoga.

Semester-III -Teaching Practice-R(22)-DP-308

Particular Lesson plan : 5 Lessons(in class room/out door) of 45 minutes of duration each in any one of the activity from R(22)-DP-306 & R(22)-DP-307 (4 internal and 1 External) and any 5 lessons in R(22)-DP-306 & R(22)-DP-307

Semester-IV -Practicum : R(22)-DP-405

Specialisation in Athletics: Candidates have to exhibit proficiency and officiating ability in any one of the events in Athletics of I, II & III Semesters. Record and Viva - Voce.

Semester-IV -Practicum : R(22)-DP-406 Project Work :

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

Semester-IV -Practicum : R(22)-DP-407

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 & 1 External)

Semester-IV -Teaching Practice: R(22)-DP- 408

Teaching Practice in game of Specialization: Coaching lessons in any one of the game from I,II & III Semesters (*5* Lessons of *45* Minutes duration each. 4 Internals & 1 External)

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*	*18*	*6*	*40*
Total	*64*	*78*	*18*	*160*
Minimum of 36 teaching hours per week is required in five or six days in a week				

Table-1 : 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*	*12*	*04*	*32*
Total	*64*	*78*	*12*	*128*
Minimum of 36 teaching hours per week is required in five or six days in a week				

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