

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

REGULATIONS, SCHEME
AND SYLLABUS

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

Semester VII and VIII



Maharshi Dayanand Saraswati University,
Ajmer (Rajasthan)

SEMESTER VII	
Course Code	Title of the papers
BPES CC 701	Gender Perspectives in Physical Education
BPES CC 702	Educational Technology in Physical Education
BPES CC 703	Contemporary Issues in Physical Education, Fitness and Wellness
BPES EC 704	Computer Applications in Physical Education
BPES PC 705	Internship (Teaching Practice)

SEMESTER VIII	
Course Code	Title of the papers
BPES CC 801	Sports Management
BPES CC 802	Sports Injuries and Rehabilitation
BPES CC 803	Nutrition and Related Biochemistry
BPES PC 804	Research Dissertation / Project
BPES PC 805	Skill Proficiency – Game of Specialization

Prepared By : Dr. Vishnu Parmar, Convenor, BOS (Physical Education),
MDSU, Ajmer, Rajasthan, M. 9462777866, 7014491893

Semester VII					
Course Code	Title of the papers	Credits	CIA	ESE	Total Marks
BPES CC 701	Gender Perspectives in Physical Education	3	30	70	100
BPES CC 702	Educational Technology in Physical Education	3	30	70	100
BPES CC 703	Contemporary Issues in Physical Education, Fitness and Wellness	3	30	70	100
BPES EC 704	Computer Applications in Physical Education	4	30	70	100
BPES PC 705	Internship (Teaching Practice) (10 Internal + 10 External Lesson Plans)	12	30	70	100
Total Theory Credits		20	150	350	500

Note: 1. Internship to be taken for 4 weeks during the semester as per the guidelines.

2. Certificate of Head of Institution is compulsory

Semester VIII					
Course Code	Title of the papers	Credits	CIA	ESE	Total Marks
BPES CC 801	Sports Management	3	30	70	100
BPES CC 802	Sports Injuries and Rehabilitation	3	30	70	100
BPES CC 803	Nutrition and Related Biochemistry	3	30	70	100
BPES PC 804	Research Dissertation / Project	12	30	70	100
BPES PC 805	Skill Proficiency – Game of Specialization	4	30	70	100
Total Theory Credits		25	150	350	500

Note:

- ***Research Dissertation / Research Project based on Special core subject including Sports Training, exercise physiology, sports psychology, Sports Management, Game of Specialization. (Choose Any One Topic).***
- ***Dissertation / Project Report must be of 50-80 typed pages.***
- ***Skill Proficiency based lessons on one team game and one individual game (Any One From Each Section)***

SEMESTER VII

PART A - THEORY COURSES

B.P.E.S. CC 701 GENDER PERSPECTIVES IN PHYSICAL EDUCATION

Unit-I Introduction

Sex and Gender; Types of Gender

Gender Roles and Gender Division of Labour

Gender Stereotyping and Gender Discrimination

The Other and Objectification (Male Gaze and Objectivity)

Unit - II Social Construction of Femininity

Bio-Social Perspective of Gender

Essentialism in the Construction of Femininity

Challenging Cultural Notions of Femininity

Images of Women in Sports, Arts, Entertainment and Fashion Industry

Unit -III Social Construction of Masculinity

Definition and Understanding of Masculinities

Social Organization of Masculinity and Privileged Position of Masculinity

Politics of Masculinity and Power

Media and Masculine Identities

Unit -IV Gender and Education

Gender disparity in Education

Gender bias in School Curriculum

Andro-centric construction of knowledge

Education Goals from Gender Perspective

Reference Books

- Parmar, Vishnu (2007). Encyclopedia of Fitness and Sports, Sports Publication, New Delhi.
- Dyson, B. & Casey, A. (2016). Cooperative Learning in Physical Education and Physical Activity: A practical introduction. London: Routledge.
- Griffin, L.L. & Butler, JI. (2005). Teaching Games for Understanding: Theory, Research, and Practice. Champaign, IL: Human Kinetics.
- Siedentop, D. & Hastie, P.A. (2011). Complete Guide to Sport Education. Second Edition. Champaign, IL: Human Kinetics. Month wise Progression C

B.P.E.S. CC 702 : EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION

Unit-I Introduction

- Education and Education Technology - Meaning and Definitions
- Types of Education - Formal, Informal and Non-Formal Education.
- Educative Process
- Importance of Devices of Teaching.

