

Scheme of Examination of BPE Course
B.P.E. Semester-1st (2014-15)

| Sr. No. of Paper | Name of Paper | Marks Theory | | Practical | Max Marks |
|------------------|---|--------------|----------|-----------|-----------|
| | | External | Internal | | |
| I | Foundations of Phy. Edu. & Sports | 80 | 20 | - | 100 |
| II | Computer Applications -I | 40 | 10 | - | 50 |
| III | Theory of Games: Judo, Kabaddi & Volleyball | 40 | 10 | 25 | 75 |
| III | Theory of Athletics: 100 mtr race, 200 mtr race & 5000 mtr race | 40 | 10 | 25 | 75 |
| IV | Qualifying Hindi* | 80 | 20 | - | 100 |
| | Total | 200 | 50 | 50 | 300 |

* Not included in Grand Total

Note:- The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester.

(Semester-2nd)

| Sr. No. of Paper | Name of Paper | Marks Theory | | Practical | Max Marks |
|------------------|---|--------------|----------|-----------|-----------|
| | | External | Internal | | |
| VI | Anatomy of Fitness | 80 | 20 | - | 100 |
| VII | Computer Applications-II | 40 | 10 | 50 | 100 |
| VIII | Theory of Games: Baseball, Badminton, Archery & Weightlifting | 40 | 10 | 25 | 75 |
| IX | Theory of Athletics: Relay Race, High Jump | 40 | 10 | 25 | 75 |
| X | Qualifying English* | 40 | 10 | - | 50 |
| | Total | 200 | 50 | 100 | 350 |

* Not included in Grand Total

Note:- The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester

Notes:-

1. The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester.
2. The draw for final examination (Athletic & Games) will be drawn ten days before the final exams out of games and Athletics events given in each semester.
3. Supervisory lesson in teaching (one each from every game & athletics events) shall be prepared by students in their note books and got checked by the concerned teacher during each semester and countersigned by the HOD.
4. For the final examinations, final lesson will be prepared on a separate chart.
5. Duration of practical examinations will be three hours per group followed by Viva-voce.
6. Duration for Computer Applications practical will be 2 hours followed by viva-voce.
7. The practical syllabi shall include all the games and Athletic events as given in semester.

B.P.E. (Sem 1st) 2014-15
Foundation of Physical Education

Max. marks — 80
Internal assessment -20
Time: 3 hrs

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
1. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
2. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

Unit-I

Meaning & definition of physical education, aim and objective of physical education. Scope of physical education, need and importance of physical education in modern society. Relationship of physical education with general education. Leisure and physical education. Place of physical in the present system of education.

Unit-II

National programme of physical education & sports. National institution of physical education & sports - NSNIS Patiala, LNIPE Gwalior, LNCPE Trivendrum (Kerala), sports authority of India (SAI), national sports talent contest scheme, army boys sports company scheme, special area scheme, SAI training center scheme, national coaching scheme, rural sports and national.

Unit-III

History of physical education in India, division of ancient period, British period till 1947. Physical Education in India after independence, physical education in Greece, Rome, Germany, China, USA.

Indian Olympic Association, history, constitution and role of IOA. Organization and State Associations, National Games, A ;**jan Games**, SAF Games, Common Wealth Games.

Unit-IV

Olympic movement and its impact in physical education and sports. Games and sports as man's cultural heritage, role of games and sports in national and international integration. Sports policy of India and Haryana, Sports awards — Bhima, Arjun award, Rajiv Gandhi Khel Rattan award, Maulana Abul Kalam Azad Trophy, Dhyanchand life time achievement award and Dronacharya Award.

Ref.

1. Buchor, Cbarlee A Foundation of Physical Education St. Louis: the -C.V. Mosby Company 1983.

B.P.E. (Sem. 1st) 2014-15

Computer Application

Total marks-50
Theory marks - 40
Internal marks -10
Time: 2 hrs

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 8 marks. It will comprise of 4 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 8 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

Unit-1

Meaning and definition of computer, characteristics of computer, and basic applications of computer.

Unit-II

Components of a Computer System, Central Processing Unit, Visual Display Unit, Keyboard.
Input and output devices, mouse, joy stick, scanner, microphone, OCR, MICR; light pen, bar code reader, digital camera, printer, speaker, plotter.

Unit-III

Concept of Memory, primary and secondary memory, RAM and ROM, units of memory - byte, kilobytes, megabytes, gigabytes.

Unit-IV

Computer languages, machine language, assembly language and high level language, role of assembler and compiler. Storage devices, floppy disc, hard disc, CD ROM and DVD.

Practical:- The practical examination will be taken from the entire syllabus given above.

