



**MAHARAJA BHUPINDER SINGH PUNJAB SPORTS UNIVERSITY,  
(MBSPSU), PATIALA**

**ACADEMIC YEAR 2020-21, 2021-22, 2022-23, 2023-24**

**SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION  
(B.P.Ed) FOUR YEARS COURSE**

**SEMESTER SYSTEM**

**Academic Year 2020-21**

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**Semester-I**

**Theoretical Course: 400 Marks**

**Practical Course: 150 Marks**

<b>Course Code</b>	<b>Title of the Papers</b>	<b>External Marks</b>	<b>Internal Marks</b>	<b>Teaching Hrs per week</b>	<b>Credits</b>
<b>Theory</b>					
CC-101	Introduction and History of Physical Education	80	20	04 Hrs.	4
CC-102	General Science	80	20	04 Hrs.	4
CC-103	Health Education	80	20	04 Hrs.	4
CC-104	Compulsory Punjabi/ Mudhli Punjabi/ Punjab History and Culture	40	10	04 Hrs.	2
CC-105	English Compulsory	40	10	04 Hrs.	2
<b>Practical Course</b>					
PC-101	<b>General Lesson:-</b> Marching, Free Hand Exercises, Dumbbell	40	10	04 Hrs.	2
PC-102	<b>Track and Field:-</b> Start Long Jump and Shot-put.	40	10	04 Hrs.	2
PC-103	<b>Games:-</b> Basketball, Kabaddi and Kho-Kho.	40	10	04 Hrs.	2

**Contents to be covered:**

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

**Note:** Each activity will be continued for 21 working days.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – I**  
**Theory Course**  
**Paper-I (CC-101)**

**INTRODUCTION AND HISTORY OF PHYSICAL EDUCATION**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-**Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**Unit – 1: Introduction**

1. Meaning and Definition of Physical Education.
2. Aim and Objectives of Physical Education.
3. Importance of Physical Education in Modern era.
4. Misconceptions about Physical Education.
5. Relationship of Physical Education with General Education and Health Education.

**Unit- 2 – Historical Development of Physical Education**

1. History of Physical Education in Ancient Greece.
2. History of Physical Education in Roman Empire.
3. A brief account of the history of gymnastic in:
  - 1) Sweden
  - 2) Denmark
  - 3) Germany

**Unit- 3- Olympic, Commonwealth and Asian Games**

1. IOC-Functions.
2. Ancient Olympic games-A comparison with modern Olympic games.
3. Asian Games with historical background.
4. Commonwealth Games.
5. Conduct of ceremonies-Opening and Closing ceremonies.

**Unit-4- Sports Associations, Institutes and Awards in India**

1. Indian Olympic Association-Objectives and function.
2. Lakshmibai National Institute of Physical Education-Functions and Courses.
3. Netaji Subash National Institute of sports, Patiala-Functions and Courses.
4. Sports Authority of India- Objectives and function.
5. Awards- Rajiv Gandhi Khel Ratna Award, Arjuna Award, Dronacharya Award, Mulana Abul Kalam Azad Trophy(MAKA).

## References:-

- Bucher, C. A. (1983) *Foundation of Physical Education*. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree College of Physical Education.
- Lal, D.C (2006) *History of Physical Education and Sports, Sports Publication, New Delhi*.
- Mohan, V. M. (1969). *Principles of Physical Education*. Delhi: Metropolitan Book Dep.
- Nixon, E. E. & Cozen, F.W. (1969). *An introduction to Physical Education*. Philadelphia: W.B. Saunders Co.
- Obertuffer, (1970). *Delbert Physical Education*. New York: Harper & Brothers Publisher.
- Sharman, J. R. (1964). *Introduction to Physical Education*. New York: A.S. Barnes & Co.
- Singh A., et. al. (2017), *Modern text book of Physical Education, Health and Sports, Kalyani Publisher*.
- William, J. F. (1964). *The Principles of Physical Education*. Philadelphia: W.B. Saunders Co.
- M.L. Kamlesh; *Foundation of Physical Education* (3<sup>rd</sup> revised ed.); New Delhi Sports Publications, 2013.
- M.L. Kamlesh & M.S.Sangral: *Principles and History of Physical Education*. (2<sup>nd</sup> revised ed.), New Delhi, Friends Publications; 2011.
- The CV Mosby Company, Missouri. 3. Barrow M. Harold- 1973 " *Man & Movement: Principles of Physical Education*".
- Felson Janet -1967 " *Perspective & Principle of Physical Education*.
- Khan, Eraj Ahmed. *History of Physical Education*, Patna: Scientific Book Co.
- Leonard, Fred Eugene and Affleck George B. *Guide to the History of Physical Education*, Philadelphia Leo & Febiger, 1962.
- Majumdar D.C. *Encyclopedia of India Physical Culture Baroda Good Companions*, 1952.
- Rice Emmett, A. Hutchinson John L. and Lee Marbal A. *Brief History of Physical Education*. New York: The Ronald Press Co. 1960.
- Rajgopalan K. A. *Brief History of Physical Education In India*, Delhi Army Publisher 1962.
- Wakharkar, D. G., *Manual of Physical Education*, BOMBAY, Pearl Publishers Pvt. Ltd.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – I  
Theory Course  
Paper-II (CC-102)**

**General Science**

*Duration of Examination: 3 Hours*

<i>Total Marks</i>	<i>: 100</i>
<i>Theory Marks</i>	<i>: 80</i>
<i>Sessional marks</i>	<i>: 20</i>

**Instructions for paper setter:-Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**Unit – 1**

1. Life: Living and non-living things, their difference, Cells–differences between plants and animals, Interdependence of plants and animals. Reproduction in plants and animals. Sexual, asexual Budding and Vegetative propagation, germination, its conditions, organic evolution and its proofs.
2. Air: Properties of air, uses of air, atmospheric pressure, composition of air.
3. Properties of Gases: Oxygen, Hydrogen, Carbon–dioxide occurrence, preparation, properties and uses.

**Unit- 2**

1. Water:-Natural water–sources, mineral water, drinking water, physical and chemical properties of water, purification of water, hard and soft water, causes of hardness and their removal, harms of hard water. Archimedes principle.
2. Matter:-Matter, Atom, Molecule, Element, Compound, Mixture, Acid, Base and Salt.

**Unit- 3**

1. Metals and Non–Metals: Definition of metal and non–metals. Distinction between them and their general physical properties.
2. Alloy: Definition, alloys of iron, copper and aluminum.
3. Sulphur: Three kinds of Sulphur, properties and uses.
4. Phosphorus: Three kinds of phosphorus, properties and uses.

**Unit-4**

1. Heat: Sources, transmission of heat – conduction, convection and radiation. Measurement of Heat: Specific heat, Thermal capacity and latent heat, Processes of melting, boiling and evaporation.
2. Light: Luminous, Non–Luminous, Transparent and translucent bodies. Reflection and its laws. Refraction of light.
3. Magnetism and Electricity: Magnet and their properties, Static electricity, charge current, Electrostatic field, leclenche cell, dry cell, Electric terms – Volt, Ampere, Resistance, Ohm, AC, DC.

## References:

- David LaHart, Jill D. Wright (1993). *Human Biology and Health*. Englewood Cliffs, New Jersey: Prentice Hall.
- Denise Walker. (2007). *Metals and Non-Metals*, Evans Brothers.
- Jennifer Haigh, (2016). *Heat & Light*, good reads Author.
- Kotz, J.C., Treichel, P., & Weaver, G.C. (2005). *Chemistry & Chemical Reactivity*. Thomson Brooks.
- Mark Denny. (1993). *Air and Water The Biology and Physics of Life's Media*, Princeton University Press.
- William L.; Hurley, Cecile N. (2008). *Chemistry: Principles and Reactions* (6th ed.). Cengage Learning.
- Iyec, Mac. R.M. and Page Charles H. Society (London : McMillan & C., 1974).
- Ogburn, William F. and Nimkoff, Meyer F., *Hand Book of Sociology* (New Delhi : Eurasia Publishing House Ltd., 1972).
- Loy, Lohn W. Dr. and Kenyon, Gerald S. *Sports Culture and Society* (Philadelphia : The MacMillan Co. 1969).
- Brailsford Dennis *Sports and Society*, (London- Routledge and Kegan Paul 1969).

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – I**

**Theory Course**

**Paper-III (CC-103)**

**HEALTH EDUCATION**

*Duration of Examination: 3 Hours*

<i>Total Marks</i>	<i>: 100</i>
<i>Theory Marks</i>	<i>: 80</i>
<i>Sessional marks</i>	<i>: 20</i>

**Instructions for paper setter:-Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**Unit-I INTRODUCTION**

1. Definition of health and health education.
2. Meaning, Aim, objectives and Scope of health education.
3. Principles and Importance of health education.
4. First aid: Symptoms, causes, treatment of sprain, strain and fracture.

**Unit-II COMMUNICABLE DISEASES**

1. Communicable Diseases: Influenza, Small pox, Typhoid, Tuberculosis, Cholera, Rabies, Measles.
2. Overweight, underweight, Malnutrition and its causes.
3. Meaning and Methods of prevention of communicable disease.
4. Meaning and Methods of prevention of Non communicable disease.

**UNIT-III HYGIENE**

1. Personal Hygiene care: Skin, Mouth, Nails, Clothes and Bathing.
2. Importance of rest, sleep and exercise Health - Dental, Vision, Hearing.
3. Causes and care of environment health in India.

**UNIT-IV SCHOOL HEALTH SERVICE**

1. Personal and environmental hygiene for school.
2. School health problems: Health appraisal, School environment, Nutritional services.
3. Mental health, school health and safety measures in the playfield, first aid and emergency care.
4. Common health problem: drug and narcotics, alcohol, smoking and food infection.

**Reference:**

- Aykroyd, W.R. (1962). *The nutritive value of Indian foods and the planning satisfactory diet*, New Delhi.
- Degort, L.J. (1969). *Nutrition and Physical*, W.B. saunders Co.
- Irwin, L. (1960). *The curriculum in Health Physical Education*, Iowa. UMC brown publisher,
- Park, J.E. & Park, K. (1985). *Text book of preventive and social medicine*. Bnasidar Bhanot publications, Jabalpur.
- Park, J.E. & Park, K. (1982). *Text book of community health for nurses*. Asrani publications, Jabalpur.
- Singh, A., Gill, J.S., Bains, J., & Brar, R. S. (2007). *Essentials of physical education*. Kaliyani publications, Ludhiana.
- Turner, S., & Smito. (1961). *School: Health Education*, C.V., mosby & smith Co.



**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – I  
Theory Course  
Paper-IV (CC-104/A)**

**ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ**

ਸਮਾਂ: 03 ਘੰਟੇ

ਕੁੱਲ ਅੰਕ : 50  
ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ : 40  
ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ : 10

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

1. ਦੋ ਰੰਗ (ਕਵਿਤਾ ਭਾਗ) (ਪ੍ਰਸੰਗ ਸਾਹਿਤ ਵਿਆਖਿਆ/ ਕਵਿਤਾ ਦਾ ਵਿਸ਼ਾ ਵਸਤੂ)

- 1) ਭਾਈ ਵੀਰ ਸਿੰਘ
- 2) ਧਨੀ ਰਾਮ ਚਾਤ੍ਰਕ
- 3) ਪ੍ਰੋ: ਪੂਰਨ ਸਿੰਘ
- 4) ਫੀਰੋਜ਼ਦੀਨ ਸ਼ਰਫ
- 5) ਪ੍ਰੋ: ਮੋਹਨ ਸਿੰਘ

**ਸੈਕਸ਼ਨ-ਬੀ**

2. ਸੰਸਾਰ ਦੀਆਂ ਪ੍ਰਸਿੱਧ ਹਸਤੀਆਂ (ਜੀਵਨੀ ਨੰ: 01 ਤੋਂ 05 ਤੱਕ)  
(ਵਿਸ਼ਾ ਵਸਤੂ/ ਸਾਰ/ ਨਾਇਕ ਬਿੰਬ)

**ਸੈਕਸ਼ਨ-ਸੀ**

3. ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ: ਭਾਸ਼ਾ ਦਾ ਟਕਸਾਲੀ ਰੂਪ, ਭਾਸ਼ਾ ਅਤੇ ਉਪ ਭਾਸ਼ਾ ਵਿਚ ਅੰਤਰ, ਪੰਜਾਬੀ ਉਪ-ਭਾਸ਼ਾਵਾਂ ਦੇ ਪਛਾਣ ਚਿੰਨ।

**ਸੈਕਸ਼ਨ-ਡੀ**

4. ਪੈਰ੍ਹਾਂ ਰਚਨਾ (ਤਿੰਨ ਵਿਚੋਂ ਇੱਕ)
5. ਪੈਰ੍ਹਾਂ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨ ਦੇ ਉੱਤਰ।

### ਸਹਾਇਕ ਪੁਸਤਕਾਂ

- ਸੰਪਾ. ਹਰਜਿੰਦਰ ਸਿੰਘ ਢਿੱਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਗੋਧਿਆ (2014) ਦੋ ਰੰਗ, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
- ਜੀਤ ਸਿੰਘ ਜੋਸ਼ੀ (2004) ਪੰਜਾਬੀ ਅਧਿਐਨ ਤੇ ਅਧਿਆਨ: ਬਦਲਦੇ ਪਰਿਪੇਖ, ਵਾਰਿਸ਼ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।
- ਡਾ: ਮਿੰਨੀ ਸਲਵਾਨ (2016) ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਮੁੱਢਲੇ ਸੰਕਲਪ, ਰਵੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।
- ਪ੍ਰਿੰ: ਤੇਜਾ ਸਿੰਘ ਅਤੇ ਪ੍ਰੋ. ਹਰਨਾਮ ਸਿੰਘ ਸ਼ਾਨ (2018) ਸੰਸਾਰ ਦੀਆਂ ਪ੍ਰਸਿੱਧ ਹਸਤੀਆਂ, ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।
- ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ (1996) ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਸ਼੍ਰੋਤ ਤੇ ਬਣਤਰ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ।
- ਬੂਟਾ ਸਿੰਘ ਬਰਾੜ (2018) ਪੰਜਾਬੀ ਵਿਆਕਰਨ: ਸਿਧਾਂਤ ਅਤੇ ਵਿਹਾਰ ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਪੰਜਾਬੀ ਭਵਨ ਲੁਧਿਆਣਾ।
- ਵਿਦਵਾਨ ਪ੍ਰੋਫੈਸਰਾਂ ਦੁਆਰਾ ਲਿਖਿਤ (2017-18) ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਬੋਧ, ਕਸਤੂਰੀ ਲਾਲ ਐਂਡ ਸੰਨਜ਼, ਅੰਮ੍ਰਿਤਸਰ।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – I**

**Theory Course**

**Paper-IV (CC-104/B)**

**ਮੁੱਢਲੀ ਪੰਜਾਬੀ**

ਸਮਾਂ: 03 ਘੰਟੇ

ਕੁੱਲ ਅੰਕ :50

ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ :40

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ :10

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

1. ਪੈਂਤੀ ਅੱਖਰੀ, ਅੱਖਰ ਕ੍ਰਮ, ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਅਤੇ ਪੈਰ ਵਿਚ ਪੈਣ ਵਾਲੇ ਵਰਣ ਅਤੇ ਮੂਤਵਾਂ (ਮੁੱਢਲੀ ਜਾਣ ਪਛਾਣ)
2. ਲਗਾਖਰ (ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ): ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ

**ਸੈਕਸ਼ਨ-ਬੀ**

3. ਪੰਜਾਬੀ ਸ਼ਬਦ-ਬਣਤਰ: ਮੁੱਢਲੀ ਜਾਣ ਪਛਾਣ  
(ਸਾਧਾਰਨ ਸ਼ਬਦ, ਸੰਯੁਕਤ ਸ਼ਬਦ, ਮਿਸ਼ਰਤ ਸ਼ਬਦ, ਮੂਲ ਸ਼ਬਦ, ਅਗੇਤਰ ਅਤੇ ਪਛੇਤਰ)

**ਸੈਕਸ਼ਨ-ਸੀ**

4. ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ: ਬਾਜ਼ਾਰ, ਵਪਾਰ, ਰਿਸ਼ਤੇ-ਨਾਤੇ, ਖੇਤੀ ਅਤੇ ਹੋਰ ਧੰਦਿਆਂ ਆਦਿ ਨਾਲ ਸੰਬੰਧਤ।

**ਸੈਕਸ਼ਨ-ਡੀ**

5. ਹਫ਼ਤੇ ਦੇ ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ

**ਸਹਾਇਕ ਪੁਸਤਕਾਂ**

- ਸਤਿਨਾਮ ਸਿੰਘ ਸੰਧੂ, *ਆਓ ਪੰਜਾਬੀ ਸਿਖੀਏ*, ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ, (2009) (ਹਿੰਦੀ ਤੇ ਪੰਜਾਬੀ ਸਿੱਖਣ ਲਈ)।
- ਸੀਤਾ ਰਾਮ ਬਾਹਰੀ (2002), *ਪੰਜਾਬੀ ਸਿਖੀਏ ਪਬਲੀਕੇਸ਼ਨ* ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ।
- ਕਸਤੂਰੀ ਲਾਲ ਐਂਡ ਸੰਨਜ਼ (2012): *ਮੁੱਢਲੀ ਪੰਜਾਬੀ*, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – I**

**Theory Course**

**Paper-IV (CC-104/C)**

**PUNJAB HISTORY AND CULTURE**

*Duration of Examination: 3 Hours*

*Total Marks : 50*

*Theory Marks : 40*

*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit-I**

1. Physical features of the Punjab and their impact on history.
2. Sources of ancient Punjab history.

**Unit-II**

1. Harappan culture: its discovery, principal places and town planning.
2. Social, economic, political and religious life of Harappan people.

