



SYLLABUS

**SCHEME OF EXAMINATIONS AND
COURSES OF STUDY**

FACULTY OF PHYSICAL EDUCATION

B.P.Ed. SCHEME OF EXAMINATION AND COURSES OF STUDY

B.P.Ed. EXAMINATION

OPJS UNIVERSITY, CHURU (RAJASTHAN)



OPJS University, Churu(Rajasthan)331023
Scheme of Examination for Bachelor in Physical Education (B.P.Ed.)

Semester - I

Total Marks = 800

Paper Code	Subjects	Examination Scheme			Total
		Internal Assessment	Theory	Practical	
BPEd -101	History and foundation of Physical Education	20	80	-	100
BPEd - 102	Anatomy and Physiology	20	80	-	100
BPEd - 103	Health Education and Environmental Studies	20	80	-	100
BPEd -104	Officiating and Coaching	20	80	-	100
BPEd - 105	Practical: (i) Athletics (Track Events)	-	-	100	100
BPEd - 106	(ii) Game - I (Basket Ball & Kabaddi)	-	-	100	100
BPEd - 107	(iii) Game -II (Football & Kho-Kho)	-	-	100	100
BPEd -108	(iv) Anatomy ,Physiology and Health Education	-	-	100	100
Total		80	320	400	800



OPJS University, Churu(Rajasthan)331023

Semester - II

Total Marks = 800



OPJS University, Churu(Rajasthan)331023

Semester - II

Total Marks = 800

Paper Code	Subjects	Examination Scheme			Total
		Internal Assessment	Theory	Practical	
BPEd-201	Yoga Education	20	80	-	100
BPEd- 202	Computer Applications in Physical Education	20	80	-	100
BPEd- 203	Sports Psychology and Sociology	20	80	-	100
BPEd -204	Contemporary issues in Physical Education, Fitness and Wellness	20	80	-	100
BPEd- 205	Practical: (i) Athletics (Throwing Events)	-	-	100	100
BPEd- 206	(ii) Game – I (Volleyball & Yoga)	-	-	100	100
BPEd- 207	(iii) Game –II (Handball & Gymnastic)	-	-	100	100
BPEd-208	(iv) Computer Application Rehabilitation & Sports Psychology	-	-	100	100
Total		80	320	400	800



OPJS University, Churu(Rajasthan)331023

Semester - III

Total Marks = 800

Paper Code	Subjects	Examination Scheme			Total
		Internal Assessment	Theory	Practical	
BPEd - 301	Sports Training	20	80	-	100
BPEd - 302	Educational Technology and Methods of Teaching in Physical Education	20	80	-	100
BPEd - 303	Organization and Administration	20	80	-	100
BPEd - 304	Curriculum Design	20	80	-	100
BPEd - 305	Practical: Athletics (Jumping Events)	-	-	100	100
BPEd - 306	(ii) Game - I (Cricket & Swimming)	-	-	100	100
BPEd - 307	(iii) Game -II (Weight Lifting & Hockey)	-	-	100	100
BPEd - 308	(iv) Mass Display Activity (Free Hand)	-	-	100	100
Total		80	320	400	800



OPJS University, Churu (Rajasthan) 331023

Semester-IV

Total Marks = 800

Paper Code	Subjects	Examination Scheme			Total
		Internal Assessment	Theory	Practical	
BPEd - 401	Olympic Movement	20	80	-	100
BPEd - 402	Sports Nutrition and Weight Management	20	80	-	100
BPEd - 403	Sports Management	20	80	-	100
BPEd - 404	Sports Medicine and Rehabilitation	20	80	-	100
BPEd - 405	Practical: (i) Athletic Meet (Opening, March Past, Victory Ceremony & Closing)	-	-	100	100
BPEd - 406	(ii) Game - I (Badminton & Table Tennis)	-	-	100	100
BPEd - 407	(iii) Game - II (Boxing & Wrestling)	-	-	100	100
BPEd - 408	(iv) Mass Display Activity (Lezium, Dumbbell & Tipri)	-	-	100	100
Total		80	320	400	800



B. P. Ed. –Syllabus
Semester – I
Theory Courses

BPEd- 101: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION

Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Unit – I: Introduction of Physical Education

- i. Meaning, Definition and Scope of Physical Education
- ii. Aims and Objective of Physical Education
- iii. Importance of Physical Education in present era.
- iv. Misconceptions about Physical Education.
- v. Relationship of Physical Education with General Education.
- vi. Physical Education as an Art and Science.

Unit- II: Historical Development of Physical Education in India

- i. Indus Valley Civilization Period. (3250 BC – 2500 BC)
- ii. Vedic Period (2500 BC – 600 BC)
- iii. Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
- iv. Medieval Period (1000 AD – 1757 AD)
- v. British Period (Before 1947)
- vi. Physical Education in India (After 1947)

Unit- III: Foundation of Physical Education

- i. Philosophies of Education as applied to Physical Education – Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism
- ii. Contribution of Akhadas and Vyayamshals in the development of Physical Education.
- iii. Y.M.C.A. and its contributions in the development of Physical Education.
- iv. Contribution of Sports Authority of India in the development of sports.

