

**ANNAMALAI UNIVERSITY**  
**FACULTY OF EDUCATION**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**B.P.Ed**  
**[Bachelor of Physical Education]**  
**New Regulation**  
**[2018-19 Onwards]**

**B.P.Ed THEORY PAPER [2018-19] onwards  
SEMESTER - I**

**BPDC-101 HISTORY OF PHYSICAL EDUCATION RECREATION AND CAMPING**

**UNIT I - Introduction**

**Meaning, Definition and Scope of Physical Education, Aims and Objective of Physical Education - Importance of Physical Education in present era. Misconceptions about Physical Education. Relationship of Physical Education with General Education., Physical Education as an Art and Science.**

**UNIT II- Historical Development of Physical Education in India**

**Indus Valley Civilization Period. (3250 BC - 2500 BC), Vedic Period (2500 BC - 600 BC), Early Hindu Period (600 BC - 320 AD) and Later Hindu Period (320 AD - 1000 AD), Medieval Period (1000 AD - 1757 AD) of British Period (Before 1947), Physical Education in (After 1947), Contribution of Akhadas and Vyayamshalso Y.M.C.A. and its contributions.**

**UNIT III- Recreation**

**Meaning, Definition, Aim, Scope and Significance of recreation - Aim and objectives of recreation - Recreation of play. Agencies offering recreation - Home, Governmental, Voluntary, Private-Commercial Agencies - Rural Urban, Community and industrial Recreation - Areas Facilities, Equipment and their maintenance.**

**UNIT IV—Camping**

**Definition and Meaning - Scope and significance of Camping - Types of camps - Selection and layout of campsites - organization and administration of camps - camp programmes and activities - Evaluation of camp work.**

**UNIT V- Leadership**

**Meaning and Definition of Leadership, Leadership style and method. Elements of leadership. Forms of Leadership. Autocratic - Laissez-faire Democratic Benevolent Dictator. Qualities of administrative leader. Preparation of administrative leader. Leadership and Organizational performance. Professional Ethics.**

**REFERENCE**

- 1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.**
- 2. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.**
- 3. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.**
- 4. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.**

## **BPDC-102 ANATOMY AND PHYSIOLOGY**

### **UNIT-I**

**Brief Introduction of Anatomy and physiology in the field of Physical Education. Introduction of Cell and Tissue. The arrangement of the skeleton - Function - of the skeleton - Ribs and Vertebral column and the extremities - joints of the body and their types Gender differences in the skeleton. Types of muscles.**

### **UNIT-II**

**Blood and circulatory system: Constituents of blood and their function - Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation. Cardiac output. The Respiratory system: The Respiratory passage - the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.**

### **UNIT-III**

**The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism, The Excretory system: Structure and functions of the kidneys and the skin. The Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands. Nervous systems: Function of the Autonomic nervous system and Central nervous system. Reflex Action, Sense organs: A brief account of the structure and functions of the Eye and Ear.**

### **UNIT-IV**

**Definition of physiology and its importance in the field of physical education and sports. Structure, Composition, Properties and functions of skeletal muscles. Nerve control of muscular activity: Neuromuscular junction, Transmission of nerve impulse across it. Fuel for muscular activity, Role of oxygen - physical training, oxygen debt, second wind, vital capacity.**

### **UNIT-V**

**Effect of exercise and training on cardiovascular system. Effect of exercise and training on respiratory system. Effect of exercise and training on muscular system, Physiological concept of physical fitness, warming up, conditioning and fatigue. Basic concept of balanced diet - Diet before, during and after competition.**

### **References:**

1. Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.
2. Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.
3. Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B.Saunders.
4. Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.
5. Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.
6. Moorthy, A. M. (2014). *Anatomy physiology and health Education*. Karaikudi: MadalayamPublications.
7. Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.
- Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications

## **BPDC-103 ORGANIZATION, ADMINISTRATION & METHODS IN PHYSICAL EDUCATION**

### **Unit - I: Organization and administration**

**Meaning and importance of Organization and Administration in physical education  
Qualification and Responsibilities of Physical Education teacher and pupil leader  
Planning and their basic principles, Program planning: Meaning, Importance, Principles of program planning in physical education. Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.**

### **Unit- II: Office Management, Record, Register & Budget**

**Office Management: Meaning, definition, functions and kinds of office management  
Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record. Budget: Meaning, Importance of Budget making, Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget. Facilities and equipment management: Types of facilities Infrastructure-indoor, out door. Care of school building, Gymnasium, swimming pool, Play fields, Play grounds  
Equipment: Need, importance, purchase, care and maintenance. Time Table Management: Meaning, Need, Importance and Factor affecting time table**