**UNIT-III**

1. Origin and home of the Indo- Aryans.
2. Social, economic, religious and political life of early Aryans.

**UNIT-IV**

1. Religion and philosophy in later Vedic age.
2. The legacy of the Aryans.

**Reference:**

- Buddha Parkash, (1983): *Glimpses of Ancient Punjab*, Punjabi University, Patiala,
- Dhillon, Sukhninder Kaur (1991): *Religious History of early medieval Punjab*, National Book Organization, The University of Michigan.
- Joshi, L.M. (ed) (1989): *History and Culture of Punjab*, (Part-I) Punjabi University, Patiala, (3<sup>rd</sup> edition)
- Joshi, L.M. and Singh Fauja (ed) (1977): *History of the Punjab*, Vol-I Punjabi University, Patiala,
- Singh Ajmer, et. al. *Modern Text Book of Physical Education Health & Sports*, Kalyani Publisher.
- Khan, Eraj Ahmed. *History of Physical Education*, Patna: Scientific Book Co.
- Leonard, Fred Eugene and Affleck George B. *Guide to the History of Physical Education*, Philadelphia Leo & Febiger, 1962.
- Majumdar D.C. *Encyclopedia of India Physical Culture Baroda Good Companions*, 1952
- Rice Emmett, A. Hutchinson John L. and Lee Marbal A. *Brief History of Physical Education*. New York: The Ronald Press Co. 1960.
- Rajgopalan K. A. *Brief History of Physical Education In India*, Delhi Army Publisher 1962.
- Wakharkar, D. G., *Manual of Physical Education*, Bombay, Pearl Publishers Pvt. Ltd.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – I**

**Theory Course**

**Paper-V (CC-105)**

**ENGLISH**

*Duration of Examination: 3 Hours*

*Total Marks : 50*

*Theory Marks : 40*

*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit-I**

1. Henry Rene Albert Guy De Maupassant- "*The Umbrella*".
2. H.H Munro Saki- "*The Story Teller*".
3. Anton Pavlovich Chakhov- "*The Lament*".

**Unit-II**

1. A.G Gardiner- "*On Spendthrifts*".
2. Richard Gordon- "*The power of Women*".
3. Albert Sydney Hornby- "*A Dialogue on Democracy*".

**UNIT-III**

1. Parts of Speech.
2. English Grammar in use by Raymond Murphy (Fourth Edition) Unit 1 to 25.

**UNIT-IV**

1. Paragraph Writing

**Text Prescribed:-**

- Singh, Sukhdev (ed) (2012) *Tales of life*, Guru Nanak Dev University, Publications Bureau, Amritsar.
- Tewari, A.K. et. al. (2012) *Prose for Young Learners*, Guru Nanak Dev University, Publications Bureau, Amritsar.
- Raymond Murphy (2012), *English Grammar in use* (Fourth Edition), Cambridge University Press.

**SYLLABUS**  
**FOR**  
**BACHELOR OF PHYSICAL EDUCATION (B.P.Ed) FOUR YEARS**  
**COURSE**  
**SEMESTER-II**  
**ACADEMIC YEAR 2020-21**

**B.P.Ed Course (4 Years) Integrated Course Semester System**  
**Semester-II**

**Theoretical Course: 400 Marks**

**Practical Course: 150 Marks**

Course Code	Title of the Papers	External Marks	Internal Marks	Teaching Hrs per week	Credits
<b>Theory</b>					
CC-201	Anatomy and Physiology	80	20	04 Hrs	4
CC-202	Methods of Physical Education	80	20	04 Hrs	4
CC-203	Recreation	80	20	04 Hrs	4
CC-204	Compulsory Punjabi/ Mudhli Punjabi/ Punjab History and Culture	40	10	04 Hrs	2
CC-205	English Compulsory	40	10	04 Hrs	2
CC-206	Drug Abuse (Qualifying)	80	20	04 Hrs	4
<b>Practical</b>					
PC-201	<b>Track and Field:-</b> Discus Throw, High Jump, Hurdles.	40	10	04 Hrs	2
PC-202	<b>Games:-</b> Badminton, Volley ball & Weight-lifting.	40	10	04 Hrs	2
PC-203	<b>Yoga</b>	40	10	04 Hrs	2

**Contents to be covered:**

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

**Note:** Each activity will be continued for 21 working days.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – II**

**Theory Course**

**Paper-I (CC-201)**

**ANATOMY AND PHYSIOLOGY**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-**Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**Unit – 1: INTRODUCTION AND STRUCTURE OF HUMAN BODY**

1. Meaning and Concept of Anatomy and physiology.
2. Need and Importance of the knowledge of Anatomy in the Field of Physical Education.
3. Definitions of Cell, Tissue, Organ and System.
4. Microscopic structure and function of cell and tissue.

**Unit- 2 – MUSCULO-SKELETAL SYSTEM**

1. Different Parts of Human Skeleton.
2. Types of Bones.
3. Classification and function of joints, Names of the Movements around the Joints.
4. Structure and classification of Skeletal Muscles.

**Unit- 3- CARDIO-RESPIRATORY AND DIGESTIVE SYSTEM**

1. Structure of the Heart.
2. Systemic and Pulmonary Circulation. Blood Vessels- Arteries, Veins and Capillaries.
3. Introduction of respiratory system.
4. Structure, Organs and functions of Respiration.
5. Parts of Digestive Tract, Structure and Function in brief.

**Unit-4- NERVOUS AND ENDOCRINE SYSTEM**

1. Introduction and structure of Nervous System.
2. Sensory nerves, motor nerves and reflex arc.
3. Endocrine System: Names, Location and Functions of-
  - 1) Pituitary Gland
  - 2) Thyroid gland
  - 3) Adrenal gland
  - 4) Pancreas



## References:

- Astrend, P.O. and Rodahl K, (2003). *Text Book of Work Physiology*, Tokye: McGraw- Hill Kogakusha Ltd(Human Kinetics Publishers; Fourth edition,1 February).
- Bourne, G. H. (1973). *The Structure and Function of Muscles*: London: Academic Press.
- Chaurasia B.D. (1979). *Human Anatomy Regional and Applied* (CBS Publisher and Distributors,).
- Mathew, D.K. and Fox E.L., (1976). *Physiological Basis of Physical Education and Athletics* (Philadelphia: W.B. Saunders Company).
- Morehouse, I.E. Miller, A.T. (1976). *Physiology of Exercise*. (St. Louis: The C.V. Mosby Company) 7<sup>th</sup> Edition.
- Perrot J.W. (1967). *Anatomy for Students and Physical Education* (London: Adward Arnold and Co.).
- Piyush J. (2009). *Basic Anatomy & physiology Exercise*, (Khel sahitya kendra).
- Rajalakshmi D, (2007). *Anatomy and Physiology in Physical Education* (Sports Education Technologies).
- Shinde B.S. (2010). *Basic Anatomy and Physiology*, (Sports publication).
- Waruida et. al. (1973). *Grey's Anatomy* (London: Longman Group Ltd.).
- Guybon, Arthur C. *Text book of Medical Physiology*. (Philadelphia: W.B. SaunderCompany, 1976).
- James C. Clouch, *Fundamental Human Anatomy* (Lea & Febiger, Philadelphia, 1971).
- Caprovich, P.V. and Sinning. Wayne E. *Physiology of Muscular Activity* (Philadelphia: W.B. Saunders, 1976), 7<sup>th</sup> Edition.
- St. John`s Ambulance, *First-Aid By Red-Cross Society of India*.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – II**

**Theory Course**

**Paper-II (CC-202)**

**METHODS OF PHYSICAL EDUCATION**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**Unit – 1**

1. Teaching Methods: Meaning, Principles and scope of teaching methods, factors influencing methods of teaching, formal and informal methods of teaching.
2. Classification of Pupils: Meaning, importance and Methods of Classification of Pupils.
3. Command Method: Meaning, Types and Technique of Command.

**Unit- 2**

1. Teaching Techniques in Physical Education: ByParts, Whole, Lecture, Demonstration, Command, Explanation, Imitation and Project Methods.
2. Preparation: Personal and Technical Preparation and steps of Preparation.
3. Class Management: Meaning and Principles of Class Management.
4. Formation : Meaning and Types of Formation.

**Unit- 3**

1. Lesson Plan: Importance, objectives and types of lesson plans.
2. Tournaments: meaning, need, importance and types of tournaments with fixtures- Knockout, League and Combination Tournament.
3. Meaning, Aim and Objectives of Intra-Mural and Extra-Mural.

**Unit-4**

1. Track Marking: Marking of 200 Meters track, Marking of 400 Meters track, Stagger marking for 200 meters and 400 meters run, Curve Marking- 800 meters run.
2. Field Marking: Sector Marking for Throws (Shot Put, Javelin, Discuss), Marking for Jumps (High Jump and Long Jump).
3. Marking of Play Ground: Football, Hockey, Volleyball, Basketball, Badminton, Kabaddi, Kho-Kho, Handball, Tennis and Cricket.

## References:

- Bucher C.A . and Wuest D.A. (1989). *"Foundation of Physical Education and Sports"* 10<sup>th</sup> edition St. Louis Times Mirror, Mosby College Publishing.
- Dhananjay S. & Seema K. (2009). *"Lesson Planning Teaching Method and Class Management in Physical Education"* Khel Sahitya Kendra, India.
- Gupta B.N. (2008). *"Methods of Physical Education"* Alfa Publication, New Delhi.
- Jain D. (2010). *"Manual of Playing Field"* Khel Sahitya Kendra, New Delhi,.
- Kutty, S., (2007). *"Research Methods in Physical Education"* Sports Publication, New Delhi.
- Kamlesh M.L (2005). *"Methods in Physical Education"* Friends Publication, New Delhi.
- Kochhar S.K. (2010). *"Methods and Techniques of Teaching"* Sterling Publishers, New Delhi.
- Passija M, *"Methods of Physical Education"* Sports Publication: New Delhi, (2004).
- Singh, A. et al, (2007). *"Essential of physical Education"* 3rd edition, Kalyani Publisher , Ludhiana, Punjab.
- Sharma, D.R. et. al, (2005). *"Learning Callisthenic in Physical Education"* - Friends Publication, NewDelhi.
- Sandhu, K. (2004). *"Professional Preparation and career development in Physical Education and Sports"* Friends Publication, New Delhi.
- Sherril, C. (1998). *"Adaptive Physical Activity, Recreational and Sports"* 5th edition – McGraw Hill Publisher Ltd.
- Sharma O.P. (2000). *"Playground Construction and Dimension Manual"* Khel Sahitya Kendra, New Delhi.
- Walia J.S. (2003). *"Principles and Methods of Education"* Plant Publishers Jalandhar City.
- Singh Ajmer, et. al. *Modern Text Book of Physical Education Health & Sports*, Kalyani Publisher.
- Khan, Eraj Ahmed. *History of Physical Education*, Patna: Scientific Book Co.
- Leonard, Fred Eugene and Affleck George B. *Guide to the History of Physical Education*, Philadelphia Leo & Febiger, 1962.
- Majumdar D.C. *Encyclopedia of India Physical Culture Baroda Good Companions*, 1952
- Rice Emmett, A. Hutchinson John L. and Lee Marbal A. *Brief history of Physical Education*. New York: The Ronald Press Co. 1960.
- Rajgopalan K. A. *Brief History of Physical Education in India*, Delhi Army Publisher 1962.
- Wakharkar, D. G., *Manual of Physical Education, Bombay*, Pearl Publishers Pvt. Ltd.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – II**  
**Theory Course**  
**Paper-III (CC-203)**  
**Recreation**

*Duration of Examination: 3 Hours*

*Total Marks : 100*  
*Theory Marks : 80*  
*Sessional marks : 20*

**Instructions for paper setter:-**Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**Unit – 1: Introduction**

1. Introduction, Definition, Aim & objective of Recreation.
2. Need and Significance of Recreation in human life.
3. Principles and importance of Recreation in physical education and sports.
4. Recreation Providing Agencies.

**Unit- 2 – Recreation Programmes**

1. Criteria and Principle of Selecting recreational Programmes.
2. Historical Development of Recreational Activities in India.
3. Types of Recreational Activities (Indoor and outdoor, Water Sports, Cultural, musical, art and Crafts and Dance Activities.)

**Unit- 3- Camping**

1. Introduction, Aim and objective of the camping in sports.
2. Need and importance of the camping in sports and Physical Education.
3. Types, Organization and Administration of camping in field of physical education.
4. Camping Programme, Agencies promoting camping and education values of camping.
5. Selection & layout of the camp.

**Unit-4- Play**

1. Definition, aim and objective of play.
2. Importance of play in physical education.
3. Role and types of recreation in physical education.
4. Recreation for children and Adults.
5. Adventure activities for Recreation.

**References:**

- Dutta, A.K. (2004). *Games and Sports for Children: 1st edition*. Janvani Prakashan Vishwas Nagar, Shahdra, Delhi-110032.
- Jain, D. (2007). *Physical Education and Recreational Activities*. Khel Sahitya Kendra, New Delhi.
- Kang, G.S. and Deol, N.S. (2008). *An introduction to health & physical education*. Twenty first century publications, Patiala.
- Singh, A., Gill, J.S., Bains, J., & Brar, R. S. (2008). *Physical Education*. Kaliyani publications, New Delhi.
- Thour, M. (2006). *Camping Management in Physical Education*. Friends Publication, Delhi.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – II**

**Theory Course**

**Paper-IV (CC-204/A)**

**ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ**

ਸਮਾਂ:03 ਘੰਟੇ

ਕੁੱਲ ਅੰਕ :50

ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ : 40

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ :10

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

2. ਦੋ ਰੰਗ (ਕਵਿਤਾ ਭਾਗ) (ਪ੍ਰਸੰਗ ਸਾਹਿਤ ਵਿਆਖਿਆ/ ਕਵਿਤਾ ਦਾ ਵਿਸ਼ਾ ਵਸਤੂ)

- 1) ਨੰਦ ਲਾਲ ਨੂਰ ਪੂਰੀ
- 2) ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ
- 3) ਡਾ: ਹਰਿਭਜਨ ਸਿੰਘ
- 4) ਸ਼ਿਵ ਕੁਮਾਰ ਬਟਾਲਵੀ
- 5) ਸੁਰਜੀਤ ਪਾਤਰ

**ਸੈਕਸ਼ਨ-ਬੀ**

3. ਸਰਵੋਤਮ ਪੰਜਾਬੀ ਸਾਹਿਤ (ਕਹਾਣੀ ਭਾਗ)

- 1) ਕੁਲਫੀ
- 2) ਤੈਂ ਕੀ ਦਰਦ ਨਾ ਆਇਆ
- 3) ਸਾਂਝ
- 4) ਕੁਰਾਹੀਆਂ

(ਵਿਸ਼ਾ ਵਸਤੂ/ ਸਾਰ/ ਜੀਵਨ ਰਚਨਾ ਅਤੇ ਸਾਹਿਤਕ ਯੋਗਦਾਨ)

**ਸੈਕਸ਼ਨ-ਸੀ**

4. ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ

- 1) ਨਾਂਵ-ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
- 2) ਪੜਨਾਂਵ-ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
- 3) ਵਿਸ਼ੇਸ਼ਣ- ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
- 4) ਕਿਰਿਆ-ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
- 5) ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ -ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
- 6) ਸੰਬੰਧਕ- ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ

**ਸੈਕਸ਼ਨ-ਡੀ**

5. ਦਫਤਰੀ ਚਿੱਠੀ ਪੱਤਰ

6. ਮੁਹਾਵਰੇ ਅਤੇ ਅਖਾਣ

### ਸਹਾਇਕ ਪੁਸਤਕਾਂ

- ਸੰਪਾ. ਹਰਜਿੰਦਰ ਸਿੰਘ ਢਿੱਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਗੋਧਿਆ (2014) ਦੋ ਰੰਗ, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
- ਜੀਤ ਸਿੰਘ ਜ਼ੋਸ਼ੀ (2004) ਪੰਜਾਬੀ ਅਧਿਐਨ ਤੇ ਅਧਿਆਨ: ਬਦਲਦੇ ਪਰਿਪੇਖ, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।
- ਡਾ: ਮਿੰਨੀ ਸਲਵਾਨ (2016) ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਮੁੱਢਲੇ ਸੰਕਲਪ, ਰਵੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।
- ਡਾ. ਰਮਿੰਦਰ ਕੌਰ ਤੇ ਡਾ. ਮੇਘਾ ਸਲਵਾਨ (2020), ਸਰਵੋਤਮ ਪੰਜਾਬੀ ਸਾਹਿਤ, , ਕਸਤੂਰੀ ਲਾਲ ਐਂਡ ਸੰਨਜ਼, ਅੰਮ੍ਰਿਤਸਰ।
- ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ (2017), ਪੰਜਾਬੀ ਮੁਹਾਵਰੇ ਤੇ ਅਖਾਣ ਕੋਸ਼, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ, ਫਰੀਦਕੋਟ।
- ਬੂਟਾ ਸਿੰਘ ਬਰਾੜ (2018) ਪੰਜਾਬੀ ਵਿਆਕਰਨ:ਸਿਧਾਂਤ ਅਤੇ ਵਿਹਾਰ ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਪੰਜਾਬੀ ਭਵਨ ਲੁਧਿਆਣਾ।
- ਵਿਦਵਾਨ ਪ੍ਰੋਫੈਸਰਾਂ ਦੁਆਰਾ ਲਿਖਿਤ (2017-18) ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਬੋਧ, ਕਸਤੂਰੀ ਲਾਲ ਐਂਡ ਸੰਨਜ਼, ਅੰਮ੍ਰਿਤਸਰ।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER - II**