Unit- IV: Historical Development of Physical Education Overseas

History of Physical Education in Ancient Greece, Rome and Contemporary, Germany, Sweden, Denmark and Russia.

References:

- Bucher, C. A. (n.d.) 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.
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.
William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.



**Semester I
Theory Courses**

BPEd - 102 ANATOMY AND PHYSIOLOGY

**Time : Three Hours
:20)**

Total Marks : 100 (Theory Marks: 80 + Internal Assessment

UNIT - I

- i. Meaning of Anatomy and Physiology. Its scope of in the field of Physical Education.
- ii. Introduction of Cell, Tissue and organ.
- iii. Meaning of skeleton, Functions of the skeleton, Types of Bones in Human Skelton
- iv. Meaning of joints and types of Joints in human body.
- v. Gender difference in the Skeleton systems.

UNIT - II

- i. **Blood and Circulatory System:** Constituents of blood and their function, structure of the heart, Types of Blood circulation: Systemic, Pulmonary and Coronary, Meaning of Blood pressure, Heart Rate, Stroke volume, Cardiac output Effect of exercise on the blood and circulatory system.
- ii. **Digestive System:** Organs of Digestive System, Structure and functions of the digestive system, Name and functions of various digestive juices and enzymes, Effect of exercise on the Digestive System.

UNIT - III

- i. **The Respiratory System:** Organs of Respiratory system and their functions. Structure of lungs, exchange of gases in the lungs and tissues, Meaning of various lung capacities and volumes, oxygen debt, second wind, Effect of exercise on the respiratory system
- ii. **The Excretory System:** Structure and functions of the kidneys and skin, Effect of exercise on the Excretory System

UNIT - IV

- i. **Muscular System:** Types of muscles, Gross Structure of Skeletal Muscle, Functions of Skeletal muscles, Effect of exercise on the Skelton muscles.
- ii. **The Endocrine Glands:** Functions of Endocrine glands: Pituitary, Thyroid, Parathyroid, Adrenal and Sex glands. Effect of exercise on the secretion of endocrine glands.
- iii. **Nervous Systems:** Organs and Functions of the central nervous system (CNS) and Peripheral Nervous System (PNS).

References:

- Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). *Textbook of Medical Physiology, 9th edition*. Philadelphia: W.B.Saunders



Semester I
Theory courses

BPEd - 103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Unit – I Health Education

- i. Meaning, Concept and Dimensions of Health.
- ii. Definition of Health, Health Education, Health Instruction and Health Supervision
- iii. Aim, objective and principles of Health Education
- iv. First-aid and emergency care
- v. Health Service and guidance instruction, in personal hygiene

Unit – II Health Problems in India

- i. Meaning and description of Communicable and Non Communicable Diseases
- ii. Meaning of Obesity and Malnutrition, Basic concept of Balance Diet.
- iii. Objective of school health service, Role of health education in schools Health Services –Care of skin, Nails, Eye health service, Nutritional service, Health record
- iv. Healthful school environment

Unit – III Environmental Science

- i. Definition, Need and Importance of environmental studies.
- ii. Concept of environmental education, Historical background of environmental education,
- iii. Celebration of various days in relation with environment.
- iv. Waste Management: Different types of waste materials and their management.
- v. Role of school in environmental conservation and sustainable development.

Unit – IV Natural Resources and related environmental issues:

- i. Meaning and Conservation of Water resources, food resources and Land resources.
- ii. Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution and Thermal Pollution,
- iii. Govt. policies for Management of environment, Role of pollution control board.

References:

- Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.
- Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
- Nemir, A. (n.d.). *The school health education*. New York: Harber and Brothers.
- Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.
- Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.
- Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.
- Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.



Semester – I
Theory course

BPEd - 104 OFFICIATING AND COACHING

Time : Three Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Unit- I: Introduction of Officiating and coaching

- i. Meaning, concept and importance of officiating and coaching
- ii. Principles of officiating
- iii. Principles of Coaching
- iv. Relation of official and coach with management, players and spectators.
- v. Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- i. Duties of coach in general, pre, during and post game.
- ii. Philosophy of coaching
- iii. Responsibilities of a coach on and off the field.
- iv. Coach as role model for young players
- v. Ethics of coaching

Unit- III: Duties of Official

- i. Duties of official in general, pre, during and post game.
- ii. Philosophy of officiating
- iii. Mechanics of officiating – position, singles and movement during officiating.
- iv. Use of latest technology in the officiating of various games.
- v. Ethics of officiating

Unit- IV: Qualifications of Coach and Official

- i. Academic and professional qualification of a coach for various levels.
- ii. Academic and professional qualification of an official for various levels.
- iii. Eligibility rules of Inter-School and School National.
- iv. Traveling and Dearness Allowances rules for Inter-School and School National.
- v. Method of taking sanction and bill preparation for Traveling and Dearness Allowances for various Competitions.