Unit-II Teaching Technique

- Teaching Technique - Lecture method, Command method, Demonstration method, Imitation method, project method etc.
- Teaching Procedure - Whole method, whole-part-whole method, part-whole method.
- Presentation Technique - Personal and technical preparation
- Command - Meaning, Types and its uses in different situations.

Unit-III Teaching Aids

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

Unit-IV Lesson Planning and Teaching Innovations

- Lesson Planning - Meaning, Type and principles of lesson plan.
- General and specific lesson plan.
- Micro Teaching- Meaning, Types and steps of micro teaching
- Simulation Teaching- Meaning, Types and steps of simulation teaching

Reference Books:

- Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons.
- Parmar Vishnu. (2019). Sports and Yoga. Pink City Publication, Jaipur.
- Bhatia & Bhatia,(1959). The principles and methods of teaching. New Delhi: Doaba House.
- Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd.

B.P.E.S. CC 703 : CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS

Unit-I Concept of Physical Education and Fitness

- Definition, Aims and Objectives of Physical Education, fitness and Wellness.
- Importance and Scope of fitness and wellness.

- Modern concept of Physical fitness and Wellness
- Physical Education and its Relevance in Inter Disciplinary Context.

Unit - II Fitness, Wellness and Lifestyle

- Fitness - Types of Fitness and Components of Fitness.
- Understanding of Wellness.
- Modern Lifestyle and Hypo kinetic Diseases - Prevention and Management
- Physical Activity and Health Benefits.

Unit - III Principles of Exercise Program

- Means of Fitness development - aerobic and anaerobic exercises.
- Exercises and Heart rate Zones for various aerobic exercise intensities.
- Concept of free weight Vs Machine, Sets and Repetition etc.
- Concept of designing different fitness training program for different age group.

Unit - IV Safety Education and Fitness Promotion

- Health and Safety in Daily Life
- First Aid and Emergency Care
- Common Injuries and their Management

Reference Books:

- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
- Giam, C.K & The, K.C. (1994), Sport medicine exercise and fitness. Singapore: P.G Medical Book.
- Parmar, Vishnu. (2025). Entire Physical Education and Sports. Dhindhwal Publication, Bikaner.

B.P.E.S. EC 704 : COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit-I : Introduction to Computer

- Meaning, need and importance of information and communication technology (ICT). Application of Computers in Physical Education.
- Components of computer, input and output device.
- Application software used in Physical Education and sports.

Unit-II : MS Word

- Introduction to MS Word.
- Creating, saving and opening a document.
- Formatting Editing features Drawing table, page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnotes and endnotes.

Unit-III : MS Excel

- Introduction to MS Excel
- Creating, saving and opening spreadsheet
- creating formulas
- Format and editing features adjusting columns width and row height understanding charts.

Unit-IV: MS Power Point

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file
- format and editing features slide show, design, inserting slide number
- picture, graph, table
- Preparation of Power point presentations

References:

- Irtegov, D. (2004). Operating system fundanmentals. Firewall Media.
- Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.
- Parmar, Vishnu. (2025). Entire Physical Education and Sports. Dhindhwal Publication, Bikaner.
- Milke, M.(2007). Absolute beginner 's guide to computer basics. Pearson Education Asia.
- Sinha, P. K. & Sinha, P. (n.d.). Computer fundamentals. 4th edition, BPB Publication.

B.P.E.S. PC 705 : INTERNSHIP (TEACHING PRACTICE)**TEACHING PRACTICE**

One month Internship teaching practice programme with 10 Internal and 10 External, theory (classroom teaching) and practical lesson plans in different schools of Rajasthan state.

Certificate of Head of Institute is compulsory.

SEMESTER VIII

PART A - THEORY COURSES

B.P.E.S. CC 801 : SPORTS MANAGEMENT

Unit- I

- Nature and Concept of Sports Management.
- Progressive concept of Sports management.
- The purpose and scope of Sports Management.
- Essential skills of Sports Management.
- Qualities and competencies required for the Sports Manager.
- Event Management in physical education and sports.

Unit-II

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

Unit-III

- Sports Management in Schools, Colleges and Universities.
- Factors affecting planning
- Planning a school or college sports programme.
- Directing of school or college sports programme
- Controlling a school, college and university sports programme.
 - Developing performance standard

- Establishing a reporting system
- Evaluation
- The reward/punishment system

Unit-IV

- Financial management in Physical Education & sports in schools, Colleges and Universities.
- Budget Importance, Criteria of good budget.
- Steps of Budget making.
- Principles of budgeting.