### **Unit-III: Teaching Techniques**

**Teaching Techniques - Lecture method, Command method, Demonstration method, Imitation method, Project method etc. - Whole method, whole - part - whole method, part - whole method. Presentation Techniques - Personal and technical preparation- Commands - Meaning, Types and its uses in different situations**

### **Unit-IV: Teaching Aids,**

**Teaching Aids - Meaning, Importance and its criteria for selecting teaching aids. Teaching aids - Audio aids, Visual aids, Audio - visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc. Team Teaching - Meaning, Principles and advantage of team teaching. Differences between Teaching Methods and Teaching Aids.**

### **Unit-V: Lesson Planning, Teaching Innovations and Tournaments**

**Lesson Planning - Meaning, Type and principles of lesson plans. General and specific lesson plans. Micro Teaching - Meaning, Types and steps of micro teaching. Simulation Teaching - Meaning, Types and steps of simulation teaching. Importance of Tournament, Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament. Organization structure of Athletic Meet - Sports Event Intramurals & Extramural Tournament planning**

### **References:**

- 1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A**
- 2. Managerial Approach. New York: Prentice hall Inc.**
- 3. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St.**
- 4. Lolis: The C.V. Hosby Co.**
- 5. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.**

6. Pandey, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depot.
- Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
7. Thomas, J.P.(1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.
8. Gyanodayal Press.
9. Tirunaryanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.
10. India Press.
11. Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.
12. Education.

### **BPDE-104- (a) - ADAPTED PHYSICAL EDUCATION (Elective)**

#### **Unit-1: Introduction to adapted Physical Education.**

- **Meaning of the term Adapted Physical Education**
- **Purpose and goals of adapted Physical Education.**
- **Movement Educational concept.**

#### **Unit-II: Classification of Disability**

- **Disability**
- **Differentially able classification and sub classification in each disability.**
- **Blind, Deaf and Dumb,**
- **Orthopaedic disability,**
- **Mentally Challenged-**
- **Autism-Cerebral palsy.**

#### **Unit-III: Adaptation of Motor Activities**

- **Principles for adaptation of motor activities-**
- **Classification of activities according to the disabilities**
- **Equipments and ground marking**
- **Equipments for personal and group activities**
- **Rules.**

#### **Unit-IV: Classification Structure**

- **International Competition**
- **Classification structure**
- **Dark Olympics- Silent Olympics**
- **Paralytic Olympics -Special Olympics.**

#### **Unit -V: Rules of Adapted Games**

- **Rules of adapted games and class management**
- **Adapted Physical Education for Blind Volleyball**
- **Adapted Kabaddi**
- **Adapted Track and Field Events**
- **Teaching methods to be adapted by Special Educator in Sports**

#### **Reference:**

1. Barrow, H.M., & McGee, R. *A Practical Approach to Measurement in Physical Education*, Philadelphia, Lea and Febiger, 1964.

2. **Campbell, W.R., and Tucker, N.M. An Introduction to Physical Education, London G,Bell and S'ons Ltd., 1967.**
3. **Jamitra S. Physical Education for Blind, Grace Printers, Chennai-1990.**
4. **Oxzendine, J.B. Psychology of Motor Learning, Prentice hall, Engle Wood, New Jersey.**

### **BPDE-104-B - YOGA EDUCATION [Elective]**

#### **Unit - I: Introduction**

- **Meaning and Definition of Yoga**
- **Aims and Objectives of Yoga**
- **Yoga in Early Upanishads**
- **The Yoga Sutra: General Consideration**
- **Need and Importance of Yoga in Physical Education and Sports**

#### **Unit - II: Foundation of Yoga**

- **The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.**
- **Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga**

#### **Unit -III :Asanas**

- **Effect of Asanas and Pranayama on various system of the body**
- **Classification of asanas with special reference to physical education and sports**

#### **Unit -IV :Bandhas, Mudras and Kriyas**

- **Influences of relaxative, meditative posture on various systems of the body**
- **Types of Bandhas and mudras**
- **Type of kriyas**

#### **Unit - V :Yoga Education**

- **Basic, applied and action research in Yoga**
- **Differences between Yogic practices and physical exercises**
- **Yoga education centers in India and abroad**
- **Competitions in Yogasanas**