Reference:

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



Part -B
Semester - I
Practical Courses

BPEd – 105: Athletics (Track Events)

Marks - 100

Track Events

- i. Teaching ability of Starting techniques
- ii. Teaching ability of Finishing Techniques
- iii. Teaching ability of Baton Exchange
- iv. Interpretation of various rules of Track Events
- v. Marking of Track 400m and 200m.

Note: Candidate have to take at least 5 teaching lessons of various techniques.

BPEd – 106: (Basketball and Kabaddi)

Marks - 100

i) Basketball

1. Marking of Basketball Court
2. Teaching ability of various basic skills of Basketball
3. Interpretation of Various rules of Basket ball

ii) Kabaddi

1. Marking of kabaddi Ground
2. Teaching Ability of various basic skills of kabaddi
3. Interpretation of Various rules of kabaddi

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 107: (Football and Kho - Kho)

Marks - 100

i) Football

1. Marking of Football Ground
2. Teaching ability of various basic skills of Football
3. Interpretation of Various rules of Football

ii) Kho - Kho

1. Marking of kho - Kho Ground
2. Teaching Ability of various basic skills of kho - Kho
3. Interpretation of Various rules of kho - Kho

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 108: Anatomy, Physiology and Health Education

Marks - 100

- i. Name and location of various bones of Human Body
- ii. Measurement of peak expiratory flow and its interpretation
- iii. Measurement of BMI and its interpretation
- iv. Measurement of Leg, back and grip strength
- v. Measurement of Blood Pressure
- vi. First Aid for various conditions and articles of first aid box



Semester – II
Theory Courses

BPEd - 201 YOGA EDUCATION

Time : Three Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment: 20)

Unit – I: Introduction

- i. Meaning and Definition of Yoga
- ii. Historical background Yoga
- iii. Aims and Objectives of Yoga
- iv. The Yoga Sutra: General Consideration
- v. Need and Importance of Yoga in Modern Society
- vi. Misconceptions about Yoga

Unit - II: Foundation of Yoga

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

Unit - III Asanas and Paranayam

- i. Meaning of Asanas and Paranayam, Different Types of Paranayams
- ii. Effect of Asanas and Paranayam on Respiratory, Circulatory, Digestive, Endocrine and Muscular system.
- iii. Classification of asanas with special reference to physical education and sports
- iv. Influences of meditative posture on various system of the body

Unit – IV Yoga Education

- i. Types of Bandhas and Mudras
- ii. Type of kriyas
- iii. Difference between yogic practices and physical exercises
- iv. Yoga education centers in India and abroad

References:

- Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.*
Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala: Kaixydahmoe.
Rajjan, S. M. (1985). Yoga strenthening ofrelexation for sports man. New Delhi:Allied Publishers.
Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.
Shekar,K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.



Semester – II
Theory Courses

BPEd - 202 Computer Applications in Physical Education

Time : Three Hours Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Unit – I: Introduction to Computer

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

Unit – II: MS Word

- i. Introduction to MS Word
- ii. Creating, saving and opening a document
- iii. Formatting, page setup, paragraph alignment, spelling and grammar check, printing option, inserting: page number, graph, footnote and notes.
- iv. Drawing table, Inserting row and column, deleting row and column

Unit – III: MS Excel

- i. Introduction to MS Excel
- ii. Inserting data in to excel sheet
- iii. Creating, saving and opening worksheet
- iv. Preparing bar Diagrams
- v. Format and editing features adjusting columns width and row height understanding charts.

Unit – IV: MS Power Point

- i. Introduction to MS Power Point
- ii. Creating, saving and opening a ppt. file
- iii. Format and editing features: design, inserting slide number, picture, graph and table.
- iv. Stating slide show, Animations in the slides show
- v. Preparation of Power point presentations

Referances:

- Irtegov, D. (2004). Operating system fundamentals. Firewall Media.*
- Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.*
- 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*



Semester – II
Theory Courses

BPEd - 203 Sports Psychology and Sociology

Time : Three Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Unit -I: Introduction

- i. Meaning, Importance and scope of Educational and Sports Psychology.
- ii. General characteristics of Various Stages of growth and development.
- iii. Types and nature of individual differences; Factors responsible – Heredity and environment
- iv. Nature of learning, theories of learning and Laws of learning.

Unit-II: Sports Psychology

- i. Meaning and definition of personality, dimensions of personality and Effect of Personality on the Sports performance
- ii. Meaning and definition of motivation, Factors influencing motivation in sports and techniques of motivation in sports.
- iii. Meaning and definition of anxiety and effect of anxiety on sports performance.

Unit-III: Relation between Social Science and Physical Education.

- i. Meaning of Orthodoxy, Customs and Tradition, their relation with Physical Education.
- ii. Concept of Socialization through Physical Education
- iii. Meaning of Group Dynamics, Structure of Group, Social Group life, Primary group and Remote group.
- iv. Meaning of Cohesion and development of team Cohesion.

Unit-IV: Culture and Leadership

- i. Meaning and definition of culture.
- ii. Features and Importance of culture.
- iii. Meaning and definition of leadership.
- iv. Effects of culture on people life style and sports.
- v. Theories of leadership and Types of leadership.