**Theory Course**

**Paper-IV (CC-204/B)**

**ਮੁੱਢਲੀ ਪੰਜਾਬੀ**

ਸਮਾਂ: 03 ਘੰਟੇ

ਕੁੱਲ ਅੰਕ :50

ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ :40

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ :10

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

1. ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ: ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ  
(ਨਾਂਵ, ਪੜਨਾਂਵ, ਕਿਰਿਆ, ਵਿਸ਼ੇਸ਼ਣ, ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਸਬੰਧਕ, ਯੋਜਕ ਅਤੇ ਵਿਕਸਤ)

**ਸੈਕਸ਼ਨ-ਬੀ**

2. ਪੰਜਾਬੀ ਵਾਕ-ਬਣਤਰ: ਮੁੱਢਲੀ ਜਾਣ ਪਛਾਣ  
1) ਸਾਧਾਰਨ ਵਾਕ, ਸੰਯੁਕਤ ਵਾਕ, ਮਿਸ਼ਰਤ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)  
2) ਬਿਆਨੀਆ ਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕ ਵਾਕ, ਅਤੇ ਹੁਕਮੀ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

**ਸੈਕਸ਼ਨ-ਸੀ**

3. ਪੈਰਾ ਰਚਨਾ  
4. ਸੰਖੇਪ ਰਚਨਾ

**ਸੈਕਸ਼ਨ-ਡੀ**

5. ਚਿੱਠੀ ਪੱਤਰ (ਨਿੱਜੀ ਜਾਂ ਘਰੇਲੂ)  
6. ਮੁਹਾਵਰੇ

**ਸਹਾਇਕ ਪੁਸਤਕਾਂ**

- ਸਤਿਨਾਮ ਸਿੰਘ ਸੰਧੂ (2009), *ਆਓ ਪੰਜਾਬੀ ਸਿਖੀਏ*, ਪਬਲੀਕੇਸ਼ਨ ਬਿਐਚਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ, (ਹਿੰਦੀ ਤੇ ਪੰਜਾਬੀ ਸਿੱਖਣ ਲਈ)।
- ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ (2018), *ਪੰਜਾਬੀ ਮੁਹਾਵਰੇ ਤੇ ਅਖਾਣ ਕੋਸ਼*, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।
- ਬੂਟਾ ਸਿੰਘ ਬਰਾੜ (2018) *ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਸਿਧਾਂਤ ਅਤੇ ਵਿਹਾਰ ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ*, ਪੰਜਾਬੀ ਭਵਨ ਲੁਧਿਆਣਾ।
- ਡਾ: ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਪਰਮਾਰ (2015) *ਪੰਜਾਬੀ ਵਾਕ ਵਿਉਂਤ ਅਤੇ ਬਣਤਰ ਸੰਗਮ ਪਬਲੀਕੇਸ਼ਨਜ਼*, ਪਟਿਆਲਾ।
- ਡਾ: ਮਿੰਨੀ ਸਲਵਾਨ (2016) *ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਮੁੱਢਲੇ ਸੰਕਲਪ*, ਰਵੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – II**

**Theory Course**

**Paper-IV (CC-204/C)**

**PUNJAB HISTORY AND CULTURE**

*Duration of Examination: 3 Hours*

*Total Marks : 50*

*Theory Marks : 40*

*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit – 1**

1. The Ramayana and Mahabharata and their historical importance.
2. Teaching and impact of Buddhism in the Punjab.
3. Teaching and impact of Jainism in the Punjab.

**Unit- 2**

1. Political condition of the Punjab on the eve of Alexander's invasion.
2. Account of Alexander's invasion s and its impact.

**Unit-**

1. Punjab under Chandragupta Maurya and Ashoka.
2. Kushans and their contribution to Punjab.

**Unit-4**

1. Punjab under Vardhan emperors.
2. Punjab from 7th century to 1000 A.D. ( political survey).

**References:**

- Dhillon, Sukhninder Kaur (1991): *Religious History of early medieval Punjab*, National Book Organization, The University of Michigan.
- Joshi, L.M. (ed) (1989): *History and Culture of Punjab*, (Part-I) Punjabi University, Patiala, (3<sup>rd</sup> edition).
- Joshi, L.M. and Singh Fauja (ed) (1977): *History of the Punjab*, Vol-I Punjabi University, Patiala.
- Pandey, V.C. (2004), *Political and Cultural History of India*, Central Publishing House, Allahabad.
- Thapar, Romila and Spear Percival (1990): “*History of India Vol-I*”, Penguin Books, India.
- Budha Parkash : *Glimpses of Ancient Punjab*, Patiala, 1983.
- B.N. Sharma: *Life in Northern India*, Delhi. 1966.



**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – II**  
**Theory Course**  
**Paper-IV (CC-205)**

**ENGLISH**

*Duration of Examination: 3 Hours*

<i>Total Marks</i>	<i>: 50</i>
<i>Theory Marks</i>	<i>: 40</i>
<i>Sessional marks</i>	<i>: 10</i>

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit – 1**

1. “*The Luncheon*” William Somerset Maugham.
2. “*The Shroud*” Prem Chand.
3. “*The Doll’s House*” Katherine Mansfield.

**Unit- 2**

1. “*Universal Declaration of Human Rights*” U.N Charter.
2. “*Symptoms*” Jerome K Jerome.
3. “*Beauty and the Beast*” R.K Narayan.

**Unit- 3**

1. English Grammar in use by Raymond Murphy (Fourth Edition) Unites 26 to 52.

**Unit-4**

1. Letter Writing for concession, Request for Hostel Accommodation and Leave Applications.

**Text Prescribed:-**

- Singh, Sukhdev (ed) (2012) *Tales of life*, Guru Nanak Dev University, Amritsar, Publications Bureau.
- Tewari, A.K. et. al. (2012) *Prose for young learners*, Guru Nanak Dev University, Amritsar, Publications Bureau.
- Raymond Murphy (2012), *English Grammar in use* (Fourth Edition), Cambridge University Press.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – II**

**Theory Course**

**Paper-VI (CC-206)**

**DRUG ABUSE**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**Unit – 1: Introduction**

1. Meaning, Nature and Extent of Drug Abuse in India and Punjab.
2. Consequences of Drugs for.
  - 1) Family : Violence.
  - 2) Society : Crime.
  - 3) Nation : Law and Order problem.
  - 4) Individual Education, Employment, Income.

**Unit- 2-Management of Drug Abuse**

1. Medical Management: Medication for treatment and to reduce withdrawal effects.
2. Psychiatric Management: Counseling, Behavioral and Cognitive therapy.
3. Social Management: Family. Group therapy and Environmental Intervention.

**Unit- 3- Prevention of Drug Abuse**

1. Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.
2. School: Counseling, Teacher as role-mode, Parent-teacher-health, Professional Coordination. Random testing on students.

**Unit-4-Controlling Drug Abuse:**

1. Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaign against drug abuse, Educational and awareness program.
2. Legislation: NDPs act, Statutory warnings, Policing of Borders, Checking Supply/Smuggling of Drugs, Strict enforcement of laws, Time bound trials.

## References:

- Ahuja, R. (2013). *Social Problems in India*. Rawal Publication. Jaipur.
- Puri, P. (2018). *Drug abuse problem, management and prevention*. Education publishing, New Delhi.
- Singh, A., et. al. (2008). *Physical Education*. Kaliyani publications, New Delhi.
- Sandhu, R. S. (2009). *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
- Tandon, S., & Mittal, K. (2017). *Drug Abuse*. Unimax Jalandhar.
- Verma, M. (2019). *Drug abuse problem, management and prevention*. AP super publications, Jalandhar.
- *Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.*
- Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
- Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
- Kessel, Neil and Henry Walton. 1982, *Alcoholism*. Harmond Worth: Penguin Books.
- Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication
- *National Household Survey of Alcohol and Drug abuse*. (2003) New Delhi, *Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.*
- Ross Coomber and Others. 2013, *Key Concept in Drugs and Society*. New Delhi: Sage Publications.
- Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
- Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
- Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
- Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.
- Verma, P.S. 2017, “*Punjab’s Drug Problem: Contours and Characterstics*”, *Economic and Political Weekly*, Vol. LII, No. 3, P.P. 40-43.
- World Drug Report 2016, *United Nations office of Drug and Crime*.
- World Drug Report 2017, *United Nations office of Drug and Crime*.

**SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION**

**(B.P.Ed) FOUR YEARS COURSE**

**SEMESTER-III**

**ACADEMIC YEAR 2021-22**

**B.P.Ed Course (4 Years) Integrated Course- Semester System**

**Semester-III**

**Theoretical Course: 400 Marks**

**Practical Course: 150 Marks**

<b>Course Code</b>	<b>Title of the Papers</b>	<b>External Marks</b>	<b>Internal Marks</b>	<b>Teaching Hrs. per week</b>	<b>Credits</b>
<b>Theory</b>					
CC-301	Sports Psychology	80	20	04 Hrs	4
CC-302	Kinesiology	80	20	04 Hrs	4
CC-303	Remedial and Massage	80	20	04 Hrs	4
CC-304	Compulsory Punjabi/ Mudhli Punjabi/ Punjab History and Culture	40	10	04 Hrs	2
CC-305	English Compulsory	40	10	04 Hrs	2
<b>Practical</b>					
PC-301	<b>Track and Field:</b> Triple Jump, Hammer Throw, Competitive Walk.	40	10	04 Hrs	2
PC-302	<b>Combative Sports :</b> Wrestling, Boxing, Judo	40	10	04 Hrs	2
PC-303	<b>Team Games :</b> Football, Softball and Hockey	40	10	04 Hrs	2

**Contents to be covered in practical:**

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – III**

**Theory Course**

**Paper-I (CC-301)**

**SPORTS PSYCHOLOGY**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**Unit – 1:-INTRODUCTION**

1. Psychology and Sports Psychology: Definition, Meaning and Scope of sports psychology in physical Education.
2. Methods of sports Psychology and its importance in physical education.
3. Psychological factors affecting on physical performance.
4. Psychological benefits of exercises.

**Unit- 2:-MOTIVATION AND STRESS MANAGEMENT**

1. Motivation: Definition, Meaning , types, and techniques of motivation in sports.
2. Stress: Definition, Meaning and its types.
3. Causes of stress and Stress management techniques.
4. Anxiety: Definition, Meaning, types and causes of Anxiety management.

**Unit- 3:-PERSONALITY TRAITS**

1. Personality: Meaning, Types, and its Traits.
2. Role of Sports in personality development.
3. Intelligence: Definition, Meaning, types and Role of Intelligence in Sports.
4. Transfer of Training: Definition , Meaning, and its types.

**Unit-4:-LEARNING**

1. Meaning, Nature and its various phases of Motor skill Learning.
2. Principles of motor skill learning.
3. Learning : Meaning , definition, types and Laws of learning.
4. Implication/ significance of learning curve in physical education and sports.

### Reference Books:-

- Cratty B.J (1968): *Psychology and physical Activity*, Englewood Cliffs.
- Dewey, J (1998): *Psychology*, Khel Sahit Kender New Delhi.
- Gangopadhya. S.R. (2007): *Sports Psychology*, Sports Publication G-6,v23/23B, EMCA House, Ansari Road, Darya Ganj New Delhi.
- Kamlesh M.L (1998): *Psychology in physical education and sports*, Metropolitan Book company New Delhi
- Mann, M.L (1967): *Introduction to Psychology*, Oxford and I.H.B., Bharti Edition New Delhi
- Skinner, C.E. (1961): *Essentials of educational psychology*, Asia publishing House New Delhi
- Singer R.N (1975): *Motor Learning and Human performance*, MacMillan company New York.
- Walia, J.S. (1992): *Foundations of educational psychology*, Pal Publisher Jalandhar City
- Ashel, M.H. “ Sport psychology: From theory to practice” (2003) San Francisco: Benjamin-Cummings.
- M.L. Kamlesh *Education Sport Psychology*; New Delhi, Friends Publicaitons, (2006).

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – III**

**Theory Course**

**Paper-I (CC-302)**

**KINESIOLOGY**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:- Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**Unit – 1**

1. Meaning, Definition, Aim and Objectives of kinesiology in physical education.
2. Importance of kinesiology in physical education and sports.
3. Therapeutic Exercise:- Active, Passive, Resistive, Stretching and their application for rehabilitation.
4. Meaning, Functions and types of bones.

**Unit- 2**

1. Meaning and Classification of joints.
2. Structure and functions of joints.
3. Fundamental movements around the Joints.
4. Plane and Axis and its significance in sports.

**Unit- 3**

1. Meaning and types of muscle.
2. Properties of muscles.
3. Types of muscle contraction-isotonic, isometric, isokinetic, agonists, antagonists.
4. Reciprocal innervations, all or none law, angle of pull, reflex-action, muscle tone.

**Unit-4**

1. Shoulder Girdle: (Structure, origin, insertion, innervations, action) trapezius, pectoralis minor, serratus anterior, subclavius, rhomboid and levator scapula.
2. Hip Joint: (structure, origin, insertion, innervations, action ) Iliopsoas, sartorius, rectus femoris, gluteus medius, gluteus minimus, tensor fascia latae and gluteus maximus.
3. Application of kinesiology in daily life:- Sitting, Walking, Running and Jumping.



### Reference books

- Brower. M.R. (1978). *Efficiency of Human movements*. Philadelphia ,W.E.Saunders Co.
- Copper., & Clesco. (1968). *Kinesiology*. St, Louis, C.V. Mosby Co.
- Goswami, J. (2007). *Basic kinesiology*. Friends publications, New Delhi.
- Lynn S.L.( 2002). *Clinical Kinesiology for Physical Education*. Jaypee Brothers, New Delhi: 3<sup>rd</sup> ed.
- Mahaboobjan, A. (2010). *Kinesiology and biomechanics*. Khel sahitya kendra publications, New Delhi.
- Philip, J.R., & Burk, R.K. (1974). *Kinesiology & applied anatomy*. Lee & febiger publications.
- Floyed, R.T. and Thompson, C.W. (2006). "Manual of structural Kinesiology", Mc Graw Hill, Bostan.
- Scott. M.G. (1992). *Analysis of human Motion*, "New York.
- Wells, K. (1984). *Kinsiology*. Philadelphia W.B. saunders Co.
- Well, K. and Kathryn, F.L. (1992). *Kinesiology Scientific basic of Human Motion*, 8<sup>th</sup> ed..Sunder Publishing Philadelphia.
- Brar R.S, Walia Roji, Gill Manmeet, Kanwar Sonia, Kalta Sushil, Thapa Anshul Singh (2011) "*Fundamentals of Physical Education*". Ludhiana, Kalyani Publication.
- Bunn, John, W. "*Scientific Principles of Coaching*".
- Deiels, L. and Worthinghan, C., *Muscle Testing Techniques of Manual Examination*, Lousion W.B. Esundeus Com, 1956
- James G. Hay. "*The Biomechanics of Sports Technique*".
- Jenson, C.R. & Schult, G.W, *Applied Kinesiology: The Scientific Study of Human Performance* (2nd Ed.) New York: MC Grautids Book co., 1977
- Simonian Charles. "*Fundamentals of Sports Biomechanics*".
- Wells, Katharine, P. "*Kinesiology*", Philadelphia.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – III**  
**Theory Course**  
**Paper-III (CC-303)**

**REMEDIAL AND MASSAGE**

*Duration of Examination: 3 Hours*

*Total Marks : 100*  
*Theory Marks : 80*  
*Sessional marks : 20*

**Instructions for paper setter:-** Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**Unit – 1: REMEDIAL & POSTURE**

1. Definition of Remedial, Physiotherapy and corrective exercises.
2. Posture—Meaning and characteristics of correct and incorrect posture.
3. The cause of incorrect posture and its corrective measures.
4. Testing of correct posture.
5. Classification of Posture.

**Unit- 2: POSTURAL DEFORMITIES**

1. Postural deformities: Kyphosis, Lordosis, Scoliosis, Bow legs, Knock knees, flat foot.
2. Causes of various Postural deformities.
3. Corrective exercise for various postural deformities.
4. Physiotherapy Treatment for correcting various postural deformities.

**Unit- 3: MASSAGE**

1. Massage: Meaning, Definition and brief history of massage.
2. Role and effects of massage in sports.
3. Techniques of massage for the human back, chest, abdomen, head and face.
4. Types of massage for the human limbs and back with the practical instruction.  
Effleurage, Percussion, Kneading, Friction, striking, clapping and beating massage.

**Unit-4: CLASSIFICATION OF POSITIONS**

1. Classification of the fundamental positions, modified positions and its respective purposes.
2. Exercises with practical instructions:- Free mobility exercises, Assisted exercises and Resisted exercises.
3. Exercises with practical instructions:-Foot, Shoulder, Trunk and knee joints.
4. Remedial exercises of the following:-Finger, wrist, elbow and ankle joints.