#### **References:**

1. **Sharma, S. K. (2010). Yoga. New Delhi: Sports**
2. **Yadav, Y. P. & Yadav, R. (2003). Art of yoga. New Delhi: Friends**
3. **Sharma, J. P. (2010). Teaching of yoga. New Delhi: Friends**
4. **Gore, C.S. (2011), Yoga and Health, New Delhi: Sports**

**THEORY PAPER  
SEMESTER - II**

**BPDC-201 Principles and Foundation of Physical Education**

**Unit – I : Introduction – Principles of Physical Education**

**Introduction - Meaning of the term Principle - Sources of principles of physical Education- Definition - Aim and objectives of education and Physical Education- Physical Culture – Physical Training- Theories of play**

**Unit – II : Sociological and Psychological Foundations**

**Sociological Foundations- Meaning and Definition of Socialization - Socialization through Physical Education - Introduction - Meaning and definition of Psychology and Sports Psychology - its scope - relation to other sciences - personality - types of personality - Intelligence - I.Q. Individual differences - Feeble minded Morons - imbeciles and idiots. Instincts and emotion.**

**Unit – III : Philosophies of Physical Education**

**Philosophies of Physical Education - Idealism, Realism, Pragmatism, Naturalism and Existentialism - Biological Foundations of Physical Education Hereditary traits - Muscle Tone - Athletic Heart - Unsynchronized development - Reciprocal innervation - Differences between boys and girls during the period of adolescence - Somato type classification according to Sheldon and Kretschmer**

**UNIT- IV : Biological Foundations:**

**Biological foundations of physical education - Hereditary traits - Muscle tone -Athletic heart- Unsynchronised development - Reciprocal innervations-Reflex arc - Vital capacity. Growth and Development at various Levels of Childhood: Pre - Adolescence –Adolescence – Adulthood. Differences in boys and girls. Chronological Age-Physiological Age and Mental Age. Classification of body types: Sheldon – Krestchmer.**

**UNIT-V: Learning – Theories and Types**

**Learning: Meaning and Definition – Theories of Learning :Trial and Error theory, Conditioned Response theory, Insightful Learning. Laws of Learning: Law of readiness, Law of use and disuse, Law of effect, Law of Recency, Law of Frequency. Types of Learning : Primary, Associate, Concomitant; Transfer of Learning – Learning Curve .**

**Reference:**

- 1. Bucher A. Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.**
- 2. Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.**
- 3. Karl W. Bookwalter. (1969). Foundations and Principles of Physical Education. London: W.B. Saunders Company.**

## **BPDC-202 Health Education & Environment Studies**

### **Unit - I : Health Education**

**Concept, Dimensions, Spectrum and Determinants of Health Definition of Health, Health Education, Health Instruction, Health Supervision Aim, objective and Principles of Health Education Health Service and guidance instructions in personal hygiene.**

### **Unit –II: Health Problems in India**

**Communicable and Non Communicable Diseases - Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population.**

### **Unit – III: School Health Problem**

**Personal and Environmental Hygiene for schools - Objectives of school health services, Role of health education in schools Health Services - Care of skin, Nails, Eye health services, Nutritional services, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.**

### **Unit – IV: Environmental Science**

**Definition, Scope, Need and Importance of environmental studies. Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment. Plastic recycling & probation of plastic bag / cover. Role of school in environmental conservation and sustainable development.**

### **Unit – V: Natural Resources and related environmental issues**

**Water resources, food resources and Land resources Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution Management of environment and Govt. policies, Role of pollution control board.**

### **References:**

- 1. Pande, P. K. &Gangopadhyay, S. R. (2005). Health education for school children, New Delhi: Friends**
- 2. Srivastava, A. K. (2010). Health and fitness. New Delhi: Sports**
- 3. Dheer, S., Kamal, R. &Basu, M. (2005). Introduction to health education. New Delhi: Friends**
- 4. Mishra, S. C. (2009). Health and physical education. New Delhi: Sports**
- 5. Raman, B. M. T. (2010), Health Exercise and Fitness, New Delhi: Sports**
- 6. K.Park (2015), Textbook of Preventive and Social Medicine: BanarsidasBhanot**

**BPDC- 203. RULES OF GAMES AND SPORTS- I**

**[Volleyball / Handball / Badminton / Softball /Cricket / Basketball and Athletics]**

**UNIT – I:**

**Planning, Construction and Marking of Non-Standard Track – Arc start – Double arc start – Computation of R.D.R – Stagger distance and Diagonal Excess – Marking of Shotput and Discus throwing sector – Long Jump and High Jump, Runway and Landing area.**