References:

- Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.
- Blair, J. & Simpson, R. (1962). *Educational psychology*, New York: McMillan Co.
- Cratty, B. J. (1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.
- Kamlesh, M.L. (1998). *Psychology in physical education and sport*. New Delhi: Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and social system*. London: Addison Wesley Publishing Company Inc.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea & Fibiger.
- Mathur, S.S., (1962). *Educational psychology*. Agra. Vinod Pustak Mandir.
- Skinner, C.E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.
- William, F. O. & Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Ltd.



**Semester – II
Theory Courses**

BPEd - 204 Contemporary issues in Physical Education, Fitness and Wellness

Time : Three Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Unit – I Concept of Physical Education and Fitness

- i. Definition, Aims and Objectives of Physical Education, fitness and Wellness
- ii. Importance and Scope of fitness and wellness
- iii. Modern concept of Physical fitness and Wellness
- iv. Physical Education and its Relevance in Inter Disciplinary Context.

Unit – II Fitness, Wellness and Lifestyle

- i. Fitness – Types of Fitness and Components of Fitness
- ii. Understanding of Wellness: Body Wellness, Mind Wellness and Spiritual Wellness.
- iii. Ethics of Wellness Coaching
- iv. Principles and factors of fitness and wellness

Unit – III Principles of Exercise Program

- i. Means of Fitness development – aerobic and anaerobic exercises
- ii. Exercises and Heart rate Zones for various aerobic and anaerobic exercise intensities
- iii. Various isometric, isotonic and isokinetic exercise for various major muscle groups: Hamstring, Quadriceps, Deltoid, Latissimus Dorsi and Pectorialis Major.
- iv. Concept of free weight Vs Machine, Sets and Repetition etc.

Unit – IV Safety Education and Fitness Promotion

- i. Health and Safety in Daily Life
- ii. Medical Considerations for exercise
- iii. Common sports Injuries and their Management
- iv. Modern Life Style and Hypo-kinetic Disease –Prevention and Management

References:

- 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.
Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.



Part – B
Practical Courses
Semester – II

BPEd – 205: Athletics (Throwing Events)

Marks - 100

Field Events

- i. Marking of Shot Put, Discus, Hammer and Javelin throw Sector
- ii. Teaching ability of Shot Put Techniques
- iii. Teaching ability of Discus Throw Technique
- iv. Teaching ability of Javelin Throw Technique
- v. Teaching ability of Hammer Throw Technique
- vi. Interpretation of various rules of Throwing Events
(Shot Put, Discus, Hammer and Javelin throw)

Note: Candidate have to take at least 5 teaching lessons of Throwing Events.

BPEd – 206: (Volleyball & Yoga)

Marks - 100

i) Volleyball

1. Marking of Volleyball Court
2. Teaching ability of various basic skills of Volleyball
3. Interpretation of Various rules of Volleyball

ii) Yoga

Asana

1. Shirsh Asana
2. Vipratarani
3. Hal Asana
4. Bhujang Asana
5. Ardh-Shalbh Asana
6. Vakra Asana
7. Ardha Matasyaendrasana
8. Paschimottan Asana
9. Vajra Asana
10. Supta Vajra Asana
11. Yoga Mudra
12. Nauka Asana
13. Bak Asana
14. Mayur Asana
15. Ustra Asana
16. Vriksh Asana
17. Padma Asana
18. Trikon Asana
19. Sarvang Asana
20. Surya Namaskar

Paranayam

1. Ujjai
2. Bhastrika
3. Shitali
4. Sitkari
5. Bhrumri

Note: Candidate have to take at least 5 teaching lessons of each Game.

BPEd – 207: (Handball & Gymnastics)

Marks - 100

i) Handball

1. Marking of Handball Ground
2. Teaching ability of various basic skills of Handball
3. Interpretation of Various rules of Handball

ii) Gymnastics

1. Dimensions of various gymnastics apparatus
2. Teaching Ability of various basic skills of Gymnastics
3. Interpretation of Various rules of Gymnastics

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 208: Computer Application, Rehabilitation & Sports Psychology

Marks - 100

- i. Operating of MS Word, MS Excel & MS Power Point
- ii. Identification and rehabilitation of various types of sports injuries
- iii. Assessment of reaction time, anticipation and Hand Eye co-ordination
- iv. Assessment of Motivation and Anxiety.



Semester – III
Theory Courses

BPEd - 301 SPORTS TRAINING

Time : Three Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Unit – I Introduction to Sports Training

- i. Meaning and Definition of Sports Training
- ii. Aim and Objective of Sports Training
- iii. Principles of Sports Training
- iv. System of Sports Training – Basic Performance, Good Performance and High Performance Training

Unit – II Training Components

- i. Strength–Mean and Methods of Strength Development
- ii. Speed–Mean and Methods of Speed Development
- iii. Endurance - Mean and Methods of Endurance Development
- iv. Coordination–Mean and Methods of coordination Development
- v. Flexibility–Mean and Methods of Flexibility Development

Unit – III Training Process

- i. Training Load- Definition and Types of Training Load
- ii. Principles of Intensity and Volume of stimulus
- iii. Technical Training–Meaning and Methods of Technique Training
- iv. Tactical Training–Meaning and Methods of Tactical Training