**References:**

- Gazzaniga, V. and Marrinozz, I.S. (2018) *Healing Bodies-The Ancient origin of massage and roman practices*, Medicina Historica.
- Grace, S. and Geaves, J. (2011) *Text Book of Remedial Massage*, Churchill livingstone, Australia.
- Jean, E (1998) *Massage Therapy- Theory and Practice*, Appleton and Lange
- Kisner, C. And Colby, L.A (2002) *Therapeutic exercises*, Dovni Company Publisher
- Mark, F. (1994) : *Theory and Practice of Therapeutic Massage*, Milady Publishing.
- Moyer, C.A et. al. (2004)- *A Meta-Analysis of massage therapy research*, Psychological Bulletin
- Mary, V. L. (1956): *Massage and Medical Gymnastics*, Milady Publishing.
- Schwartz, J. et. al. (2013) *Massage therapy healthcare profession*, 2<sup>nd</sup> seattle, W.A.
- Tidy (1976): *Massage and Remedial Gymnastics*, Milady Publishing.
- Yuan, S.L.K et. al. (2015) *Effectiveness of deferent styles of massage therapy* A systematic review and meta-analysis, Manual Therapy.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER - III**

**Theory Course**

**Paper-IV (CC-304/A)**

**ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ**

**ਸਮਾਂ: 03 ਘੰਟੇ**

**ਕੁੱਲ ਅੰਕ :50**

**ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ :40**

**ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ :10**

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

1. ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਵਾਰਤਕ

- (ੳ) ਵਤਨ ਦਾ ਪਿਆਰ- ਪ੍ਰੋ. ਪੂਰਨ ਸਿੰਘ
- (ਅ) ਸਾਕਾ ਸ਼੍ਰੀ ਨਨਕਾਣਾ ਸਾਹਿਬ- ਭਾਈ ਮੋਹਨ ਸਿੰਘ ਵੈਦ
- (ੲ) ਘਰ ਦਾ ਪਿਆਰ-ਪ੍ਰਿੰ. ਤੇਜਾ ਸਿੰਘ
- (ਸ) ਮੇਰੇ ਦਾਦੀ ਜੀ-ਗੁਰਬਖਸ਼ ਸਿੰਘ ਪ੍ਰੀਤਲੜੀ
- (ਹ) ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦੀ ਸ਼ਹਾਦਤ-ਡਾ. ਗੰਡਾ ਸਿੰਘ  
(ਵਿਸ਼ਾ ਵਸਤੂ/ ਸਾਰ/ ਕਲਾ ਪੱਖ)

**ਸੈਕਸ਼ਨ-ਬੀ**

2. ਸਰਵੋਤਮ ਪੰਜਾਬੀ ਸਾਹਿਤ ਕਹਾਣੀ ਭਾਗ

- (ੳ) ਰਫਤਾਰ
- (ਅ) ਪਾਤਸ਼ਾਹ
- (ੲ) ਛਿੰਦਾ ਪੁੱਤ
- (ਸ) ਜਹਾਜ਼ ਵਾਲੀ ਟੈਂਕੀ  
(ਵਿਸ਼ਾ ਵਸਤੂ/ ਸਾਰ/ ਜੀਵਨ, ਰਚਨਾ ਅਤੇ ਸਾਹਿਤਕ ਯੋਗਦਾਨ)

**ਸੈਕਸ਼ਨ-ਸੀ**

3. ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਨਿਕਾਸ ਵਿਕਾਸ ਅਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਵਰਤਮਾਨ

**ਸੈਕਸ਼ਨ-ਡੀ**

- (ੳ) ਸੰਖੇਪ ਰਚਨਾ
- (ਅ) ਚਿੱਠੀ ਪੱਤਰ (ਨਿੱਜੀ ਤੇ ਘਰੇਲੂ)

**ਸਹਾਇਕ ਪੁਸਤਕਾਂ**

- ਸੰਪਾ. ਡਾ. ਗੁਰਬਚਨ ਸਿੰਘ ਤਾਲਿਬ (2018) ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਵਾਰਤਕ, ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।
- ਡਾ. ਰਮਿੰਦਰ ਕੌਰ ਤੇ ਡਾ. ਮੇਘਾ ਸਲਵਾਨ (2020), ਸਰਵੋਤਮ ਪੰਜਾਬੀ ਸਾਹਿਤ, , ਕਸਤੂਰੀ ਲਾਲ ਐਂਡ ਸੰਨਜ਼, ਅੰਮ੍ਰਿਤਸਰ।
- ਜੀਤ ਸਿੰਘ ਜੋਸ਼ੀ (2004) ਪੰਜਾਬੀ ਅਧਿਐਨ ਤੇ ਅਧਿਆਨ: ਬਦਲਦੇ ਪਰਿਪੇਖ, ਵਾਰਿਸ਼ ਸ਼ਾਹ ਫਾਉਂਡੇਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।
- ਬੂਟਾ ਸਿੰਘ ਬਰਾੜ (2018) ਪੰਜਾਬੀ ਵਿਆਕਰਨ:ਸਿਧਾਂਤ ਅਤੇ ਵਿਹਾਰ ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਪੰਜਾਬੀ ਭਵਨ ਲੁਧਿਆਣਾ।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER - III**

**Theory Course**

**Paper-IV (CC-304/B)**

**ਮੁੱਢਲੀ ਪੰਜਾਬੀ**

ਸਮਾਂ: 03 ਘੰਟੇ

ਕੁੱਲ ਅੰਕ : 50

ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ : 40

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ : 10

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

1. ਵਿਆਕਰਨਕ ਇਕਾਈਆਂ ਦੀ ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ, ਵਾਕਸ਼, ਉਪ-ਵਾਕ ਅਤੇ ਵਾਕ

**ਸੈਕਸ਼ਨ-ਬੀ**

1. ਪੈਰਾ ਰਚਨਾ
2. ਚਿੱਠੀ ਪੱਤਰ

**ਸੈਕਸ਼ਨ-ਸੀ**

1. ਅਖਾਣ
2. ਮੁਹਾਵਰੇ

**ਸੈਕਸ਼ਨ-ਡੀ**

1. ਪੈਰਾ ਆਧਾਰਿਤ ਪ੍ਰਸ਼ਨ
2. ਸੰਖੇਪ ਰਚਨਾ

**ਸਹਾਇਕ ਪੁਸਤਕਾਂ**

- ਬੂਟਾ ਸਿੰਘ ਬਰਾੜ (2008) ਪੰਜਾਬੀ ਵਿਆਕਰਨ: ਸਿਧਾਂਤ ਅਤੇ ਵਿਹਾਰ, ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ।
- ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ (1996) ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਸ਼੍ਰੋਤ ਤੇ ਬਣਤਰ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ।
- ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਸੰਘਾ (1999) ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਕਾਦਮੀ, ਜਲੰਧਰ।
- ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ (2017) ਪੰਜਾਬੀ ਮੁਹਾਵਰਾ ਅਤੇ ਅਖਾਣ ਕੋਸ਼, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ, ਫਰੀਦਕੋਟ।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – III**  
**Theory Course**  
**Paper-IV (CC-304/C)**

**PUNJAB HISTORY AND CULTURE**

*Duration of Examination: 3 Hours*

*Total Marks : 50*  
*Theory Marks : 40*  
*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit – 1**

1. Development of education and literature in the Punjab upto 1000 A.D.
2. Development of art and architecture upto 1000 A.D.

**Unit- 2**

1. The Punjab under Turko- Afghan Sultans.
2. The Punjab under the great Mughals.

**Unit- 3**

1. Sufi movement.
2. Bhakti movement.

**Unit-4-**

1. Teaching of Guru Nanak Dev and their impact on the society.
2. Development of Sikhism(1539-1606) with special reference to sangat, and Masand system.

## References:

- Dhillon, D. S. (1988). *Sikhism: Origin and Development*.
- Pandey, V.C. (2004), *Political and Cultural History of India*, Central Publishing House, Allahabad.
- Singh, F. (ed) (1979): *History and Culture of the Punjab*, Vol-III, Punjabi University, Patiala.
- Singh, K. (1991). *The History of the Sikhs*, Vol-I, Oxford University Press.
- Singh, T. and Singh, G. (2006). *A shorty History of the Sikhs*, Punjabi University, Patiala.
- Thapar, et.al. (1990): *History of India Vol-I*, Penguin Books, India.
- Joshi, L.M (ed.) : *History and Culture of the Punjab, Part-I*, Publication Bureau, Punjabi University, Patiala, 1989 (3rd edn.).
- Joshi, L.M and Singh, : *History and Culture of the Punjab*, Vol. I, Punjabi Fauja (ed.) University, Patiala, 1977.
- Prakash, Buddha : *Glimpses of Ancient Punjab*, P.U., Patiala, 1983
- Basham, A.L : *The Wonder That was India*, Rupa Books, Calcutta (18th rep.),1992
- Sharma, B.N : *Life in Northern India*, Munshi Ram Manohar Lal, Delhi, 1966
- Singh,Kirpal :*History and Culture of the Punjab, Part II(Medieval Period)*, Publication Bureau, Punjabi University, Patiala 1990(3rd edn.).
- Singh, Fauja(ed.) :*History of the Punjab*, Vol.III, Punjabi University, Patiala 1972.
- Grewal, J.S. :*The Sikhs of the Punjab*, the New Cambridge History of India, Orient Longman, Hyderabad,1990.
- Chopra, P.N.,Puri, B.N.:*A Social, Cu.ltural and Economic History of India*, Vol.II, And Das,M.N. Macmillan, delhi, 1974.
- Hussain ,Yusuf : *Glimpse of Medieval Indian Culture*, Asia Publishing House, Bombay, 1973(rep.).

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – III**

**Theory Course**

**Paper-IV (CC-305)**

**ENGLISH**

*Duration of Examination: 3 Hours*

*Total Marks : 50*

*Theory Marks : 40*

*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit – 1**

1. “*That Time of year Thou Mayst in me Behold*” William Shakespeare.
2. “*Virtue*” George Herbert.
3. “*To a Skylark*” P.B Shelly.
4. “*Stopping by Woods on a Snowy Evening*” Robert Frost.

**Unit- 2**

1. Making Connections unit (I, II).

**Unit- 3**

1. English Grammar in use by Raymond Murphy (Fourth Edition) Unites 53 to 91.

**Unit-4**

1. Resume Writing.
2. Report Writing.

**Texts Prescribed:-**

- Kenneth J. Pakenham (2005), *Making Connections* (Second edition), Cambridge University Press.
- Chaudhry, R. et. al. (2013), *Moments in Time: An Anthology of Poems*, Guru Nanak Dev University, Publication Bureau , Amritsar.
- Raymond Murphy (2012), *English Grammar in use* (Fourth Edition), Cambridge University Press.
- *Complete Stories of Oscar Wilde* – Crest Publishing House.
- *Emerson’s Essays* – Books Inc. New York.



**SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION**

**(B.P.Ed) FOUR YEARS COURSE**

**SEMESTER-IV**

**ACADEMIC YEAR 2021-22**

**B.P.Ed Course (4 Years) Integrated Course- Semester System****Semester-IV****Theoretical Course: 400 Marks****Practical Course: 150 Marks**

<b>Course Code</b>	<b>Title of the Papers</b>	<b>External Marks</b>	<b>Internal Marks</b>	<b>Teaching Hrs. per week</b>	<b>Credits</b>
<b>Theory</b>					
CC-401	Olympic movement	80	20	04 Hrs	4
CC-402	Officiating and Coaching	80	20	04 Hrs	4
CC-403	Bio-Mechanics	80	20	04 Hrs	4
CC-404	Compulsory Punjabi/ Mudhli Punjabi/ Punjab History and Culture	40	10	04 Hrs	2
CC-405	English Compulsory	40	10	04 Hrs	2
<b>Practical</b>					
PC-401	<b>Track and Field:</b> Steeple chase, Javelin Throw, Relay Races.	40	10	04 Hrs	2
PC-402	<b>Games:-</b> Hand ball, Swimming, Table Tennis	40	10	04 Hrs	2
<b>Teaching Practice</b>					
TP-403	Teaching Practice of movement lesson (a) Action Song (b) Motion Story (c) Minor Games	30	20	04 Hrs	2

**Contents to be covered in practical:**

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – IV**  
**Theory Course**  
**Paper-I (CC-401)**

**OLYMPIC MOVEMENT**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-** Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**UNIT – I**

1. Origin of Olympic Movement.
2. Philosophy of Olympic Movement.
3. The early history of the Olympic Movement.
4. Educational and cultural values of Olympic Movement.

**UNIT – II**

1. Origin of Modern Olympic Games.
2. Significance of Olympic Ideals, Olympic Rings, Olympic Torch, Olympic Flag.
3. Olympic Protocol for member countries.
4. Olympic Code of Ethics.

**UNIT – III:**

1. Different Olympic Games.
2. Para Olympic Games.
3. Summer Olympics.
4. Winter and Youth Olympic Games.

**UNIT – IV:**

1. Committees of Olympic Games.
2. International Olympic Committee - Structure and Functions.
3. National Olympic committees and their role in Olympic movement.
4. Olympic commission and their functions. Olympic medal winners of India.

**References:-**

- Burbank, J. M. et. al. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner publications, US.
- Goldblat, D. (2017). *The games: a global history of the Olympics*. W. W. Norton & Company, New York.
- Osborne, M. P., & Boyce, N.P. (2004). *Magictree house fact tracker: ancient Greece and the Olympics*. Random house books for young readers, New York.
- Wallechinsky, D., & Loucky, J. (2012). *The complete book of the Olympics*. Aurum Press, Landon.
- Wallechinsky, D., & Loucky, J. (2014). *The complete book of the winter Olympics*. Amazon Difital Services LLC, US.
- Woff, R. (2000). *The Ancient Greek Olympics*. Oxford University publications.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – IV**  
**Theory Course**  
**Paper-II (CC-402)**

**OFFICIATING AND COACHING**

*Duration of Examination: 3 Hours*

<i>Total Marks</i>	<i>: 100</i>
<i>Theory Marks</i>	<i>: 80</i>
<i>Sessional marks</i>	<i>: 20</i>

**Instructions for paper setter:- Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**Unit – 1**

1. Definition, Meaning and Importance of Officiating, Principles of Officiating, Qualities of good Officials.
2. Duties of Officials:- Pre-game, During Game, Post Game.
3. Measures for Improving the Standard of Officials.
4. Relation of Officials with Managements, Players, Coaches and Spectators.

**Unit- 2**

1. Rules of Different games and Dimensions of Play fields:- Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Volleyball.
2. Lay out of Standard Track. Points to keep in mind while Laying out Track, Dimension and Marking of Standard Track.

**Unit- 3**

1. Number of Officials and their Specific Duties in Different Sports & Games: Athletics (Track and Field Events), Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Volleyball.
2. Preparation of Score Sheets.
3. Warming-up and Cooling down, Principles of Training.
4. Methods of Conditioning and Training, Circuit Training Method, Interval Training Method, Fartlek Training Method.

**Unit-4**

1. Meaning of Coach and Coaching, Principles of Coaching.
2. Qualities and Qualifications of a good coach.
3. Coaching Aids and Devices, Preparation of Coaching lessons.
4. Safety measures in Games and Sports.
5. Periodization:- Meaning, Definition and types of Periodization.
6. Principles and Factors affecting Periodization.

## REFERENCES:

- Anne, P (1986): *Coach Education, Preparation for a Profession*, British Library Cataloging in Publication Data.
- Brar. T.S. (2002) *Officiating Techniques in Track and Field*, Gwalior bhargawe Press.
- Billie J. et. al. (1982):-*Guide to Effective Coaching Principles and Practice*, Library of Congress Cataloging in Publication Data, Printed in the USA.
- Desouza A.J (1999):-*Track Geography and Fields Sides*, Chennai. DBAC Sports Envision.,
- John L. B. (1972): *Scientific Principles of Coaching*, by Prentice- Hall, INC. Englewood Cliffe, New Jersey.
- John D. L. (1951): *Psychology of Coaching*, Prentice- Hall, INC. Englewood Cliffe, New Jersey.
- Jack H. L and Judy A. B (1971): *Psychology of Coaching*, Theory and Application, Publication.
- Leonard, R (2005): *The Administration Side of Coaching*, West Virginia University.
- Rawat, A. K (2009): *Coaching in Sports*, Sports Publication, New Delhi.
- Singh, Baljeet “Athletic Conditioning” (2006-07) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Novich M. Max, “Training & Conditioning of Athletes.” (1983) Lea & Febrieger 600S. Washington Square Philadelphia, PA 19106, USA
- Bosen, Ken O., “Track and Field Fundamental Techniques”, Patiala: N.I.S. Publication.
- Dyson, Geoffrey HG, Edmundson, Joseph, “Athletics for Schools.” (1969) University of London Press Ltd..
- Doherty, J. Mannet, “Track&Field” Englewood Cliffs, N.J. Prentice Hall Inc.
- Dyoon, Geoffrey, G.H. *The Mechanic of Athletics* (1962) London University of London press Ltd
- Hodks, Gens. *Application off Weight Training to Athletics* (1962) Englewood Cliffs, N.J. Prentice Hall Inc.
- Malhotra, Ashok Kumar *A Guide to be an Athlete*, Krishna Publication Books New Delhi.
- Mohan, V.M. *Athletics for beginners*, Metropolitan Books New Delhi.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – IV  
Theory Course  
Paper-III (CC-403)**

**BIO-MECHANICS**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:- Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**Unit – 1**

1. Meaning, Definition, aim and objectives of biomechanics.
2. Principles of biomechanics in physical education.
3. Importance of biomechanics in physical education and sports.
4. Role of biomechanics in physical education and sports.

**Unit- 2**

1. Distance and displacement.
2. Motion: Meaning, types and Characteristics.
3. Speed, velocity and Acceleration.
4. Laws of motion (Newton's Law).

**Unit- 3**

1. Lever: meaning, types, characteristics and their mechanical advantage.
2. Friction: meaning, types and characteristics.
3. Centripetal and centrifugal forces.
4. Center of gravity and line of gravity.

**Unit-4**

1. Force: Meaning and its types.
2. Equilibrium: Meaning, Types and its Principles.
3. Inertia, weight and mass.
4. Projectile.
5. Work, power and energy.

### Reference Books:

- Goswami, J. (2007). *Basic kinesiology*. Friends publications, New, Delhi.
- Hay, J.G. (1978). *The Biomechanics of sports techniques*. Pearson education, US.
- Kathryn, L. & Hamilton, N. (2001). *Kinesiology-scientific basis of human motion.*, McGraw hill New York.
- Mahaboobjan, A. (2010). *Kinesiology and biomechanics*. Khel sahitya Kendra publications, New Delhi.
- McGinnis, P.M. (2005). *Biomechanics of sports and exercise, human kinetics*. Champaign, USA.
- Susan, L.H. (1995). *Basic biomechanics*. McGraw hill, New York.
- Brar R.S, Walia Roji, Gill Manmeet, Kanwar Sonia, Kalta Sushil, Thapa Anshul Singh (2011) "*Fundamentals of Physical Education*". Ludhiana, Kalyani Publication.
- Bunn, John, W. "*Scientific Principles of Coaching*".  
Deiels, L. and Worthinghan, C., *Muscle Testing Techniques of Manual Examination*, Lousion W.B. Esundeus Com, 1956 • James G. Hay. "*The Biomechanics of Sports Technique*".