Ref:-

1. Essential of computer and network Technology by Dr. N.S. Gill (Khanna Book Publications New Delhi).'
2. Fundamental of Computers by V. Rajaramans (Printice Hall - India).
3. Computer Fundamentals by B; Ram.
4. P.C. Software (MS-Excel etc.) by R.K. Taxali (Take Maegrew Hill).

B.P.E (Sem. 1st) 2014-15

Theory of Games

Total marks - 50
Theory marks - 40
Internal marks - 10
Time: 2 hrs

Note:- (a) **For paper setter**

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) **for candidates**

1. Attempt four questions in all, selecting atleast one questions from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

The questions in different units given below should be based on the following games.

1. Judo
2. Kabaddi
3. Volleyball

Unit-I

1. History of games.
2. Role of Haryana's people for the development of games.
3. Duties of officials (Pre game, during the game & post game).
4. Technical officials & their duties.
5. Protective equipment used in games.

Unit-II

1. Dimension & marking of the play field/area.
2. Rules & regulations of the games mentioned above.
3. Interpretation of rules & regulations.

Unit-III

1. Fundamental of various games.
2. Offensive & defensive strategy employed in the various games.
3. Conduct of tournament & types of fixtures used in the games mentioned above.

Ref.:-

1. Wado Allen - The F.A. Guide to training and coaching.
2. Seeton, D.C. Dhyton, I.A. Leib, H.C. and Massumith, I - Basic book of sports, Englewood Cliffs. M.D. Prepfite Hall.

B.P.E.(sem. 1st) 2014-15

Theory of Athletics

Theory— 40
Internal marks — 10
Time: 2 hrs

Note:- (a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

The questions in different units given below should be based on the following events

- (i) Sprints **100,200** meters
- (ii) 5000 meter

Unit-I

1. History of athletics in Haryana.
2. Selection of an athlete.
3. Interpretation of rules and regulations of the events mentioned above.

Unit-II

Fundamentals of various events.

1. Sprints 100-200 (Crouch start, supporting phase & releasing phase).
2. 5000 meter race.

Unit-III

1. Dimension & marking of standard track.
2. Dimension & marking of events mentioned above.
3. Equipment and their specifications used in various events given above.

Rcf.:-

Doherty J. Manneth~ Modern track and field, Englewood Cliffe, N..T. Prentica Hall, Ino.

Wado Allen - The F.A. Guide to training and coaching.

Uyenishi S.L. The Text Book of JU - Jutsu - Athletic Publications Ltd. Link House, Store Street, London,

W.C.I

B.P.E. (Sem. 2nd) 2014-15

Anatomy & Fitness

Max. marks - 80
Internal assessment -20
Time: 3 hrs

Note:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.

Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-I

Meaning of anatomy, cell, structure, properties of living matter. The role of anatomy in physical education & sports, anatomy of bones cartilage's, Names and location and functions of bones, kinds of bones, joints and their types, tissues, organs and system of body.

Unit-II

Anatomy of muscular system, structure of muscles and their kinds. Properties of muscles. Muscle work and, fatigue, anatomy of respiratory organs, tissue and pulmonary respiration, anatomy of heart, function of heart, heart beat, stroke volume, cardiac output.

Unit-III

Anatomy of digestive organs (alimentary canal), structure and functions of excretory system, meaning of endocrine glands and structure of the following glands - pituitary glands, thyroid parathyroid, adrenal glands.

Unit-IV

Physical — fitness:-

Definition of physical fitness components of physical fitness, benefits of physical - activity, development of physical fitness. Controlling and management of your weight, determining the right weight to you, factors influencing physical fitness.

Planning a fitness programme, identify your fitness goals. Design your programme, causes and prevention of fitness related injuries, selecting a nutritional plan for fitness.

Ref.:-

1. Introduction to anatomy & physiology - Dr. Shemsher Singh.
2. Lawrence, Thomas Gordon; Your health and Safety, Har Schiver. Alices; Powers, Courts, Braco & World, inc. Douglas F; and Vorhana Lewis J. New York. 1969.
3. Bauer. WAV. (Editor). TODAY'S Health Guide, American Medical Association, Revised Edition 1968.

B.P.E (Sem. 2nd) 2014-15
Computer Application

Total marks — 50
Theory marks - 40
Internal marks 10
Time : 3 hrs

Note:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 8 marks. It will comprise of 4 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 8 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

Unit-I Software & Communication Technology, MS Power Point

- 1.1 System, utility and application software with examples.
- 1.2 Need of networking, LAN, MAN, and WAN.
- 1.3 Introduction to presentation graphics, understanding the concept of slide show, basic element of slide, different types of slide layouts, creating and saving a presentation, different views of slide, editing and formatting a slide. Adding titles, sub titiss, text, background, water mark, headers and footers, numbering slides, inserting picture from files.