Unit – IV Training programming and planning

- i. Periodization–Meaning and types of Periodization
- ii. Aim and Content of Periods–Preparatory, Competition, Transitional etc.
- iii. Planning–Training session
- iv. Talent Identification and Development

Reference:

- Dick, W. F. (1980). Sports training principles. London: Lepus Books. Harre, D. (1982). Principles of sports training. Berlin: Sporulated.*
- Jensen, R. C. & Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn.*
- Kanwar, R.C. (1999) Scientific Methods of Training and Coaching. Nagpur: Amit Brothers Publications*
- Matvew, L.P. (1981). Fundamental of sports training. Moscow: Progress Publishers.*
- Singh, H. (1984). Sports training, general theory and methods. Patials: NSNIS. Uppal, A.K., (1999). Sports Training. New Delhi: Friends Publication.*



Semester – III
Theory Courses

**BPEd - 302 EDUCATIONAL TECHNOLOGY AND METHODS OF
TEACHING IN PHYSICAL EDUCATION**

Time : Three Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Unit – I Introduction

- i. Education and Education Technology- Meaning and Definitions
- ii. Types of Education- Formal, Informal and Non- Formal education.
- iii. Educative Process
- iv. Importance of Devices and Methods of Teaching.

Unit – II Teaching Technique

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

Unit – III Teaching Aids

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

Unit – IV Lesson Planning and Teaching Innovations

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

Reference:

- Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons. Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House.
- Budhe, A. (2013) *Educational Methodology*. Delhi; Sports Publications.
- Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
- Kanwar, R.C. (2008) *Methods in Physical Education*. Nagpur: Amit Brothers Publications
- Kavishwar, D.P. *Methods in Physical Education*. Nagpur, S.M. Publisher
- Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.
- Walia, J.S. (1999). *Principles and methods of education*. Jullandhar: Paul Publishers.



Semester – III
Theory Course

BPEd - 303 ORGANIZATION AND ADMINISTRATION

Time : Three Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment : 20)

Unit – I: Organization and administration

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

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

- i. Office Management: Meaning, definition, functions and kinds of office management
- ii. Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- iii. Budget: Meaning, Importance of Budget making,
- iv. Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-III: Facilities, & Time-Table Management

- i. Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- ii. Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- iii. Equipment: Need, importance, purchase, care and maintenance.
- iv. Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit-IV: Competition Organization

- i. Importance of Tournament,
- ii. Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- iii. Organization structure of Athletic Meet
- iv. Sports Event Intramurals & Extramural Tournament planning

References:

- Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
- Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Louis: The C.V. Mosby Co.
- Kavishwar, D.P. *Fundamentals of Track and Field*. Nagpur, S.M. Publisher
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
- Pandy, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depo. 44
- Kanwar, R.C. (1995) *Organisation, Administration and Sports Management*. Nagpur: Amit Brothers Publications
- Budhe, A. (2013) *Organisation, Administration and Supervision in Physical Education*. Delhi; Sports Publication.
- Thomas, J. P. (1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.
- Tirunaryanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.
- Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.



**Semester – III
Theory Courses**

BPEd - 304 CURRICULUM DESIGN

Time : Three Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

UNIT-I Modern concept of the curriculum

- i. Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development.
- ii. Factors affecting curriculum - Social factors - Personnel qualifications - Climatic consideration –Equipment and facilities -Time suitability of hours.
- iii. National and Professional policies, Research finding

UNIT-II Basic Guide line for curriculum construction; contest (selection and expansion).

- i. Focalization
- ii. Socialization
- iii. Individualization
- iv. Sequence and operation
- v. Steps in curriculum construction.

UNIT-III Curriculum-Old and new concepts, Mechanics of curriculum planning.

- i. Basic principles of curriculum construction.
- ii. Curriculum Design, Meaning, Importance and factors affecting curriculum design.
- iii. Principles of Curriculum design according to the needs of the students and state and national level policies.
- iv. Role of Teachers

UNIT-IV Under-graduate preparation of professional preparation.

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

Reference:

Barrow, H. M. (1983). Man and movement: principles of physical education. Philadelphia: Lea and Febiger.

Bucher, C. A. (1986). Foundation of physical education: St. Louis: The C. V. Mosby & Company.

Cassidy, R. (1986). Curriculum development in physical education. New York: Harper & Company.

Larson, L.A. (n.d.). Curriculum foundation in physical education. Englewood Cliffs: N.J. Prentice Hall Inc.

Underwood, G. L. (1983). The physical education curriculum in secondary school: planning and implementation. England: Taylor and Francis Ltd.

Willgoose, C.E. (1979). Curriculum in physical education. 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.



Part – B
Practical Courses
Semester– III

BPEd – 305: Athletics (Jumping Events)

Marks - 100

Field Events

- i. Marking of High Jump, Long Jump and Triple Jump, Pole vault
- ii. Teaching ability of High Jump Techniques
- iii. Teaching ability of Long Jump Technique
- iv. Teaching ability of Triple Jump Technique
- v. Teaching ability of Pole Vault Technique
- vi. Interpretation of various rules of Jumping Events
(High Jump, Long Jump, Triple Jump, Pole vault)

Note: Candidate have to take at least 5 teaching lessons of Throwing Events.