**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – IV**

**Theory Course**

**Paper-IV (CC-404/A)**

**ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ**

ਸਮਾਂ: 03 ਘੰਟੇ

ਕੁੱਲ ਅੰਕ : 50

ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ : 40

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ : 10

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

1. ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਵਾਰਤਕ
- (ੳ) ਸ਼ਾਂਤੀ ਨਿਕੇਤਨ-ਸ.ਸ. ਅਮੋਲ
- (ਅ) ਗਿੱਧਾ- ਦੇਵਿੰਦਰ ਸਤਿਆਰਥੀ
- (ੲ) ਅੱਥਰੂ- ਬਲਰਾਜ ਸਾਹਨੀ
- (ਸ) ਪੰਜਾਬ ਦਾ ਸਭਿਆਚਾਰ-ਸੂਬਾ ਸਿੰਘ
- (ਹ) ਸੜਕ ਪਾਰ ਕਰਦਾ ਬੁਢੇਪਾ- ਕੁਲਬੀਰ ਸਿੰਘ ਕੰਗ
- (ਵਿਸ਼ਾ ਵਸਤੂ/ ਸਾਰ/ ਕਲਾ ਪੱਖ)

**ਸੈਕਸ਼ਨ-ਬੀ**

1. ਦੋ ਰੰਗ (ਕਹਾਣੀ ਭਾਗ)
- (ੳ) ਭੁਆ (ਨਾਨਕ ਸਿੰਘ)
- (ਅ) ਬਾਗੀ ਦੀ ਦੀ (ਗੁਰਮੁਖ ਸਿੰਘ ਮੁਸਾਫਿਰ)
- (ੲ) ਪੇਮੀ ਦੇ ਨਿਆਣੇ (ਸੰਤ ਸਿੰਘ ਸੇਖੋਂ)
- (ਸ) ਬਾਗਾਂ ਦਾ ਰਾਖਾ (ਸੁਜਾਨ ਸਿੰਘ)
- (ਹ) ਤੈਂ ਕੀ ਦਰਦ ਨਾ ਆਇਆ (ਕਰਤਾਰ ਸਿੰਘ ਦੁੱਗਲ)
- (ਵਿਸ਼ਾ ਵਸਤੂ/ ਸਾਰ)

**ਸੈਕਸ਼ਨ-ਸੀ**

1. ਲੇਖ ਰਚਨਾ (ਸਮਾਜਕ, ਸਭਿਆਚਾਰਕ, ਇਤਿਹਾਸਕ ਅਤੇ ਵਿਦਿਅਕ ਸਰੋਕਾਰਾਂ ਸੰਬੰਧੀ)
2. ਮੁਹਾਵਰੇ ਦੇ ਅਰਥ ਅਤੇ ਮੁਹਾਵਰਿਆਂ ਨੂੰ ਵਾਕਾਂ ਵਿੱਚ ਵਰਤੋਂ

**ਸੈਕਸ਼ਨ-ਡੀ**

1. ਸ਼ਬਦ ਜੋੜਾਂ ਦੇ ਨਿਯਮ
2. ਪੰਜਾਬੀ ਧੁਨੀ ਵਿਉਂਤ:-ਖੰਡੀ ਧੁਨੀਆਂ, ਅਖੰਡੀ ਧੁਨੀਆਂ, ਸੁਰ, ਵਾਕ ਸੁਰ, ਬਲ ਨਾਸਿਕਤਾ

### ਸਹਾਇਕ ਪੁਸਤਕਾਂ

- ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ (2017), *ਪੰਜਾਬੀ ਮੁਹਾਵਰਾ ਤੇ ਅਖਾਣ ਕੋਸ਼*, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ, ਫਰੀਦਕੋਟ।
- ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ (2002), *ਸਿਧਾਂਤਕ ਭਾਸ਼ਾ ਵਿਗਿਆਨ*, ਮਦਾਨ ਪਬਲਿਸ਼ਰਜ਼, ਪਟਿਆਲਾ।
- ਸੰਪਾ: ਹਰਜਿੰਦਰ ਸਿੰਘ ਢਿੱਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਸੋਧਿਆ (2014), *ਦੋ ਰੰਗ*, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
- ਸੰਪਾ: ਡਾ. ਗੁਰਬਚਨ ਸਿੰਘ ਤਾਲਿਬ (2018), *ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਵਾਰਤਕ*, ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।
- ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ (1996), *ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਸਰੋਤ ਤੇ ਬਣਤਰ*, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ।
- ਡਾ. ਮਿੰਨੀ ਸਲਵਾਨ (2016), *ਪੰਜਾਬੀ ਵਿਆਕਰਨ: ਸਿਧਾਂਤ ਅਤੇ ਵਿਹਾਰ*, ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਪੰਜਾਬੀ ਭਵਨ ਲੁਧਿਆਣਾ।
- ਬੂਟਾ ਸਿੰਘ ਬਰਾੜ (2018), *ਪੰਜਾਬੀ ਵਿਆਕਰਨ: ਸਿਧਾਂਤ ਅਤੇ ਵਿਹਾਰ ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ*, ਪੰਜਾਬੀ ਭਵਨ ਲੁਧਿਆਣਾ।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – IV**

**Theory Course**

**Paper-IV (CC-404/B)**

**ਮੁੱਢਲੀ ਪੰਜਾਬੀ**

ਸਮਾਂ: 03 ਘੰਟੇ

ਕੁੱਲ ਅੰਕ :50

ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ :40

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ :10

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

- (ੳ) ਭਾਈ ਵੀਰ ਸਿੰਘ ਦੀ ਕਵਿਤਾ “ਸਮਾਂ” (ਪ੍ਰਸੰਗ ਸਾਹਿਤ ਵਿਆਖਿਆ ਅਤੇ ਸਾਰ)
- (ਅ) ਨਾਨਕ ਸਿੰਘ ਦੀ ਕਹਾਣੀ “ਭੂਆਂ” (ਵਿਸ਼ਾ ਵਸਤੂ ਅਤੇ ਸਾਰ)
- (ੲ) ਨਿਬੰਧ “ਖੁਸ਼ਾਮਦੀ ਨਾਲ” (ਸਾਰ/ ਵਿਸ਼ਾ ਵਸਤੂ)

**ਸੈਕਸ਼ਨ-ਬੀ**

ਸਾਹਿਤ ਦੇ ਰੂਪ (ਕਵਿਤਾ ਦੇ ਪਰੰਪਰਾਗਤ ਰੂਪ ਨਾਲ ਜਾਣ)

- (ੳ) ਸ਼ਬਦ, ਸਲੋਕ, ਕਾਫੀ, ਰੁਬਾਈ, ਬਾਰਾਮਾਂਹ
- (ਅ) ਵਾਰ, ਕਿੱਸਾ, ਜੰਗਨਾਮਾ, ਸ਼ੀਰਦੀ ਗਜ਼ਲ, ਨਜ਼ਮ

**ਸੈਕਸ਼ਨ-ਸੀ**

- (ੳ) ਲੇਖ
- (ਅ) ਚਿੱਠੀ ਪੱਤਰ (ਦਫਤਰੀ)

**ਸੈਕਸ਼ਨ-ਡੀ**

- (ੳ) ਸੰਖੇਪ ਰਚਨਾ
- (ਅ) ਪੈਰਾ ਪੜ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਦਿਉ।

**ਸਹਾਇਕ ਪੁਸਤਕਾਂ**

- ਜੀਤ ਸਿੰਘ ਜੋਸ਼ੀ (2004) *ਪੰਜਾਬੀ ਅਧਿਐਨ ਤੇ ਅਧਿਆਨ: ਬਦਲਦੇ ਪਰਿਪੇਖ, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ*।
- ਸੰਘ. ਹਰਜਿੰਦਰ ਸਿੰਘ ਢਿੱਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਗੋਧਿਆ (2014), *ਦੋ ਰੰਗ, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ*।
- ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ ਅਤੇ ਜਸਪਾਲ ਸਿੰਘ ਰੰਧਾਵਾ (2006), *ਗੱਦ ਪ੍ਰਵਾਹ, (ਰੇਖਾ ਚਿੱਤ ਤੇ ਹਲਕੇ ਲੇਖ) ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ*।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – IV**

**Theory Course**

**Paper-IV (CC-404/C)**

**PUNJAB HISTORY AND CULTURE**

*Duration of Examination: 3 Hours*

*Total Marks : 50*

*Theory Marks : 40*

*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit – 1**

1. Compilation of Adi Granth and martyrdom of Guru Arjan Dev.
2. Martyrdom of Guru Teg Bahadur.
3. Foundation of Khalsa by Guru Gobind Singh.

**Unit- 2**

1. Banda Bahadur and his achievements.
2. Rise of Sikh misals.

**Unit- 3**

1. Ranjit Singh's rise to power: civil and military administration of Ranjit Singh.
2. The Anglo-Sikh wars and annexation of the Punjab.

**Unit-4-**

1. The development of Punjabi language and literature, classical writings and famous legends of the Punjab.
2. Social life with special reference of women, fairs, festival, folk music ,dance and games in Punjab.

**References:**

- Chhabra, G.S. (1960). *The Advanced study in History of the Punjab*, Vol-I&II, New Acad. Publishing Company.
- Dhillon, Dalbir Singh (1988). *Sikhism: Origin and Development*.
- Singh, Fauja (ed) (1979): *History and Culture of the Punjab*, Vol-III, Punjabi University, Patiala.
- Singh, Khuswant, (1991). *The History of the Sikhs*, Vol-I, Oxford University Press.
- Singh, Teja and Singh, Ganda (2006). *A shorty History of the Sikhs*, Punjabi University, Patiala.
- Walia, Harjinder Singh, (2002). *Punjab: Fairs and Festivals*, National Book Shop.
- L. Joshi (ed): *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
- L.M. Joshi and Fauja Singh (ed); *History of Punjab* , Vol.I, Patiala 1977.
- Budha Parkash : *Glimpses of Ancient Punjab*, Patiala, 1983.
- B.N. Sharma: *Life in Northern India*, Delhi. 1966.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – IV**

**Theory Course**

**Paper-V (CC-405)**

**ENGLISH**

*Duration of Examination: 3 Hours*

*Total Marks : 50*

*Theory Marks : 40*

*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit – 1**

1. Making Connections (Units III to IV).

**Unit- 2**

1. “*The World is Too Much with Us*” William Wordsworth.
2. “*She Walks in Beauty*” Gordon Lord Byron.
3. “*Ozymandias*” P.B Shelley.
4. “*In Memoriam*” Alfred Lord Tennyson.
5. “*Dover Beach*” Mathew Arnold.

**Unit- 3**

1. English Grammar in use by Raymond Murphy (Fourth Edition) Unites 92 to 112.

**Unit-4**

1. Précis Writing.

**Texts Prescribed:-**

- Kenneth J. Pakenham (2005), *Making Connections* (Second edition), Cambridge University Press.
- *Poems of Nature and Culture*, Guru Nanak Dev University, Publication Bureau , Amritsar
- Raymond Murphy (2012), *English Grammar in use* (Fourth Edition), Cambridge University Press.
- *Complete Stories of Oscar Wilde* – Crest Publishing House (A JAICO Enterprise) G-2, 16 Ansari Road, Darya Ganj New Delhi-110002
- *Emerson’s Essays* – Books Inc. New York
- *Fifteen Poets* – Oxford University Press
- *Franis Bacon Selected Essays* – Dr. S. Sen
- *Longfellow Poetical Works* – London Oxford University Press

**SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION**

**(B.P.Ed) FOUR YEARS COURSE**

**SEMESTER-V**

**ACADEMIC SESSION 2022-23**

**B.P.Ed Course (4 Years) Integrated Course- Semester System**

**Semester-V**

**Theoretical Course: 400 Marks**

**Practical Course: 150 Marks**

<b>Course Code</b>	<b>Title of the Papers</b>	<b>External Marks</b>	<b>Internal Marks</b>	<b>Teaching Hrs. per week</b>	<b>Credits</b>
<b>Theory</b>					
CC-501	Computer Application	80	20	04 Hrs	4
CC-502	Test, Measurement and Evaluation	80	20	04 Hrs	4
CC-503	Contemporary Issues in Physical Education	80	20	04 Hrs	4
CC-504	Compulsory Punjabi/ Mudhli Punjabi/ Punjab History and Culture	40	10	04 Hrs	2
CC-505	English Compulsory	40	10	04 Hrs	2
<b>Practical</b>					
PC-501	<b>Gymnastic:</b> Wand, Hoop, Pammel Horse, Hand Stand	40	10	04 Hrs	2
PC-502	<b>Recreational Games:-</b> Relay Games, Team Games, Lead-Up Games, Group Games.	40	10	04 Hrs	2
PC-503	<b>Calisthenics:</b> Lazium, Aerobic exercises, Formations	40	10	04 Hrs	2

**Contents to be covered in practical:**

- c) Historical development of the concerned game/track and field event.
- d) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.



**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – V**  
**Theory Course**  
**Paper-I (CC-501)**

**COMPUTER APPLICATION**

*Duration of Examination: 3 Hours*

<i>Total Marks</i>	<i>: 100</i>
<i>Theory Marks</i>	<i>: 80</i>
<i>Sessional marks</i>	<i>: 20</i>

**Instructions for paper setter:-** Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**UNIT – I: INTRODUCTION TO COMPUTER**

1. Introduction to Computer, Advantages and Disadvantages of Computer
2. Input and output devices, Storage Devices.
3. Applications of Computer.
4. Generations of Computer.

**UNIT – II: MS WORD**

1. Introduction to MS Word.
2. Procedure for Creating, saving and opening a document.
3. Procedure for Formatting Editing features Drawing table.
4. Procedure for Page setup, paragraph alignment, spelling and grammar check printing, option, inserting page number, graph, footnote and notes.

**UNIT – III: MS EXCEL & INTERNET**

1. Introduction to MS Excel.
2. Procedure for Creating, saving and opening spreadsheet.
3. Procedure for Format and editing features adjusting columns width and row height understanding charts.
4. Introduction and History of Internet, Advantages and Disadvantages of Internet, Services offered by Internet, E-mail, Web-Browser, Search Engine.

**UNIT – IV: MS POWER POINT AND COMPUTER GENERATIONS**

1. Introduction to MS Power Point.
2. Procedure for Creating, saving and opening a ppt. file.
3. Procedure for Format and editing features slide show, design, inserting slide number, inserting Picture, Graph, table etc.
4. Procedure for Preparation of Power point presentations.

**References:-**

- “*Internet Technologies*”, (2002) S. K. Bansal, APH Publishing Corporation
- Milke, M.(2007). *Absolute beginner’s guide to computer basics*. Pearson Education Asia.
- Subramanian. N. (1986) “*Introduction to Computers*” Tata Mcgraw-Hill, New Delhi
- Shrivastava S.S (2008) “*MS–Office*”, Laxmi Publications.
- Sinha, P. K. & Sinha, P. (2004). *Computer fundamentals*. 4th edition, BPB Publication.
- Singh, Kakkar and Sharma (2008) “*A Book of Fundamental of Information Technology*”. Lakhandal Publishers, Amritsar (India)
- • Chetan, S. “*Fundamentals of Information Technology*”. Kalyani Publishers B-1/1292, Rajinder Nagar, Ludhiana- 141008.
- Maidasani, D (2006). *Learning Computer Fundamentals, MS Office and Internet and Web Technology*. Firewall Media 113, Golden House, Darayaganj new delhi-110002.
- V. Rajarman, *Fundamentals of Computers*, Prentice Hall of India, New Delhi -2000.
- B. Ram, *Computer Fundamentals*, New Age International Publishers-2006.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – V**  
**Theory Course**  
**Paper-II (CC-502)**

**TEST, MEASUREMENT AND EVALUATION**

*Duration of Examination: 3 Hours*

<i>Total Marks</i>	<i>: 100</i>
<i>Theory Marks</i>	<i>: 80</i>
<i>Sessional marks</i>	<i>: 20</i>

**Instructions for paper setter:-**Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**UNIT – I: INTRODUCTION**

1. Meaning and Definition of Test, Measurement and Evaluation.
2. Objectives and scope of Test, Measurement and Evaluation.
3. Principles of Test, Measurement and Evaluation.
4. Importance of Measurement and Evaluation in Physical Education.

**UNIT – II: TEST**

1. Construction of Knowledge and Sports Skill Test.
2. Criteria for Test Selection: Reliability, Validity, Objectivity.
3. Tuttle Pulse Ratio Test.
4. Harvard Step Test.

**UNIT – III:-Games & Motor Fitness Tests**

1. SAI Hockey Skill Test.
2. Knox Basketball Test.
3. Philip's J.C.R Test.
4. AAHPER Youth Fitness Test.

**UNIT – IV: Skill Tests**

1. Modified Brady Volleyball Test.
2. SAI Badminton Skill Test.
3. SAI Athletics Skill Test.
4. McDonald Test.

**References:-**

- Barron, H.M. and Mchee, R. (1997). *A Practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
- Clarke, H.H and Clarke, D.H. (1991). *Application of Measurement to Physical Education*, Englewood Cliffs, NJ, Prentice Hall.
- Johnson, B.L and Nelson, J.K, (1988). *Practical Measurement for Evaluation in Physical Education*, Delhi, Surjeet Publications.
- Kansal, D.K, (1996). *Test and Measurement in Sports and Physical Education*, D.V.S Publications, New Delhi.
- Kansal, D. K, (2008). *Applied Measurement Evaluation and Sports Selection*. Sports and Spiritual Science Publication: New Delhi.
- Marrow J. R. and Jackson A.W, (2010). *Measurement and Evaluation in Human Performance* Publisher: Human Kinetics; 4th edition.
- Phillips D.A and Honark, J.S, (1979). *Measurement and Evaluation in Physical Education*, NewYork, John Wiley and Sons.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – V**

**Theory Course**

**Paper-III (CC-503)**

**CONTEMPORARY ISSUES IN PHYSICAL EDUCATION**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**UNIT – I**

1. Developments in Physical Education.
2. Challenges in Physical Education in Current Scenario.
3. Professionalism in Physical Education and Sports.
4. Misconceptions about Physical Education.