Unit-II Information Technology Tools

- 1.1 M.S. Windows (Basic concept of an operating system and its function).
- 1.2 Introduction to windows using mouse and moving icons on the screen, my computer, recycle bin, task bar, start menu and menu selection, setting system date and time, windows explorer to you files, folders and directories, creating and renaming of files and folders.
- 1.3 Basic components of windows: desktop, flame, title bar, menu bar, status bar, using right button of mouse, creating short cut.

Unit-III Basic Windows Accessories and MS Word

- 3.1 Note pad, paint, calculator, word pad, using clip board.
- 3.2 Introduction to word processor, creating and saving a document, editing and formatting a document, inserting symbol, printing a document, adding headers and footers, numbering pages.

Unit-IV MS Excel

- 5.1 Introduction to spread sheets, concept of work sheet and workbook, creating and saving a work sheet, working with a spread sheet, inserting numbers, date / time, inserting and deleting cells, rows and columns, formulae - entering a formula in

B.P.E. (Sem. 2nd) 2014-15

Theory of Games

Total marks - 50
Theory marks - 40
Internal marks - 10
Time: 2 hrs.

Note:- (a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

The questions in different units given below should be based on the following games:

i) Badminton (ii) Baseball (iii) Archery (iv) Weight lifting

Unit-I

1. **History of games**
2. **Role of Haryana's people for the development of games**
3. **Duties of officials (Pre-game, during the game & post game)**
4. **Technical officials * their duties**
5. **Protective equipment used in games**

Unit-II

1. **Dimension & marking of the play field/area**
2. **Rules & regulations of the games mentioned above**
3. **Interpretation of rules & regulations**

Unit-III

1. **Fundamentals of various games**
2. **Offensive & regulations of the games mentioned above.**
3. **Conduct of tournament & types of fixtures used in the games mentioned above.**

Reference:

3. **Wado Allen – The F.A. Guide to training and coaching.**
4. **Seeton, D.C. Dhyton, IA Leibu, HC and Massumith, 1 Basic book of Sports, Englewood Cliffs, MD Prephilice Hall**

B.P.E (Sem. 2nd) 2014-15

Theory of Athletics

Total marks - 50
Theory marks - 40
Internal marks - 10
Time: 2 hrs

Note:- **(a) For paper setter**

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

The question in different units given below should be based on the following events:

- i) Relay races
- ii) High jump

UNIT-I

- i) Organization administration of College athletics meet
- ii) Duties of officials in athletics meet
- iii) Interpretation of rules and regulations of the events mentioned above.

UNIT-II

Fundamentals of various events:

- i) **High Jump-approach run, take off, flight, landing off different techniques**
- ii) **Relay races**

UNIT-III

- (i) Dimension and marking of events given above
- ii) Equipment and their specifications used in various events mentioned above.

Ref.

1. Doberty J. Manneth – Modern track and field, Englewood Cliffe, N.J. Prentica Hall, Ino.
2. Wado Allen – The F.A. Guide to training and coaching.
3. Uyenishi S.L. The Text Book of JU – Jutus- Athletic Publications Ltd Link House, Store Street, London, W.C.I.

B.P.E. Semester 2nd English

Note:- Paper Setter is required to set 10 questions from 5 units. Two questions from each Unit. Candidate is required attempt five questions in all selecting one question from each Unit.

- A. The Pointed Vision: An Anthology of Short Stories by Usha Bande and Krishan Copal (Oxford University Press, New Delhi.
- B- Ideas Ag low edited by Dinesh Kumar & U.B. Abrol.
- C. Text Prescribed: A Remedial English Grammar for foreign Students by V.T. Wood.

Q1. Explanation with Reference to the Context.

The candidate will be required to attempt two passages each (with internal choice) from the book Collection of essays (Ideas Aglow). 10 Marks

Q2. Short answer type questions on short stories (five questions to the attempted out of the given eight)

OR Four short-answer questions will be set on the prescribed essays. The students will be required to attempt any five out of the given eight questions.

5 mark

Q3. One essay-type questions (with internal choice) will be set on each of the prescribed texts A & B. Students will be required to attempt one question each from both the texts. 5 marks

Q4. Comprehension Passage from the book of essays (with five questions at the end)

Q5. Items based on the exercises appended to the essays in Text (B) 5 marks

Q6. (a) Idioms and phrases 15 marks
(b) Synonyms / antonyms
(c) One word substitution

Q7. Comprehension passage (with five questions at the end) 5 marks

Q8. Paragraph: The candidate will be required to write a paragraph on any of the five given topics. 5 marks

Q9. Letter / Application: Students' will be asked to write a letter or an application (The Question will carry internal choice).

Q10. Translation (From Hindi to English) of a passage consisting of 8 to 10 questions.