

NATIONAL UNIVERSITY



Syllabus for B. P. Ed (One Year Course)

Effective from the Session: 2019

Syllabus for B. P. Ed Course Session: 2019

Total Semester -02, Total Marks-1200, Total Credits- 48

Semester-1

Course No	Course Name	Full Marks	Credits
812301	Foundation of Physical Education	50	2
812303	Organization and Administration of Physical Education	100	4
812305	Methods of Teaching & Physical Education	50	2
812307	Fundamental of Sports Training	50	2
812309	Rules of Games and Sports (1 st Paper)	100	4
		350	14

Practical

Course No	Course Name	Full Marks	Credits
812310	Games (1 st paper)	75	3
812312	Games (2 nd Paper)	50	2
812314	Athletics	75	3
812316	Gymnastics	50	2
812318	Squad drill	50	2
		300	12

1st Semester total Marks = 350+300 = 650, Credits- 26

Semester-2

Course No	Course Name	Full Marks	Credits
812321	History of Physical Education	50	2
812323	Education and Sports Psychology	50	2
812325	Physiology and Sports Medicine	50	2
812327	Health Education and First Aid	50	2
812329	Rules of Games and Sports (2 nd Paper)	75	3
		275	11

Practical

Course No	Course Name	Full Marks	Credits
812330	Games (3 rd Paper)	50	2
812332	Games (4 th Paper)	50	2
812334	Swimming	50	2
812336	Practice Teaching	75	3
812338	Mass P.T and Country game	50	2
		275	11

2nd Semester total Marks = 275+275 = 550, Credits- 22

Theoretical Subjects :

Rules of Games and sports (1st Paper) : Football, Cricket, Handball, Volleyball, Athletics.

Rules of Games and sports (2nd Paper) : Badminton, Kabaddi, Table Tennis, Basketball, Hockey, Tennis, Swimming.

Semester- 1

Course No	Course Name	Full Marks	Credits
812301	Foundation of Physical Education	50	2
812303	Organization and Administration of Physical Education	100	4
812305	Methods of Teaching & Physical Education	50	2
812307	Fundamental of Sports Training	50	2
812309	Rules of Games and Sports (1 st Paper)	100	4
		350	14

Practical

Course No	Course Name	Full Marks	Credits
812310	Games (1 st paper)	75	3
812312	Games (2 nd Paper)	50	2
812314	Athletics	75	3
812316	Gymnastics	50	2
812318	Squad drill	50	2
		300	12

1st Semester total Marks = 350+300 = 650, Credits- 26

Detailed Syllabus

Paper Code: 812301	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Foundation of Physical Education		

Theoretical Subject

1. Physical Education- Meaning, Modern concept and related terminologies.
2. Need of physical education in modern living role of physical education in general education.
3. Aim and objectives of physical education.
4. Philosophies of physical Education- Naturalism, Idealism, Pragmatism.
5. Biological Foundation of Physical Education Biological basis of life. Evolution of man and physical education. Body types classification and characteristics of body type. Role of structure of human body in sports. Physical fitness Definition ,component and need fitness program for different age groups. Growth and Development physical development and motor development.
6. Psychological foundation psychological factors influencing motor learning.
7. Sociological foundation socialization through physical education, physical education and national integration.

8. Special feature:

- (1) Scientific aspect of physical education curriculum.
- (2) Dominance of competitive sports
- (3) Women's participation in physical education.
- (4) Application of science and technology.
- (5) Instrumentation in physical education.

Book References:

1. Foundation of physical Education- C.A. Bucher.
2. Introduction of physical Education-Nixon and cozen.
3. Theory in physical Education-Brown and cussed.
4. Sharirik Sikkhar Tattaya O Niti- Khairul Islam and Bhowmick.

Paper Code: 812303	Marks: 100	Credits: 4	Class Hours: 120
Paper Title:	Organization and Administration of physical Education		

1. Introduction: a) Definition of organization and organization of physical Education, Its importance in Educational institution, Concept of school organization, constitution of organization, components, principles of organization. Definition and principles of Administration, Responsibilities. Of an administrator, Qualities of a good administrator.
2. Administrative set-up of physical education and sports in Bangladesh.
3. Physical Education staff –classification, strategies for appointing staff, scope of inserts training, Do's for careen development.
4. Types of physical education program-compulsory program, Intramural games, its positive and negative side. Principles of formulation for physicals education program, physical education program according to sex, time schedule of physical education.
5. House system –Definition, its importance, methods of house division.
6. Daily assembly-Meaning, standing and conducting procedure of daily assembly, Objectives of daily assembly concept and history procedure of national flag, occasion on which the national flag is to be flown and half-mast flown.
7. Conducting methods of games and sports – Definition of meet ; Definition , advantages and disadvantages of league system, times of fixture in league system, score sheets in league system, concept of bye Laws. Definition, advantage and Disadvantage of knock out system, concept and types of combined and challenge system.