**UNIT – II**

1. Physical Activity and Its Importance.
2. Physical Activities for growing children.
3. Factors Affecting Physical Activity: Demographic, Cognitive, Behavioral and Community.
4. Associations between Physical Activity and CVD Risk Factors.

**UNIT – III**

1. Meaning, Need and Importance of Adapted Physical Education and Sports.
2. Purpose, Aims and objectives of Adapted Physical Education and Sports.
3. Program organization of Adapted Physical Education and Sports.
4. Adapted Sports-Para Olympics, Role of Games and Sports in Adapted Physical Education.

**UNIT – IV**

1. Safety Education and Fitness Promotion, health and Safety in Daily Life, fitness centers, Health club, Recreation club and Adventure sports.
2. First Aid and Emergency Care, Common Injuries and their Management.
3. Modern Life Style and Hypo-kinetic Disease–Prevention and Management.
4. Application of Science to Physical Education and Sports.

**References:-**

- Cratty, B.J. (2006) *Adapted Physical Education in the Mainstream*. (4th Edition) Love Publishing Company.
- Costa D.M. & Sharon R.G. (1994). *Women and Sports; Interdisciplinary Perspectives*. Human Kinetics.
- Paul B. & Taylor J. (1996). *Advance Studies in Physical Education and Sports*, Thomas Nelson & Sons Limited, UK.
- Winnick, J.P (2005). *Adapted Physical Education and Sports*. Human Kinetics (4th Edition).

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – V**

**Theory Course**

**Paper-IV (CC-504/A)**

**ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ**

ਸਮਾਂ:03 ਘੰਟੇ

ਕੁੱਲ ਅੰਕ :50

ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ :40

ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ :10

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

1. ਦੋ ਰੰਗ (ਕਹਾਣੀ ਭਾਗ)
    - (ੳ) ਧਰਤੀ ਹੇਠਲਾ ਬੋਲਦ (ਕੁਲਵੰਤ ਸਿੰਘ ਵਿਰਕ)
    - (ਅ) ਦੂਜੀ ਵਾਰੀ ਜੇਬ ਕੱਟੀ ਗਈ (ਨਵਤੇਜ ਸਿੰਘ)
    - (ੲ) ਲਛਮੀ (ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼)
    - (ਸ) ਬੁੱਤ ਸ਼ਿਕਨ (ਅਜੀਤ ਕੌਰ)
    - (ਹ) ਬਸ ਕੰਡਕਟਰ (ਦਲੀਪ ਕੌਰ ਟਿਵਾਣਾ)
- (ਵਿਸ਼ਾ ਵਸਤੂ/ ਸਾਰ)

**ਸੈਕਸ਼ਨ-ਬੀ**

1. ਗੱਦ ਪ੍ਰਵਾਹ (ਹਲਕੇ ਲੇਖ)
    - (ੳ) ਖੁਸ਼ਮਦੀ ਨਾਲ (ਹਰਿੰਦਰ ਸਿੰਘ ਰੂਪ)
    - (ਅ) ਗੱਪ ਬਾਜ਼ (ਪਿਆਰਾ ਸਿੰਘ ਦਾਤਾ)
    - (ੲ) ਝੂਠ ਤੇ ਸੱਚ (ਗੁਰਬਚਨ ਸਿੰਘ ਤਾਲਿਬ)
    - (ਸ) ਭੁੱਖੜ (ਗੁਰਨਾਮ ਸਿੰਘ ਤੀਰ)
    - (ਹ) ਆਉ ਗੱਲਾ ਕਰੀਏ (ਕਰਤਾਰ ਸਿੰਘ ਦੁੱਗਲ)
- (ਵਿਸ਼ਾ ਵਸਤੂ/ ਸਾਰ)

**ਸੈਕਸ਼ਨ-ਸੀ**

1. ਲੇਖ ਰਚਨਾ (ਵਿਗਿਆਨ, ਤਕਨਾਲੋਜੀ ਅਤੇ ਚਲੰਤ ਮਸਲਿਆਂ ਸੰਬੰਧੀ)
2. ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

**ਸੈਕਸ਼ਨ-ਡੀ**

1. ਸਾਹਿਤ ਦੇ ਰੂਪ:-ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਪ੍ਰਕਿਰਤੀ ਜਾਂ ਤੱਤ ਬਾਰੇ ਨੋਟ)
  - 1) ਵਾਰ
  - 2) ਕਿੱਸਾ
  - 3) ਕਾਫੀ
  - 4) ਜੰਗਨਾਮਾ

### ਸਹਾਇਕ ਪੁਸਤਕਾਂ

- ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ ਅਤੇ ਜਸਪਾਲ ਸਿੰਘ ਰੰਧਾਵਾ (2006), *ਗੱਦ ਪ੍ਰਵਾਹ, (ਰੇਖਾ ਚਿਤ੍ਰ ਅਤੇ ਹਲਕੇ ਲੇਖ)*, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
- ਸੰਪਾ: ਹਰਜਿੰਦਰ ਸਿੰਘ ਢਿੱਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਸੋਧਿਆ, *ਦੋ ਰੰਗ*, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ। (2014)
- ਰਤਨ ਸਿੰਘ ਜੱਗੀ, *ਸਾਹਿਤ ਦੇ ਰੂਪ*, ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ।
- ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ (2017), *ਪੰਜਾਬੀ ਮੁਹਾਵਰਾ ਅਤੇ ਅਖਾਣ ਕੋਸ਼*, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ।
- ਜੀਤ ਸਿੰਘ ਜੋਸ਼ੀ (2004) *ਪੰਜਾਬੀ ਅਧਿਐਨ ਤੇ ਅਧਿਆਨ: ਬਦਲਦੇ ਪਰਿਪੇਖ*, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER -V**

**Theory Course**

**Paper-IV (CC-504/B)**

**ਮੁੱਢਲੀ ਪੰਜਾਬੀ**

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸਮਾਂ: 03 ਘੰਟੇ**

**ਕੁੱਲ ਅੰਕ :50**

**ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ :40**

**ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ :10**

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

1. ਵਾਰਤਕ ਰੂਪਾਂ ਨਾਲ ਜਾਣ-ਪਛਾਣ

- 1) ਨਾਵਲ, ਨਿੱਕੀ ਕਹਾਣੀ, ਵਾਟਕ, ਇਕਾਂਗੀ ਨਾਟਕ, ਕਾਵਿ ਨਾਟਕ ਅਤੇ ਨਿਬੰਧ
- 2) ਸਫਰਨਾਮਾਂ, ਡਾਇਰੀ, ਜੀਵਨੀ, ਸਵੈ-ਜੀਵਨੀ, ਰੇਖਾ ਚਿੱਤਰ, ਸੰਸਮਰਣ

**ਸੈਕਸ਼ਨ-ਬੀ**

2. ਅਰਥ ਬੋਧ

- 1) ਵਿਦੇਸ਼ਾਤਮਕ ਜਾਂ ਉਲਟ ਭਾਵੀ ਸ਼ਬਦ
- 2) ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇਕ ਸ਼ਬਦ
- 3) (ੲ) ਸਮਾਨਾਥਕ ਸ਼ਬਦ

**ਸੈਕਸ਼ਨ-ਸੀ**

3. ਪੈਰਾ ਰਚਨਾ

4. ਪੈਰਾ ਪੜ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਦਿਉ।

5. ਸੰਖੇਪ ਰਚਨਾ

**ਸੈਕਸ਼ਨ-ਡੀ**

1. (ਵਿਸ਼ਾ ਵਸਤੂ/ ਸਾਰ)

- 1) ਤੈਂ ਕੀ ਦਰਦ ਨਾ ਆਇਆ (ਕੁਲਵੰਤ ਸਿੰਘ ਦੁੱਗਲ)
- 2) ਪੇਮੀ ਦੇ ਨਿਆਣੇ (ਸੰਤ ਸਿੰਘ ਸੇਖੋਂ)
- 3) ਮਨੁੱਖ ਕੁਦਰਤ ਦੀ ਨੇਕ ਔਲਾਦ ਨਹੀਂ (ਸੁਰਿੰਦਰ ਮੰਡ)

**ਸਹਾਇਕ ਪੁਸਤਕਾਂ**

- ਜੀਤ ਸਿੰਘ ਜੋਸ਼ੀ (2004) ਪੰਜਾਬੀ ਅਧਿਐਨ ਤੇ ਅਧਿਆਨ: ਬਦਲਦੇ ਪਰਿਪੇਖ, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ।
- ਸੰਪਾ. ਹਰਜਿੰਦਰ ਸਿੰਘ ਢਿੱਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਗੋਧਿਆ (2014), ਦੋ ਰੰਗ, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
- ਸੰਪਾ. ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ ਅਤੇ ਜਸਪਾਲ ਸਿੰਘ ਰੰਧਾਵਾ (2006), ਗੱਦ ਪ੍ਰਵਾਹ, (ਰੇਖਾ ਚਿੱਤਰ ਤੇ ਹਲਕੇ ਲੇਖ) ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।



**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – V**

**Theory Course**

**Paper-IV (CC-504/C)**

**PUNJAB HISTORY AND CULTURE**

*Duration of Examination: 3 Hours*

*Total Marks : 50*

*Theory Marks : 40*

*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit – 1**

1. Punjab under the British: the Board of Administration (1849-1853).
2. John Lawrence as chief commissioner of the Punjab (1853-1858) : His reforms.

**Unit- 2**

1. Land Alienation Act of 1901; agrarian unrest of 1907.
2. British policy towards agriculture, industry, trade and commerce.

**Unit- 3**

1. Socio- Religious reform movements: Namdhari, Nirankari Movement, Arya Samaj, Singh Sabha, Ahmadiyas.

**Unit-4**

1. Spread of modern education in the Punjab.
2. Growth of political consciousness in Punjab up to 1907.

**References:**

- Arora, A.C. (1982). *British Policy towards the Punjab States*, Export India Publications.
- Chhabra, G.S. (1960). *The Advanced study in History of the Punjab*, Vol-I&II, New Acad. Publishing Company.
- Khilnani, N.M. (1972), *British Power in the Punjab, 1839 to 1858*, Asia Publishing House.
- Singh, F. (ed) (1987): *History and Culture of the Punjab*, Vol-III, Punjabi University, Patiala.
- Singh, K., (1991). *The History of the Sikhs*, Vol-I, Oxford University Press.
- L. Joshi (ed): *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
- L.M. Joshi and Fauja Singh (ed); *History of Punjab* , Vol.I, Patiala 1977.
- Budha Parkash : *Glimpses of Ancient Punjab*, Patiala, 1983.
- B.N. Sharma: *Life in Northern India*, Delhi. 1966.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – V**  
**Theory Course**

**Paper-V (CC-505)**

**ENGLISH**

*Duration of Examination: 3 Hours*

*Total Marks : 50*

*Theory Marks : 40*

*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit – 1**

1. “The Will”.
2. “Villa for Sale”.
3. “Progress”.

**Unit- 2**

1. “*Words*” W.B Yeats.
2. “*The Listeners*” Walter De La Mare.
3. “*Strange Meeting*” Wilfred Owen.
4. “*The Unknown Citizen*” W.H Auden.

**Unit- 3**

1. English Grammar in use by Raymond Murphy (Fourth Edition) Unites 119 to 136.

**Unit-4**

1. Comprehensions.

**Texts Prescribed:-**

- Bhatia Santosh.k and Maninder Singh (ed) (2009), *Glimpses of Theatre* , Guru Nanak Dev University, Publication Bureau , Amritsar.
- *Poems of Nature and Culture*, Guru Nanak Dev University, Publication Bureau , Amritsar
- Raymond Murphy (2012), *English Grammar in use* (Fourth Edition), Cambridge University Press.

**SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION**

**(B.P.Ed) FOUR YEARS COURSE**

**SEMESTER-VI**

**ACADEMIC YEAR 2022-23**

**B.P.Ed Course (4 Years) Integrated Course- Semester System**

**Semester-VI**

**Theoretical Course: 400 Marks**

**Practical Course: 150 Marks**

<b>Course Code</b>	<b>Title of the Papers</b>	<b>External Marks</b>	<b>Internal Marks</b>	<b>Teaching Hrs. per week</b>	<b>Credits</b>
<b>Theory</b>					
CC-601	Sports Management	80	20	04 Hrs	4
CC-602	Sports Nutrition and Weight Management	80	20	04 Hrs	4
CC-603	Yoga and Environmental Science	80	20	04 Hrs	4
CC-604	Compulsory Punjabi/ Mudhli Punjabi/ Punjab History and Culture	40	10	04 Hrs	2
CC-605	English Compulsory	40	10	04 Hrs	2
<b>Practical</b>					
PC-601	<b>Adventures Sports:-</b> Picnic/ Trekking/ Camping/ River rafting	40	10	04 Hrs	2
PC-602	<b>Team Games :</b> Cricket, Wrestling and Net Ball	40	10	04 Hrs	2
PC-603	Teaching Practice of (a) Athletic Lesson (b) Game Lesson	30	20	04 Hrs	2

**Contents to be covered in practical:**

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – VI**

**Theory Course**

**Paper-I (CC-601)**

**SPORTS MANAGEMENT**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-** Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**UNIT – I:**

1. Introduction, Meaning and definition of sports management.
2. Need, Importance and scope of sports management.
3. Skills of Management: Personal Skills, Human Skills, Conceptual Skills, Technical Skills and Conjoined Skills.
4. Functions of Management: Planning, Organizing, Staffing, Budgeting, Controlling and Evaluating management.

**UNIT – II:**

1. Manager–Roles of Manager: Interpersonal roles, Informational Roles, Decisional Roles.
2. Qualities and Qualification of a manager.
3. Managerial Skills and procedure: Effective Communication, Staff Meetings, Committees and office Management.
4. Management of Physical Education and Sports at.
  - 1) School
  - 2) Colleges
  - 3) University

**UNIT – III:**

1. Introduction, meaning, definition and principle of personal management.
2. Introduction, meaning and principles of planning.
3. Meaning, types and requirement of facilities.
4. Construction and management of sports infrastructure:-Gymnasium and swimming pool.
5. Meaning, need, principle and importance of equipment.

**UNIT – IV:**

1. Meaning, Definition, steps and factors effecting curriculum development.
2. Public relation: Meaning, definitions, principles, planning and organizing public relations.
3. Financial Management: Need, importance and Principles of Financial Management.
4. Meaning, definition, objectives and principles of Budget.
5. Budget – Preparation, Sources of funds and expenditure of Budget.

**References:-**

- Clyde K. (1953). *Teaching Methods of Physical Education*, Mc. Grew Hill Inc.
- Charles E. F and Irvin A. K., (1977). *Administration of High School Athletics* Prentice Hall, Inc. New Jersey.
- Frost, B. et. al. (1992). *Administration of Physical Education and Athletics Concepts and Practices* (New Delhi: University Book Stall) 2<sup>nd</sup> Ed.
- Walker J., (1976). *Modern methods in secondary school, physical education*, Allyn and Bacon, Inc. Boston.
- M.L Kamlesh. *Management Concepts in Physical Education and Sport* (2<sup>nd</sup> revised and updated ed); New Delhi; Khel Sahitya Kendra, (2016).
- P.Cherladurai. *Sport Management-Macro Perspectives*; London, Ontario (Canada); Sports Dynamics (1985).

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEME)STER – VI**  
**Theory Course**  
**Paper-II (CC-602)**

**SPORTS NUTRITION AND WEIGHT MANAGMENT**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-** Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**UNIT – I:**

1. Meaning and Definition of Nutrition and Sports Nutrition.
2. Types of Nutrition:-Micro and Macro.
3. Types of Nutrients:-Carbohydrates, Fat, Protein, Water, Minerals, Vitamins.
4. Balance Diet in sports.
5. Role of Nutrients in body and Sports.

**UNIT – II:**

1. Process of Metabolism.
2. Water Balance: Role of Hydration during exercise.
3. Meaning of Calorie, Calculation of Calorie.
4. Daily calorie requirement and expenditure.
5. Factors to consider for developing Nutrition Plan.

**UNIT – III:**

1. Meaning of weight management.
2. Concept of BMI, Calculation of BMI.
3. Obesity and its types, Health risks associated with obesity, Causes of obesity and their remedies.
4. Physical Activity for school children.

**UNIT – IV:**

1. Planning and process of weight management.
2. Role of physical activity and diet in weight management.
3. Weight management program for obese children.
4. Daily calorie intake and expenditure for weight management.