BPEd – 306: (Cricket & Swimming)

Marks – 100

i) Cricket

- i. Marking of **Cricket** Ground
- ii. Teaching ability of various basic skills of **Cricket**
- iii. Interpretation of Various rules of **Cricket**

ii) Swimming

- i. Dimensions of **Swimming** Pool
- ii. Teaching Ability of various basic skills of **Swimming**
- iii. Interpretation of Various rules of **Swimming**

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 307: (Weight Lifting & Hockey)

Marks – 100

i) Weight Lifting

- i. Dimensions of various **Weight Lifting** apparatus
- ii. Teaching ability of various basic skills of **Weight Lifting**
- iii. Interpretation of Various rules of **Weight Lifting**

ii) Hockey

- i. Marking of **Hockey** Ground
- ii. Teaching Ability of various basic skills of **Hockey**
- iii. Interpretation of Various rules of **Hockey**

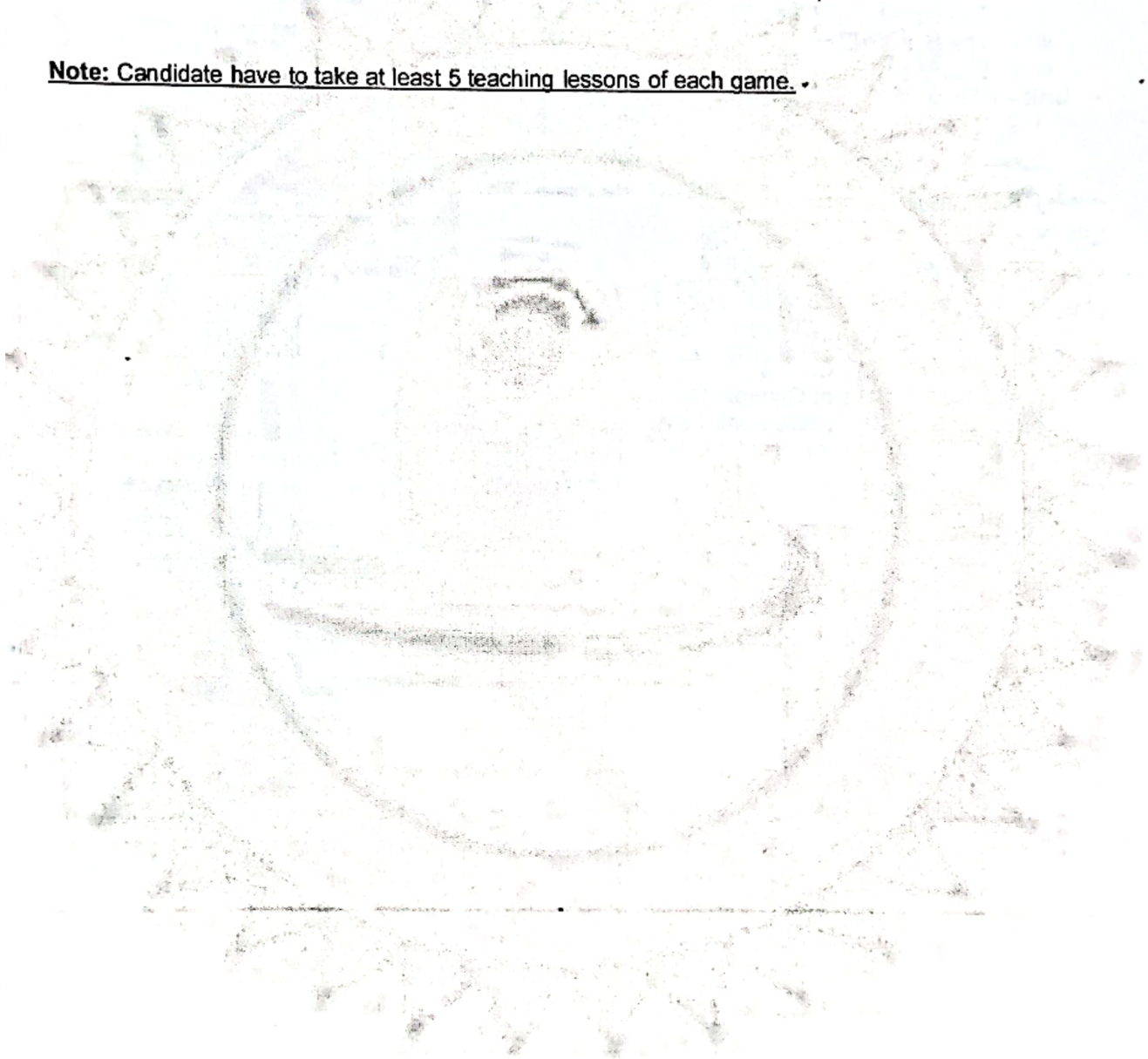
Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 308: Mass Display Activity (Free Hand)

Marks – 100

- i. **P.T. Exercises:** Seating, Standing, Jumping Exercise, Moving & Combination of above all. (Sixteen Count Exercises - 8 Tables).
- ii. **Marching:** Ek Line Bun, Teen Line Bun; Dahine Saj; Sawdhan, Vishram; Dahine mud, Baye mud, Pichhe mud; Kadamtal; Khuli Line Chal and Nikat Line Chal; Tham. *March Fast:* Dahine, Baye & Pichhe mud; Khuli Line & Nikat Line Chal; Kadam Tal; Aage badh; Samne Salute; Dahine Dekha; Samne Dekha; Tham. *Slow March:* Dhire chal; Tham.