B.P.E.S. CC 802 : SPORTS INJURIES AND REHABILITATION

Unit - I

- Meaning, classification, need and importance of the study of sports injuries in the field of physical education.
- Causes of Sports injuries.
- Basic principles of preventing injuries in sports.
- Common sports injuries and their immediate treatment (Contusion, Laceration, Abrasion, Sprain, Strain, Hematoma Dislocation & Fracture)

Unit - II

- Definition, aims and objectives of sports rehabilitation
- Principles of rehabilitations.
- Concept and need of rehabilitation in sports injuries.
- Effects and uses of therapeutic modalities in rehabilitation:
 - Hydrotherapy –
 - a. Cryotherapy b. Thermotherapy c. Contrast Bath d. Whirlpool Bath
 - Electrotherapy
 - a. Infra-Red b. Shortwave diathermy c. TENS d. Wax Bath

Unit - III

- Meaning and definition of massage.
- Massage manipulation:
 - a. Effleurage (Stroking) b. Percussion (Tapotement)
 - c. Petrissage (Kneading) d. Friction e. Vibration manipulation
- Contra-indications of massage in general.
- Common Physiological Effects of massage on body.

Reference Books:

- K. Chandra Shekar (2005) Sports Physiotherapy, New Delhi: Khel Sahitya Kendra.
- Parmar, Vishnu. (2025). Entire Physical Education and Sports. Dhindhwal Publication, Bikaner.
- P.K. Pande (2017) Sports Medicine, New Delhi: Khel Sahitya Kendra.
- R. Jain (2005) Sports Injuries, New Delhi: Khel Sahitya Kendra.
- E-resources: Swyamprabha / CIET/ VMOU

B.P.E.S. CC 803 : NUTRITION AND RELATED BIOCHEMISTRY

Unit - I

- **Introduction to Nutrition** - Food as a source of nutrients, function of food definition of nutrition, nutrient, adequate, optimum and good nutrition.
- **Interrelationship between nutrition and health** - visible symptoms of good health. Concept of balanced diet.
- **Functional Food Groups** - Basic four, Basic five, Basic seven.

Unit - II

- **Carbohydrates:** Composition, classification, food sources, functions, storage in body, recommended allowances and effects of deficiency and excess.

- **Lipids:** Composition classification, food sources, functions role of essential fatty acids, recommended allowances and effects of deficiency and excess.
- **Proteins:** Composition, structure and classification, denaturation of proteins, Importance of essential and non-essential amino acids Elementary Knowledge of quality of portions, supplementary value of portions, foods sources recommended allowances and effects of deficiency.
- **Energy:** Units of measuring energy, fuel value of food, calculation of energy. Value of diets. Factors contributing to total energy expenditure, BMR and factors affecting it; physical activity, SDA of food. Recommended allowances, effects of deficiency and excess.

Unit - III

- **Enzymes:** Definition chemical nature, classification, co-enzymes & co-factors, deficiency and role.
- **Minerals:** Role in nutrition, sources, bioavailability, recommended allowances and effects of deficiency of Calcium, Iron, Iodine, Sodium, Potassium and Zinc.
- **Vitamins:** Definition, Classification, units of measurement functions, sources, factors affecting absorption & utilization, Recommended allowances and deficiency of (a) fat soluble vitamins A, D, E and K, (b) Water soluble Vitamins: Thiamine, Riboflavin, Niacin, folic acid, Pyridoxine and ascorbic acid.
- **Water:** As a nutrient, function, sources. requirement water balance, effect of deficiency.

Reference Books:

- Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.

- Giam, C.K & The, K.C. (1994), Sport medicine exercise and fitness. Singapore: P.G Medical Book.
- Parmar, Vishnu. (2025). Entire Physical Education and Sports. Dhindhwal Publication, Bikaner.

B.P.E.S. PC 804 : RESEARCH DISSERTATION / PROJECT

Research Dissertation / Research Project based on **Special core subject** depending on their pathway choice including Sports Training, exercise physiology, sports psychology, Sports Management, Game of Specialization. (Choose Any One Topic). Dissertation / Project Report must be of 50-80 typed pages.

B.P.E.S. PC 805 : SKILL PROFICIENCY

SKILL PROFICIENCY :

GAME OF SPECIALIZATION

**Skill Proficiency based lessons on one team game and one individual game
(ANY ONE FROM EACH SECTION)**

Individual Game

Badminton
Table Tennis
Lawn Tennis
Track and Field
Yoga
Gymnastic
Wrestling
Boxing

Team Games

Basketball
Hockey
Football
Cricket
Softball
Kho-Kho
Kabaddi
Volleyball

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