## References:-

- Alston, V. (2015). *Lean muscle diet for beginners: healthy weight loss nutrition, exercises and workouts for a perfect body*. Mihails Konoplovs publications.
- Bailey, V. (2016). *Beginner's Nutrition Guide: To Enhance Sport Performance, Healthy Lifestyle, and Weight Loss*. Createspace independent publications.
- Bean, A. (2017). *The complete guide to sports nutrition, 8<sup>th</sup> edition*. UK, Landon: Bloomsbury sport publications.
- Haff, G.G. (2008). *Essentials of sports nutrition study guide*. USA, Totowa, N.J. Humana Press Publications.
- Maughan, R.J. (2000). *Nutrition in sports*. United States: Wiley blackwell science publications.
- Murti, N. S. (2018). *Health education and sports nutrition*. New Delhi: Sports Publications.
- Anita Bean, “*The Complete guide to Sports Nutrition: How to eat for maximum Performance*” Third Edition, (2000) published by A&C Black (Publishers) Ltd., 37 Soho Square, London W1D 3QZ



**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – VI**

**Theory Course**

**Paper-III (CC-603)**

**YOGA AND ENVIRONMENTAL SCIENCES**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-** Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**UNIT – I:**

1. Meaning, definition, Aims and Objectives of Yoga.
2. Streams of yoga: Karma Yoga, Bhakti Yoga, Gyana Yoga, Raj Yoga, Hatha Yoga, Mantra Yoga, Kundalhi Yoga.
3. Fundamentals or Essentials of Astang Yoga: Yama, Niyama, Prahayama, Pratyahara, Dharana, Dhyana, Samadhi, Patanjali Yoga, Sutra.
4. Techniques, Benefits and Applications of the following Asans:
  - 1) Meditative Asana: Sukh Asana, Sidha Asana, Padam Asana
  - 2) Relaxative Asana: Shav Asana, Makar Asana,
  - 3) Culture Asana: Bhujang Asana, Chakar Asana, Dhanur Asana, Gomuk Asana, Hal Asana, Matsya Asana, Salab Asana, Ardhamatsyendra Asana, Mayur Asana, Virkh Asana .

**UNIT – II:**

1. Meaning, Benefits and Methods of Meditation.
2. Forms of Meditation: Mantra Meditation, Breathing Meditation, Silent Meditation.
3. Techniques of Bhadhas: Jhiva, Jalandhar, Uddiyan, Mool.
4. Yoga and Diet: Classification and Importance of food: Tamestic foods, Rajasic foods, Sative foods, Diet and its Importance in Cure of diseases.

**UNIT – III:**

1. Meaning, Scope and Importance of Environmental Sciences.
2. Earth, Man and Environment.
3. Environmental Education and Awareness.
4. Environmental Problems: Ozone Depletion, Global Warming and Climate Changes.

**UNIT – IV:**

1. Air Pollution: Major Sources of Air Pollution, Air Born Diseases and their Effects on Health.
2. Water Pollution: Major Sources of Water Pollution, Diseases from Water Pollution and their Effects on Health.
3. Noise Pollution: Sources of Noise Pollution, Effects of Noise Pollution on Health.
4. Role of Individual in Prevention of Pollution.

## References:-

- Agarwal, K.C. (2001). *Environmental Biology*. Nidi publication, Bikaner.
- Alader K. (1999). *Yoga for every Athlete (Secrets of an Olympic Coach)*. Jaico publishing, Delhi.
- Bedi Y. (1985). *Social and Preventive Medicine*. Atmaram and sons, New Delhi.
- Brown, F. Y. (2000). *How to use yoga*. Sports publication, Delhi.
- Brown, F. Y. (2006). *How to use Yoga and Sports*. Durga ganj publication, New Delhi.
- Shekar, K.C. (2007). *Yoga for Health*. Khel sahtya kendra publication, New Delhi.
- Kumar, A. (2007). *Yoga for Health and Body*. Khel sahtya kendra publication, Delhi.
- Rajjan, M.S. (1985). *Yoga strengthening of relaxation for sportsman*. Allied publishers, New Delhi.
- Rana, A. (2006). *Yoga and health promotion in Schools*. Sports publications, New Delhi.
- Sarswati, S.S. (1969). *Asana, pranayama, mudra, bandh*, Bihar school of yoga publication
- Shankar, G. (1998). *Holistic approach of yoga*. Aditya publishers, New Delhi.
- Debnath, Monica “*Basic Core Fitness through Yoga and Naturopathy*” (2006-07) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Yogeswar, “*Text Book of Yoga*”,(2004) Penguin Books.
- Harvey, Paul “*Yoga for Everybody*”, (2001)Tucker Slingsby Publisher Ltd
- Sharma, Lalita “*All You Wanted to Know About Yoga*”, (1991)Sterling Publisher Pvt. Ltd.
- Sri Ananda, “*The Complete Book of YOGA Harmony of Body and Mind*” 1999; Published by Orient Paperbacks, Madrasa Road, Kashmere Gate, New Delhi-110006.
- Vijayendra Patap, “*A Teacher’s Guide for Beginning Yoga*” Ist Ed. Indian (1987) Published by SKY Foundation 339 Fitzwater Street, Philadelphia, Pennusyvani, 19147 USA.
- Mira Mehta, “*How to Use Yoga*” (2002) Published by Hermes House, Anness Publishing Limited 89-89 Blackfriars Road, London.
- Bhanot, T.R., “*Know About Yoga*” (1995) Published by Dreamland Publications, 4425, nai Sarak, Delhi-110006. 9. Iyenger, B.K.S, “*Light on Yoga*” Great Britain (1982) George Allenand, Unwin,.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER - VI**

**Theory Course**

**Paper-IV (CC-604/A)**

**ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ**

**ਸਮਾਂ: 03 ਘੰਟੇ**

**ਕੁੱਲ ਅੰਕ :50**

**ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ :40**

**ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ :10**

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

1. ਗੱਦ ਪ੍ਰਵਾਹ-ਰੇਖਾ ਚਿੱਤ੍ਰ (ਸ਼ਖਸ਼ੀਅਤ ਦੇ ਗੁਣ ਅਤੇ ਵਿਸ਼ਾ ਵਸਤੂ)
- (ੳ) ਪ੍ਰੀਤਮ ਸਿੰਘ-ਗੰਡਾ ਸਿੰਘ
- (ਅ) ਬਲਵੰਤ ਗਾਰਗੀ-ਨਾਟਕ ਦੀ ਨੱਕੜਦਾਦੀ
- (ੲ) ਜਸਵੰਤ ਸਿੰਘ ਵਿਰਦੀ ਪੂਰਨ ਸਿੰਘ
- (ਸ) ਅਜੀਤ ਕੌਰ-ਨਿੱਕੀ ਕਹਾਣੀ ਦਾ ਬਾਦਸ਼ਾਹ
- (ਹ) ਕੁਲਬੀਰ ਸਿੰਘ ਕਾਂਗ-ਬਾਤਾਂ ਮੋਹਨ ਸਿੰਘ ਕੀਆਂ

**ਸੈਕਸ਼ਨ-ਬੀ**

1. ਚੋਣਵੇਂ ਪੰਜਾਬੀ ਇਕਾਂਗੀ (ਇਕਾਂਗੀ ਸੰਗ੍ਰਹਿ)
- (ੳ) ਸੁਹਾਗ (ਆਈ. ਸੀ ਨੰਦਾ)
- (ਅ) ਨਵਾਂ ਚਾਨਣ (ਹਰਚਰਨ ਸਿੰਘ)
- (ੲ) ਅੰਨ੍ਹੇ ਨਿਸ਼ਾਨਚੀ (ਅਜਮੇਰ ਔਲਖ)
- (ਸ) ਅਰਮਾਨ (ਜਤਿੰਦਰ ਬਰਾੜ)
- (ਹ) ਚਾਬੀਆਂ (ਆਤਮਜੀਤ ਸਿੰਘ)
- (ਵਿਸ਼ਾ ਵਸਤੂ/ ਪਾਤਰ ਚਿਤਰਨ)

**ਸੈਕਸ਼ਨ-ਸੀ**

**ਵਿਆਕਰਣ**

1. ਵਿਆਕਰਨਕ ਸ਼੍ਰੇਣੀਆਂ: ਲਿੰਗ, ਵਚਨ ਅਤੇ ਕਾਰਕ
2. ਨਾਂਵ ਵਾਕੰਸ਼: ਪਰਿਭਾਸ਼ਾ, ਬਣਤਰ ਅਤੇ ਪ੍ਰਕਾਰ
3. ਕਿਰਿਆ ਵਾਕੰਸ਼: ਪਰਿਭਾਸ਼ਾ, ਬਣਤਰ ਅਤੇ ਪ੍ਰਕਾਰ

**ਸੈਕਸ਼ਨ-ਡੀ**

1. ਪੈਰ੍ਹਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਦਿਉ।
2. ਸੰਖੇਪ ਰਚਨਾ

### ਸਹਾਇਕ ਪੁਸਤਕਾਂ

- ਸੰਪਾ. ਡਾ. ਰਮਿੰਦਰ ਕੌਰ, (2019) *ਚੋਣਵੇਂ ਪੰਜਾਬੀ ਇਕਾਂਗੀ (ਇਕਾਂਗੀ ਸੰਗ੍ਰਹਿ)*, ਕਸਤੂਰੀ ਲਾਲ ਐਂਡ ਸੰਨਜ਼, ਅੰਮ੍ਰਿਤਸਰ।
- ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ ਅਤੇ ਜਸਪਾਲ ਸਿੰਘ ਰੰਧਾਵਾ (2006), *ਗੱਦ ਪ੍ਰਵਾਹ (ਰੇਖਾ ਚਿੱਤ ਅਤੇ ਹਲਕੇ ਲੇਖ)*, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
- ਜੀਤ ਸਿੰਘ ਜੋਸ਼ੀ (2004) *ਪੰਜਾਬੀ ਅਧਿਐਨ ਤੇ ਅਧਿਆਨ: ਬਦਲਦੇ ਪਰਿਪੇਖ*, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ।
- ਬੂਟਾ ਸਿੰਘ ਬਰਾੜ (2018) *ਪੰਜਾਬੀ ਵਿਆਕਰਨ: ਸਿਧਾਂਤ ਅਤੇ ਵਿਹਾਰ*, ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਪੰਜਾਬੀ ਭਵਨ ਲੁਧਿਆਣਾ।
- ਡਾ. ਮਿੰਨੀ ਸਲਵਾਨ (2016) *ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਮੁਢਲੇ ਸੰਕਲਪ*, ਰਵੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER -VI**

**Theory Course**

**Paper-IV (CC-604/B)**

**ਮੁੱਢਲੀ ਪੰਜਾਬੀ**

**ਸਮਾਂ: 03 ਘੰਟੇ**

**ਕੁੱਲ ਅੰਕ :50**

**ਬਾਹਰੀ ਪ੍ਰੀਖਿਆ :40**

**ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ :10**

**ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ:**

ਪ੍ਰਸ਼ਨ-ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹਰ ਭਾਗ ਵਿਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 10 ਅੰਕ ਹਨ।

**ਸੈਕਸ਼ਨ-ਏ**

1. ਧੁਨੀ ਬੋਧ
  - 1) ਧੁਨੀ
  - 2) ਸੁਰ
  - 3) (ੲ) ਵਿਅੰਜਕ
  - 4) (ਸ) ਅਨੁਨਾਸਿਕ ਜਾਂ ਨਾਸਿਕੀ ਧੁਨੀਆ

**ਸੈਕਸ਼ਨ-ਬੀ**

1. ਸੰਖੇਪ ਪੈਰਾ:- ਕਿਸੇ ਪੈਰੇ ਦੀ ਸੰਖੇਪ ਰਚਨਾ ਕਰਨਾ ਅਤੇ ਸਿਰਲੇਖ ਦੇਣਾ
2. ਚਿੱਠੀ ਪੱਤਰ
3. ਮੁਹਾਵਰੇ

**ਸੈਕਸ਼ਨ-ਸੀ**

1. ਪੰਜਾਬੀ ਵਾਕ ਬਣਤਰ: ਮੁੱਢਲੀ ਜਾਣ ਪਛਾਣ
  - 1) ਸਧਾਰਨ ਵਾਕ: ਸੰਯੁਕਤ ਵਾਕ ਅਤੇ ਮਿਸ਼ਰਤ ਵਾਕ
  - 2) ਬਿਆਨੀਆ ਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕ ਵਾਕ ਅਤੇ ਹੁਕਮੀ ਵਾਕ

**ਸੈਕਸ਼ਨ-ਡੀ**

1. (ਪ੍ਰਸੰਗ ਸਾਹਿਤ ਵਿਆਖਿਆ)
  - 1) ਖੈਰ ਪੰਜਾਬ ਦੀ (ਕਵਿਤਾ) ਫੀਰੋਜ਼ ਦੀਨ ਸ਼ਰਫ
  - 2) ਬਾਰਾਂ ਮਾਂਹ (ਕਵਿਤਾ) ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ

**ਸਹਾਇਕ ਪੁਸਤਕਾਂ**

- ਜੀਤ ਸਿੰਘ ਜੋਸ਼ੀ (2004) *ਪੰਜਾਬੀ ਅਧਿਐਨ ਤੇ ਅਧਿਆਨ: ਬਦਲਦੇ ਪਰਿਪੇਖ*, ਵਾਰਿਸ ਸ਼ਾਹ ਫਾਊਂਡੇਸ਼ਨ।
- ਸੰਘ. ਹਰਜਿੰਦਰ ਸਿੰਘ ਢਿੱਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਗੋਧਿਆ, (2014) *ਦੋ ਰੰਗ*, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
- ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ (1996), *ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਸ਼੍ਰੋਤ ਤੇ ਬਣਤਰ*, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ।
- ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਸੰਘਾ (1999), *ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ*, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਕਾਦਮੀ, ਜਲੰਧਰ।
- ਬੂਟਾ ਸਿੰਘ ਬਰਾੜ (2008), *ਪੰਜਾਬੀ ਵਿਆਕਰਣ: ਸਿਧਾਂਤ ਤੇ ਵਿਹਾਰ*, ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ।

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – VI**  
**Theory Course**  
**Paper-IV (CC-604/C)**

**PUNJAB HISTORY AND CULTURE**

*Duration of Examination: 3 Hours*

*Total Marks : 50*

*Theory Marks : 40*

*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit – 1**

1. Gadhar Movement.
2. Rowlatt, Dityagraha and Jallianwala Bagh massacre.

**Unit- 2**

1. Gurdwara Reform Movement.
2. Role of Revolutionaries; Lala Lajpat Rai, kartar Singh Sarabha, Bhagat Singh, Udham Singh.

**Unit- 3**

1. Great writers of Punjab: Bhai Vir Singh, Dhani Ram Chatrik.
2. Great writers of the Punjab: Amrita Sher Gill, Sobha Singh.

**Unit-4**

1. Punjabi contribution to freedom struggle: Non- cooperation and Quit India movement.
2. Reorganization of the Punjab 1966.

**References:**

- Arora, A.C. (1982). British Policy towards the Punjab States, Export India Publications.
- Khilnani, N.M. (1972), *British Power in the Punjab, 1839 to 1858*, Asia Publishing House.
- Singh, F. (ed) (1987): *History and Culture of the Punjab*, Vol-III, Punjabi University, Patiala.
- Singh, F. (ed) (1972): *Eminent Freedom Fighters of Punjab*, Vol-III, Punjabi University, Patiala.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – VI**  
**Theory Course**

**Paper-V (CC-605)**

**ENGLISH**

*Duration of Examination: 3 Hours*

*Total Marks : 50*

*Theory Marks : 40*

*Sessional marks : 10*

**Instructions for paper setter:-Eight questions will be set. Four questions are to be attempted selecting one question from each Unit and each question will carry 10 marks.**

**Unit – 1**

1. Sorry, Wrong Number.
2. The Monkey's Paw.
3. The Brute.

**Unit- 2**

1. Dylan Thomas "*Do not Go Gentle into that Good Night.*"
2. Sylvia Plath "*Mirror*".
3. Rabindranath Tagore "*False Religion*".
4. Nissim Ezekiel "*Night of Scorpion*".

**Unit- 3**

1. English Grammar in use by Raymond Murphy (Fourth Edition) Unites 137 to 145.

**Unit-4**

1. Personal letters.

**Texts Prescribed:-**

- Bhatia Santosh.k and Maninder Singh (ed) (2009), *Glimpses of Theatre* , Guru Nanak Dev University, Publication Bureau , Amritsar
- *Poems of Nature and Culture*, Guru Nanak Dev University, Publication Bureau , Amritsar
- Raymond Murphy (2012), *English Grammar in use* (Fourth Edition), Cambridge University Press.

**SYLLABUS FOR**  
**BACHELOR OF PHYSICAL EDUCATION**  
**(B.P.Ed) FOUR YEARS COURSE**  
  
**SEMESTER-VII**  
  
**ACADEMIC SESSION 2023-24**



**B.P.Ed Course (4 Years) Integrated Course- Semester System**

**Semester-VII**

**Theoretical Course: 400 Marks**

**Practical Course: 150 Marks**

<b>Course Code</b>	<b>Title of the Papers</b>	<b>External Marks</b>	<b>Internal Marks</b>	<b>Teaching Hrs. per week</b>	<b>Credits</b>
<b>Theory</b>					
CC-701	Sports Medicine and Rehabilitation	80	20	04 Hrs	4
CC-702	Organization and Administration	80	20	04 Hrs	4
CC-703	Research Methodology and Sports Statistics	80	20	04 Hrs	4
CC-704	Sports Training	80	20	04 Hrs	4
<b>Practical</b>					
PC-701	<b>Track and Field:</b> Track marking, Pole Vault, Middle Distance Races,	40	10	04 Hrs	2
PC-702	<b>Combative Sports :</b> Taekwondo, Karate, Wooshu	40	10	04 Hrs	2
PC-703	<b>Games :</b> Baseball, Lawn Tennis, Weight Training	40	10	04 Hrs	2

**Contents to be covered in practical:**

- e) Historical development of the concerned game/track and field event.
- f) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – VII**

**Theory Course**

**Paper-I (CC-701)**

**SPORTS MEDICINE AND REHABILITATION**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-** Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**UNIT – I: Introduction**

1. Definition, Aims and objectives of sports medicine.
2. Role of sports medicine in physical education and sports.
3. Importance and Principles of sports medicine.
4. Energy transfer in body and exercise.
5. Energy Expenditure during various activities.