Note: Candidate have to take at least 5 teaching lessons of each game. ✓



**Semester – IV
Theory Courses**

BPEd - 401 OLYMPIC MOVEMENT

Time : Three Hours

Total Marks : 100 (Theory Marks: 80 + Internal Assessment :20)

Unit – I Origin of Olympic Movement

- i. Philosophy of Olympic movement
- ii. The early history of the Olympic movement
- iii. The significant stages in the development of the modern Olympic movement
- iv. Educational and cultural values of Olympic movement

Unit – II Modern Olympic Games

- i. Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- ii. Olympic Protocol for member countries
- iii. Olympic Code of Ethics
- iv. Olympism in action
- v. Sports for All

Unit – III Different Olympic Games

- i. Para Olympic Games
- ii. Summer Olympics
- iii. Winter Olympics
- iv. Youth Olympic Games

Unit – IV Committees of Olympic Games

- i. International Olympic Committee - Structure and Functions
- ii. National Olympic committees and their role in Olympic movement
- iii. Olympic commission and their functions
- iv. Olympic medal winners of India

Reference:

- Osborne, M. P. (2004). *Magic tree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.
- Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner
- Durge, R.R., Joshi, A.R. (2015) *Olympic Movement : Nagpur : Amit Brothers Publications*



Semester-IV
Theory Courses

BPEd - 404 SPORTS MEDICINE, AND REHABILITATION

Time: Three Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Unit-I: Sports Medicine

- i. Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- ii. Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- iii. Need and Importance of the study of sports injuries in the field of Physical Education.
- iv. Prevention of injuries in sports—Common sports injuries—Diagnosis.
- v. First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

Unit-II: Physiotherapy

- i. Definition – Guiding principles of physiotherapy, Importance of physiotherapy
- ii. Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

Unit-III: Hydrotherapy

- i. Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation
- ii. Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

Unit-IV: Therapeutic Exercise

- i. Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

References:

- Christine, M. D., (1999). *Physiology of sports and exercise. USA: Human Kinetics.*
- Conley, M. (2000). *Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.*
- David, R. M. (2005). *Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.*
- Hunter, M. D. (1979). *A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea & Fibiger.*
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- Khanna, G.L., (1990). *Exercise physiology & sports medicine. Delhi: Lucky Enterprises.*
- Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics. Philadelphia: W.B. Saunders Co.*
- Pandey, P.K., (1987). *Outline of sports medicine, New Delhi: J.P. Brothers Pub.*
- Williams, J. G. P. (1962). *Sports medicine. London: Edward Arnold Ltd. 54*



Part – B
Practical Courses
Semester– IV

BPEd – 405: Athletic Meet

Marks – 100

(Opening, March Past, Victory Ceremony, & Closing)

- i. **Opening and closing ceremonies:** Schedule and formality of opening ceremony – Unfurling of flag, Flame igniting, Oath
- ii. **March- Past:** March- Past of players / teams, Salutation, Declaration of Opening of the Meet, Brief address by the guests, announcement of beginning of competition
- iii. **Victory & Prize distribution Ceremony:** Planning of schedule for victory ceremony.
- iv. **Closing Ceremony:** Assembly of sports – persons, March Past, Salutation, re-assembly, brief address of the guests, Declaration of results and distribution of prizes / Certificates, Vote of thanks, Ceremonial Flag – lowering, Flame extinguishing, Declaration of Closing of the Meet. Practical of the organization of sports / Athletic Meet during Intramural Program should be arranged as a project by the students under the supervision of the faculty. Organization of Sports festival, Play Day, Social party games, etc: should be encouraged.

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 406: (Badminton & Table Tennis)

Marks – 100

i) Badminton

1. Marking of **Badminton** Court
2. Teaching ability of various basic skills of **Badminton**
3. Interpretation of Various rules of **Badminton**

ii) Table Tennis

1. Marking of **Table Tennis** Court
2. Teaching ability of various basic skills of **Table Tennis**
3. Interpretation of Various rules of **Table Tennis**

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 407: (Boxing & Wrestling)

Marks – 100

i) Boxing

1. Marking of **Boxing** Ring
2. Teaching ability of various basic skills of **Boxing**
3. Interpretation of Various rules of **Boxing**

ii) Wrestling

1. Marking of **Wrestling** Mat
2. Teaching ability of various basic skills of **Wrestling**
3. Interpretation of Various rules of **Wrestling**