**UNIT – II:**

**Rules and their Interpretations of Track Events (Sprint, Middle and Long Distances) – Field Events (Shotput – Discus throw – Long Jump and High Jump) - Officials and their duties for Track and field Events**

**UNIT – III:**

**Qualification and qualities of an official – General Principles of Officiating – Mechanism of Officiating: Volleyball, Handball, Badminton, Softball, Basketball and Cricket- Duties and powers of officials.**

**UNIT – IV:**

**Measurement and markings of the following games: Volleyball, Handball, Badminton, Softball and Cricket**

**UNIT – V:**

**Rules of the following games and their Interpretation: Volleyball, Handball, Badminton, Soft-ball and Cricket**

**REFERENCE BOOKS:**

1. George Immanuel, “Track and Field event layout and Marking”.
2. AAFI Rules Book.
3. R.L. Anand, Play Field Manual Patiala: “NIS Publication”, 1990.
4. H.C. Buck, Rules of Games and Sports, Madras: YMCA Publications, 1992.
5. Bunn, J. W. The Art of officiating Sports, Prentice Hall, Englewood Cliff. M.J. 1951.

## **BPDE- 204. (a) FITNESS AND WELLNESS**

### **Unit- I: Issues in physical education**

**Issues in curriculum - Issue in teaching learning (Approaches in teaching games, Formal and informal model of assessment in Physical Education) - Issues related to teaching aids - Issues encountered by Physical education teachers.**

### **Unit- II: Concept of Physical Education and Fitness**

**Definition ,aims , and objectives of physical education, fitness and wellness - Importance and scope of fitness and wellness -Modern concept of physical fitness and wellness - Physical Education and its relevance in inter disciplinary context**

### **Unit-III: Fitness and Lifestyle**

**Fitness-types of fitness and components of fitness - Understanding of fitness - Modern lifestyle and hypo kinetic disease-prevention and management - Physical activity and health benefits**

### **Unit-IV: Wellness and Lifestyle**

**Meaning, Definition and Scope of wellness - Concept and Components of wellness - Dietary guidelines of good health- health promotion and diseases prevention- Nutrition - Issues related to body image, stress management, mental health, and wellness throughout life- healthy aging.**

### **Unit-V: Principle of Exercise Program**

**Means of fitness development-aerobic and anaerobic exercise - Exercise and heart rate zones of various aerobic exercise intensities - Concept of free weight Vs machine, sets, and repetition etc - Concept of designing different fitness training program for different age group**

### **Reference:**

- 1. Difiore,J.(1998). Complete guide to Postnatal Fitness. London: A & C Black,.**
- 2. Giam, C.K & The, K.C. (1994). Sport Medicine Exercise and Fitness Singapore: P.G. Mcglynn, G., (1993).**
- 3. Dynamics of Fitness Madison: W.C.B Brown. Medical Book Sharkey, B.J. (1990). Physiology of Fitness, Human Kinetics Book**

## **BPDE- 204. (b) GUIDANCE AND COUNSELING**

### **Unit-I - Guidance**

- **A Brief Historical perspective**
- **Guidance Programme in India and meaning of the term Guidance**
- **Need for guidance in changing society**
- **Scope of Guidance.**

### **Unit-II - Major Areas of Guidance**

- **Educational Guidance,**
- **Vocational Guidance, Personal-Social Guidance.**
- **Aims and objectives of Guidance in the above areas**
- **Contributions of Rousseau, Pestalozzi, Froebel and Dewey to Guidance.**

### **Unit-III - Characteristics of Guidance.**

- **Guidance as process.**
- **Guidance services.**
- **Objectives of Guidance at primary, secondary and college levels of education**

### **Unit-IV- Meaning and nature of counseling.**

- **Counseling services or approaches.**
- **Personality of Counselor**
- **Tools and techniques of Guidance and Counseling.**
- **Guidance of the exceptional (gifted, personality deviate, under achievers etc.).**

### **UNIT V - Guidance movement**

- **The inter-disciplinary Basis of Guidance.**
- **Aims and objectives of Guidance.**
- **Agencies of Guidance.**

### **References:**

1. **Agarwal, J.C. Educational and Vocational Guidance and Counseling. New Delhi: Doba House, 1977.**
2. **Kochhar, S.K. Educational and Vocational Guidance in Secondary Schools. New Delhi: Sterling Publisher Pvt. Ltd, 1976.**
3. **Kaur, Surjith. Foundation of Counseling and Guidance. New Delhi: Sterling Publishers Pvt. Ltd, 1971.**