**UNIT – II: Sports Injuries**

1. Causes, Prevention, and Treatment of Sprain, Strain, Contusion, Abrasions, Laceration and Fracture.
2. P.R.I.C.E and Athletic Heart.
3. Effects of exercises on cardiovascular system.
4. Sudden cardiac death in sports.

**UNIT – III: Rehabilitation**

1. Importance and objectives of Rehabilitation.
2. Classification:–Active Movement (Free, Assisted, Resisted), Passive Movement (Relaxed, Forced), Movement (Relaxed & Forced).
3. Second Wind and Oxygen Debt.
4. Regulation of Respiratory during Exercise .

**UNIT – IV: Therapeutic Modalities**

1. Definition, meaning and importance of Therapeutic Modalities.
2. Therapeutic Modalities: Cold Therapy, Infrared lamp, Contrast Bath, Wax Bath, tractions, ultrasonic and ultrasound.
3. Role of Therapeutic Modalities in the field of Physical Education and Sports.
4. Principles of Therapeutic Modalities in sports.

**References:-**

- Charles E. et. al. (1977). *Administration of High School Athletics*, Prentice Hall, Inc. New Jersey.
- Clyde K. (1953). *Teaching Methods of Physical Education*, Mc. Grew Hil Inc.
- Frost, B .et. al. (1992). *Administration of Physical Education and Athletics Concepts and Practices* (New Delhi: University Book Stall) 2<sup>nd</sup> Ed.
- Walker, J. (1976). *Modern methods in secondary school, physical education*, Allyn and Bacon, Inc. Boston.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – VII**

**Theory Course**

**Paper-II (CC-702)**

**ORGANISATION AND ADMISINTRATION**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-** Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**UNIT – I: Introduction**

1. Meaning and definition of Organization and Administration.
2. Need and Importance of Organization and Administration in the field of physical Education and Sports.
3. Professional Qualification and Responsibilities of physical Education teacher at school and college level.
4. Meaning and principles of Pupil leadership.

**UNIT – II: Time Table and Planning**

1. Time Table- Meaning , Need and Importance of time table.
2. Principles and factor affecting time table.
3. Planning:- Meaning, steps and principles of planning in physical education.
4. Presentation Techniques:-Personal preparation , Technical Preparation.

**UNIT – III: Facilities and Equipment Management**

1. Equipment's- Need, Importance ,Purchase, Care and Maintenance of equipment.
2. Facilities and Equipment Management: Area, layout ,care and types of facilities/ Infrastructure of Indoor and Outdoor playfield.
3. Meaning, aims ,objectives and its essential points to conduct Intramural.
4. Care of Sports Facilities: Gymnasium , Swimming Pool and Playgrounds.

**UNIT – IV: Budget and Records**

1. Budget: Meaning, Importance and Criteria of Good Budget.
2. Sources of Income, Expenditure and Preparation of Budget.
3. Records and Registers: Maintenance of Attendance Register, Stock Register, Cash Register, Physical Efficiency Record, Medical Examination Record.
4. Supervision and Inspection: Meaning of supervision and Inspection.
5. Qualities of a Supervisor and methods of Supervision.

**References:-**

- Ann. L. (2002), *Women fitness programme development Human*.
- Erickson, B.O. et. al (1990), '*Sports Medicine*' Guinness Pub. Great Britain.
- Jeyaprakash (2003), *C.S Sports Medicine*, J.P. Brothers Pub, New Delhi.
- Khanna, G.L (1990), *Exercise Physiology & Sports Medicine*, Lucky Enterprises, Delhi.
- Million B Morris (1995), *Office sports medicine* (Hanley & Bilfins Inc. Philadelphia.
- Pandey, P.K (1987). *Outline of Sports Medicine*, J.P Brother Pub, New Delhi.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – VII**  
**Theory Course**  
**Paper-III (CC-703)**

**RESEARCH METHODOLOGY AND SPORTS STATISTICS**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-**Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**UNIT- I: INTRODUCTION**

1. Definition, Meaning , Aims and Objectives of Research.
2. Need and Importance of Research in Physical Education.
3. Types of Research.
4. Meaning of research Problem, Formulation of Research Problem.
5. Criteria of a Research Problem.

**UNIT- II: HYPOTHESIS AND REVIEW OF LITERATURE**

1. Meaning and definition of Hypothesis.
2. Importance and types of Hypothesis.
3. Need of review of Literature.
4. Sources of Literature.
5. Planning of a review work.

**UNIT- III: DATA COLLECTION AND SAMPLING**

1. Collection of data through questionnaire and interview method.
2. Collection of data through observation and case study method.
3. Meaning and types of sampling.
4. Importance of sampling.
5. Sample size, sampling and Non-sampling error.

**UNIT- IV: STATISTICS AND RESEARCH PROPOSAL**

1. Meaning, Need and importance of statistics in physical education.
2. Meaning, Principle and advantages of graphical representation of data.
3. Meaning of the measures of central tendency, computation of measures of central tendency.  
i.e. Mean, Median and Mode.
4. Meaning, Need and importance of research proposal.
5. Research report: Precaution for writing Research reports.

**References:-**

- Author's Guide: (1991) *Research Methods Applied to Health Physical Education and Recreation*, Washington, D.C.
- Best J.W., (1982) *Research in Education*, Prentice Hall, New Delhi.
- Clarke H. D., (1985) *Research Processes in Physical Education, Recreation and Health*, Prentice Hall Inc., Englewood Cliffs, New Jersey.
- Kamlesh M.L., (1973) *Methodology of Research in Physical Education and Recreation*, AAHPER, Washington D.C.
- Kothari, C.R. (1990) *Research Methodology Methods and Techniques*, Vishwa Prakashan-New Delhi.
- Morrison, Donald, F (1990). *Multivariate Statistical Methods*, New York: McGraw Hill.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – VII**

**Theory Course**

**Paper-IV (CC-704)**

**SPORTS TRAINING**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**UNIT – I**

1. Meaning , Definition, Aim and objectives of Sports Training.
2. Importance and Principles of Sports Training in Physical Education and Sports.
3. Qualities and Qualification of Good Coach.
4. Meaning, precautions and benefits of warming-up and Limbering down.

**UNIT – II**

1. Strength: -Definition, Meaning, Types and methods of developing strength.
2. Endurance: Definition, Meaning, Types and methods of developing endurance.
3. Speed: Definition, Meaning, Types and methods of developing speed.
4. Flexibility: Definition, Meaning, Types and methods of developing flexibility.

**UNIT – III**

1. Meaning, Importance and principles of Training Load.
2. Meaning, Causes and Symptoms of over load.
3. Training methods: Cross Country, Weight Training, Circuit Training, Fartlek Training, Plyometric Training.

**UNIT – IV**

1. Definition and Meaning of Technique, Skill and Style.
2. Meaning, definition and methods of Technical Training.
3. Definition, Meaning and methods of Tactical Training.
4. Talent Identification and its Importance.



**Reference Books:**

- Baechol, T.R. & Earle R.W, (2000): *Essential Strength Training and Conditioning*, Human Kinetic Publisher Inc. USA.
- Daniel, D. et. al. (1993), *Principles of Sports Training*, Morby- year Book Inc. St.
- Matveyew, L.P. (1991): *Fundamentals of Sports Training*, Mir Publisher.com Moscow.
- Patrick, B. et-al. (2018) *Complete sports Training*, Chaplain -publishing, LLC.
- Ronald, P. F. (2002): *Concept of Athletic Training*, Jones and Bartlett Publisher.
- Singh, H. (1991): *Science of sports Training*, D.V.S publication New Delhi.
- Ronald P. Feigner “Concept of Athletic Training”, (2002) Jones and Bartlett Publishers.
- Bean, Anita “*The Complete Guide to Sports Nutrition : How to eat for maximum Performance*”, (2000)3rd Edition, Published by A & C Black Ltd. London.

**SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION**

**(B.P.Ed) FOUR YEARS COURSE**

**SEMESTER-VIII**

**ACADEMIC SESSION 2023-24**

**B.P.Ed Course (4 Years) Integrated Course- Semester System**

**Semester-VIII**

**Theoretical Course: 400 Marks**

**Practical Course: 150 Marks**

<b>Course Code</b>	<b>Title of the Papers</b>	<b>External Marks</b>	<b>Internal Marks</b>	<b>Teaching Hrs. per week</b>	<b>Credits</b>
<b>Theory</b>					
CC-801	Exercise Physiology	80	20	04 Hrs	4
CC-802	kinanthropometry	80	20	04 Hrs	4
CC-803	Sports Journalism	80	20	04 Hrs	4
CC-804	Sports Sociology	80	20	04 Hrs	4
<b>Practical</b>					
PC-801	Track and Field: Specialization	30	10	04 Hrs	2
	<b>Conduct of Athletic Meet</b>		<b>10</b>		
PC-802	Team Games: Specialization	30	10	04 Hrs	2
	<b>Conduct of Intramural</b>		<b>10</b>		
<b>Teaching Practice</b>					
TP-803	Class room Teaching on the topic of Syllabus	30	10	04 Hrs	2

**Contents to be covered in practical:**

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – VIII**  
**Theory Course**  
**Paper-I (CC-801)**

**EXERCISE PHYSIOLOGY**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-** Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**UNIT – I: INTRODUCTION**

1. Meaning, Nature, Scope and Importance of Exercise Physiology in Games and Sports.
2. Muscle movement mechanism, Sliding filament theory.
3. Effect of Exercise on muscular System and Circulatory system.
4. Carbohydrate loading, Protein Loading, Pre-event meal, feeding during exercise and fluid ingestion during and after exercise.

**UNIT – II: NUTRITION**

1. Definition and meaning of Nutrition.
2. Nutritional and training components of diet.
3. Effect of nutrition on athletics performance.
4. Precautions, Energy expenditure and treatment of obesity.

**UNIT – III: PHYSIOLOGICAL BASIS**

1. Oxygen and performance, Energy Dynamics; Aerobic & Anaerobic Sources.
2. Human Energy Expenditure at rest and exercise.
3. High Altitude Training and Adaptation.
4. Cardiovascular and Muscular Adaptation of Training.

**UNIT – IV: APPLIED PHYSIOLOGY**

1. Female Specific Problems and physiological changes of women in various level of ages.
2. Role of Exercise in growth and development.
3. Body Composition and Sports Performance.
4. Exercise Benefits at various Stages of Life.

**References:-**

- Ann. L. (2002). *Women's Fitness Program Development Human*, Kinetics.
- Bengt, O. E. et al, (1990). *Sports Medicine*, Guinness Publication.
- Christine, M. D., (1999). *Physiology of Sports and Exercise*, Human Kinetics, USA.
- Mottran, D. R., (2005). *Drugs in Sports* (4th Ed) Routledge Taylor and Francis Group.
- Erikson, B.O. et al, (1990). *Sports Medicine*, Guinness Pub. Great Britain.
- Jain, R., (2002). *Sports Medicine*, KSK, New Delhi.
- Jeyaprakash, C. S., (2003). *Sports Medicine*, J.P. Brothers Pub., New Delhi.2003.
- Khanna, G.L., (1990). *Exercise Physiology & Sports Medicine*, Lucky Enterprises, Delhi.
- Mathew D.K. & Fox E.L, (1976) *Physiological Basis of Physical Education and Athletics*, W.B.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – VIII**  
**Theory Course**  
**Paper-II (CC-802)**

**KINANTHROPOMETRY**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:- Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**UNIT – I**

1. Meaning, definition, aim and objectives of Kinanthropometry.
2. Importance and principles of Kinanthropometry in the field of physical education & sports.
3. Role of Kinanthropometry in selection of sports events.
4. Meaning, definition and classification of anthropometry.

**UNIT – II**

1. Importance and principles of anthropometry in sports.
2. Utility of anthropometric instrument on players.
3. location of different land marks on the body.
4. Skill for anthropometry measurement.

**UNIT – III**

1. Growth:-Meaning, importance, physical growth, process of normal growth in adolescence.
2. Maturation :-Meaning, importance and scope, measurement of maturity.
3. Body proportion:-Meaning, importance and sports specific body proportion and indices.

**UNIT – IV**

1. Body mass index: Meaning, method of determination and importance of body mass index in sports.
2. Body composition : Meaning, importance and scope of body composition in sports.
3. Somatotyping : Meaning, importance classification & scope of somatotyping in sports, Sheldon's heath and carter method of somatotyping.
4. Instruments measuring body parts (Anthropometric Kit).

**References:-**

- Norton, K. and Roger, E. (2018). *Kinanthropometry and Exercise Physiology*, (Routledge).
- Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.
- Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and Sons.
- Roger, E. and Thomas, R. (2001). *Kinanthropometry and Exercise Physiology Laboratory Manual* (Psychology Press).
- Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and selection of sports- a kinanthropometric study*. Patiala: Punjab Publishing House.

**B.P.Ed Course (Four Years) Integrated Course-Semester System**  
**SEMESTER – VIII**  
**Theory Course**  
**Paper-III (CC-803)**

**SPORTS JOURNALISM**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:- Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.**

**UNIT – I**

1. Meaning, definition and historical background of journalism.
2. Introduction to mass media, print, electronic and informal.
3. Role of journalism in society and characteristics of good journalism.
4. Sports writers, commentators and broadcasters.

**UNIT – II**

1. News Content: Entertainment Features, Timely, Stories, Hard News, Soft News.
2. Objectives of News writing.
3. Journalism in modern era.
4. Procedure of News writing: The Heading, The Slug, Writing of News Papers Story.

**UNIT – III:**

1. Ethical Journalism and Laws of journalism.
2. Making of the Headlines.
3. Supplements and Sections: Types of stories, Women section, Traditional contents, Sunday Magazines and other sections.
4. Beat Reopening: Defining a beat, Types of Beat, Lead: Meaning and Types of Lead.

**UNIT – IV:**

1. Starting of campus or student Newspaper: Paper Dimension and Quantity. Cost of Illustration, Delivering the newspaper, Finance, Sales of advertising, establishing newspaper policies and Formation of an editorial board. 'Selecting staff members, Choosing Editors and Evaluating the Newspapers success.
2. Opportunities in Journalism.
3. Writing reports of sports events.
4. Covering sports for radio and television channels (Art of Commentating)



## References:-

- Aamidor, A. (2003). *Real Sports reporting*. Indiana university press, Valparaiso, USA.
- Ahuja, B.N. (1988). *Theory and practice of journalism*. Surjeet publication, New Delhi.
- Andrew, P. (2005). *Sports journalism: A practical introduction*. Sage publication.
- Boyle, R. (2006). *Sports journalism: context and issues*. Sage publication.
- Singh, A. et. al. (2008). *Physical Education*. Kaliyani publications, New Delhi.
- Stofer, T.K. et. al. (2010). *Sports journalism: an introduction to reporting and writing*. Rawman and Littlefield publications, USA.
- Mishra, Sharad “ *Text Book of Sports Journalism*”( 2006-07) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi
- Sita Ram , “*Text Book of Sports Journalism*”, “(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi
- Conrad .C. Fink, *Sports Wing*, Surjeet Publication, 7 Kholapur Road, Kamala Nagar, Delhi.
- Ahuja, B.N. and Chhabra, S.S. “*Principles and Techniques of Journalism*”, Surjeet Publication, 7 Kholapur Road, Kamala Nagar, Delhi
- Keval. J. Kumar, “*Mass Communication in India*”,2004, Jaico Publishing House-121, Mahatma Gandhi Road, Mumbai-400023.
- Agarwal,V.B AND Gupta, V.S *Handbook of Journalism and mass comm..* 2001, Concept publishing company

**B.P.Ed Course (Four Years) Integrated Course-Semester System**

**SEMESTER – VIII**

**Theory Course**

**Paper-IV (CC-804)**

**SPORTS SOCIOLOGY**

*Duration of Examination: 3 Hours*

*Total Marks : 100*

*Theory Marks : 80*

*Sessional marks : 20*

**Instructions for paper setter:-** Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.

**Unit – 1: INTRODUCTION**

1. Meaning, definition and nature of sports sociology.
2. Issues and controversies in sports sociology.
3. Relationship between sports and society.
4. Sports industry, sponsorship and entertainment.

**Unit- 2 – SOCIAL SYSTEM**

1. Definition of politics, policy, state and government.
2. Social System: family, society, community association, school and peer group.
3. Group interaction, competition and co-operation.
4. Role of sports in social environment and its influences on society.

**Unit- 3- SPORTS AND CULTURE**

1. Cultural influences on sports.
2. Influences of sports on culture and value.
3. Culture: pattern, traditions, rituals, habits, values and beliefs of a society.
4. Violence in Sports.

**Unit-4- SOCIAL FACTORS CONCERNING SPORTS**

1. Problem regarding participation in sports for women.
2. Status of women in sports.
3. Role of religion in sports development.
4. Social values and sports, Influence of spectators on sports.

**References:**

- Coakley, J. (2004). *Sports in society*. McGraw hill publications.
- Delaney, T., & Madiagan, T. (2014). *The sociology of sports: an introduction, second edition*. Macfarland publications, North Carolina.
- Houlihan, B. (2005). *Sports and society: second edition*. Sage publications, New Delhi.
- Singh, A., et. al. (2008). *Physical Education*. Kaliyani publications, New Delhi.
- Singh, K., & Singh, I. (2000). *Sports sociology*. Friends publications, Delhi.
- Singh, Y. (2005). *Sociology in sports*. Sports publications, New Delhi.
- Sharma, S.R. (2004). *Sociological foundation in physical education and sports*. Friends publications, Delhi.
- Barric Houlihan, “*Sports and Society*”, SAGE Publication, (2005) 2nd edition, New Delhi.
- Singh, Yadwinder “*Sociology in Sports*”, (2005) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Sharma, Sita Ram “*Sociological Foundation in Physical Education and Sports*”(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi
- Jay Coakley, *Sports in Society*, (2004) McGraw Hill Publication.