Note: C



Part – B
Practical Courses
Semester– IV

BPEd – 405: Athletic Meet

Marks – 100

(Opening, March Past, Victory Ceremony, & Closing)

- i. **Opening and closing ceremonies:** Schedule and formality of opening ceremony – Unfurling of flag, Flame igniting, Oath
- ii. **March- Past:** March- Past of players / teams, Salutation, Declaration of Opening of the Meet
Brief address by the guests, announcement of beginning of competition
- iii. **Victory & Prize distribution Ceremony:** Planning of schedule for victory ceremony.
- iv. **Closing Ceremony:** Assembly of sports – persons, March Past, Salutation, re-assembly, brief address of the guests, Declaration of results and distribution of prizes / Certificates, Vote of thanks, Ceremonial Flag – lowering, Flame extinguishing, Declaration of Closing of the Meet. Practical of the organization of sports / Athletic Meet during Intramural Program should be arranged as a project by the students under the supervision of the faculty. Organization of Sports festival, Play Day, Social party games, etc: should be encouraged.

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 406: (Badminton & Table Tennis)

Marks – 100

i) Badminton

1. Marking of **Badminton Court**
2. Teaching ability of various basic skills of **Badminton**
3. Interpretation of Various rules of **Badminton**

ii) Table Tennis

1. Marking of **Table Tennis Court**
2. Teaching ability of various basic skills of **Table Tennis**
3. Interpretation of Various rules of **Table Tennis**

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 407: (Boxing & Wrestling)

Marks – 100

i) Boxing

1. Marking of **Boxing Ring**
2. Teaching ability of various basic skills of **Boxing**
3. Interpretation of Various rules of **Boxing**

ii) Wrestling

1. Marking of **Wrestling Mat**
2. Teaching ability of various basic skills of **Wrestling**
3. Interpretation of Various rules of **Wrestling**

Note: Candidate have to take at least 5 teaching lessons of each game.



**Semester IV
Theory Courses**

BPEd - 402 SPORTS NUTRITION AND WEIGHT MANAGEMENT

Time: Three Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Unit – I Introduction to Sports Nutrition

- i. Meaning and Definition of Sports Nutrition
- ii. Basic Nutrition guidelines
- iii. Role of nutrition in sports
- iv. Factor to consider for developing nutrition plan

Unit – II Nutrients: Ingestion to energy metabolism

- i. Carbohydrates, Protein, Fat–Meaning, classification and its function
- ii. Role of carbohydrates, Fat and protein during exercise
- iii. Vitamins, Minerals, Water–Meaning, classification and its function
- iv. Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

Unit – III Nutrition and Weight Management

- i. Meaning of weight management Concept of weight management in modern era
- ii. Factor affecting weight management and values of weight management
- iii. Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
- iv. Obesity–Definition, meaning and types of obesity,
- v. Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

Unit – IV Steps of planning of Weight Management

- i. Nutrition–Daily calorie intake and expenditure, Determination of desirable body Weight
- ii. Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- iii. Weight management program for sporty child
- iv. Role of diet and exercise in weight management
- v. Design diet plan and exercise schedule for weight gain and loss

References:

- Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.* 93(6), 2027-2034.
- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12), 3091-3096. 47
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

**Semester – IV
Theory Courses**

BPEd - 403 SPORTS MANAGEMENT

Time: Three Hours

Total Marks: 100 (Theory Marks: 80 + Internal Assessment: 20)

Unit-I Sports Management

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

Unit-II Leadership

- i. Meaning and Definition of leadership
- ii. Leadership style and method.
- iii. Elements of leadership.
- iv. Forms of Leadership.
 - Autocratic
 - Laissez-faire
 - Democratic
 - Benevolent Dictator
- v. Qualities of administrative leader.
- vi. Preparation of administrative leader.
- vii. Leadership and Organizational performance.

Unit-III Planning

- i. Sports Management in Schools, colleges and Universities.
- ii. Factors affecting planning
- iii. Planning a school or college sports programme.
- iv. Directing of school or college sports programme.
- v. Controlling a school, college and university sports programme.
 - Developing performance standard
 - Establishing a reporting system
 - Evaluation
 - The reward/punishment system

Unit-IV Financial Management

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

References:

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

BPEd – 408: Mass Display Activity

Marks – 100

(Lazium, Dumbbell & Tipri)

- i. **Lazium:** Ghati Lazium (Aath Aawaz, Baithak aawaz, Aage Paon, Aage kadam, Do pher aawaz, Chau pher aawaz, Kadamtal, Pavitra, Uchhak pavitra, Kadam pavitra). Hindustani Lazium (Char Aawaz, Ek Jagah, Aanti Lagaav, Pavitra, Do Rukha, ChauRukha, Chau rukha baithak, Momiya)
- ii. **Dumbbells / Tipri: Fundamentals skills**
 - Apparatus/ Light apparatus Grip
 - Attention with apparatus/ Light apparatus
 - Stand-at-ease with apparatus/ light apparatus
 - Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.
 - Standing Exercise
 - Jumping Exercise
 - Moving Exercise
 - Combination of above all

Note: Candidate have to take at least 5 teaching lessons of each game.