8. Track and field – Different types of track, Lay out of track and field, Starting and finishing place of sprint and Run, Concept and Types of Relay race, Throw and Jump event, tie breaking System in distance and height.

9. Annual Sports Competition – Organizing activities of annual sports competition.

10. Sports equipment – Meaning and Types of Sports equipment care and maintenance of Sports equipment.

11. Budget, Budget making System and fund collection.

12. Constitution of “Bangladesh national School, Madrasha and Vocational; educational Sports Association.

Book Reference:

1. The organization and Administration of Physical Education – Vollmer E. F. al.

2. Administration of School and college health and Physical education programs. Charles A. Bucher.

3. Management and Organization – Allen L. A

4. Modern Management – Certo

5. Sports Management – S. S. Roy

6. Sharirik Sikkhar Sangathon O Proshason – Jashim Uddin Ahmad.

Paper Code: 812305	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Methods of Teaching Physical Education		

1. Meaning and Concept of the Teaching:

Definition of Teaching, Criteria of a good teaching, General principles of Teaching, Fundamentals of teaching, Technique and Training.

2. Teaching Methods :

Definition and Need of Teaching methods, Types of teaching method (physical activities and class room), Factors of teaching. Transfer of training, Class management and safety measures in physical education.

3. Teaching Adis :

Definition and Importance of teaching aids, principles of selecting and using teaching aids, Duties and responsibilities of a physical education teacher, Qualities of a physical education teacher.

4. Lesson plan:

Definition, Need, Characteristics of lesson plan, Types of lesson plan, Model lesson plan for physical activity and class room teaching.

5. Technique of presentation;

Personal and technical preparation of teachers and preparation of subject Matter. Types of presentation method and it's advantage and disadvantage.

6. Adapted physical Education:

Concept of adapted physical education, Types of disability, Meaning of autism, Characteristic of autistic children, Relation between autism and down syndrome, Physical activities for autistic and down syndrome children.

Book References:

1. Methods in physical Education-M. L .Kamlesh
2. Method in physical Education-Anil Vanaik
3. Methods of Teaching physical education-Shankar.T
4. Sharirik shikkahar shikkhadan poddoty- Md. khairul Isam khan.

Paper Code: 812307	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Fundamentals of Sports Training		

1. Introduction:

Definition of sports Training, Aim and Objectives of sports training, Characteristic of sports training, Structure of sports performance, Factors determining sports performance, Principles of training,

Training mean-physical exercise and their classification.

2. Training load:

Definition, Types of load, load factor, Load adaption process and super compensation, principles of loading, Over load- Symptoms, Causes and Remedy.

3. Development of conditional Abilities:

Strength: Definition, Factors determining strength, Types of strength, Method of development, Strength training for women and children, Weight training.

Speed: Definition, Factors determining speed, Improvement of speed abilities.

Endurance: Definition, Factors determining endurance method of development.

Flexibility: Definition, Factors determining flexibility, Method of development.

Coordination: Definition, Improvement of coordinative ability.

4. Periodization: Definition, Types of periodization, Aim and content of periods–preiodization, competition, Transitional.

5. Planning: Definition, Importance of planning, principles of planning.

Book Reference:

1. Science of sports training- Dr. Hardayal singh, New Delhi.
2. Fundamentals of sports Training- L. Matveyev.
3. Science of sports training-A.K. Uppal, friends publication India.

Paper Code: 812309	Marks: 100	Credits: 4	Class Hours: 120
Paper Title:	Rules of games and sports (1 st paper)		

1. Teaching about following games and sports-

- a) Football
- b) Cricket
- c) Handball
- d) Volleyball
- e) Athletics

2. Marking and layout the courts, Playing fields.

3. Rules and regulations.

Book References:

Football- Books of Rules of Games and Sports – The National Council of YMCAs of India, Delhi.

Laws of Games – FIFA

Football Laws and Referees Manual – Md. Khademul Islam.

Cricket: Analysis of cricket Skill –V.K Srivastava.

Teach yourself Cricket– Dr. A. K. Srivastava.

Kira Shayhok – Md. Mojibur Rahman.

Handball – Rules of the Game. International Handball Federation A to Z Handball – Anil Vnayak.

Teach Yourself Handball – Prianka Narang.

Rules of Handball – Bangladesh Handball Federation.

Volleyball – Official Volleyball Rules – FIVA

A To Z Volleyball – Sandeep Tewari

Teach yourself Volleyball – Dr. S.C Mishra.

Athletics – A to Z Athletics – Dr. A.K Uppal

Skill and Rules Athletics – Dr. T. N Paramanik.

Practical Subject

Paper Code: 812310	Marks: 75	Credits: 3	Class Hours: 90
Paper Title:	Games 1 st paper: Football and Cricket		

Games 1st paper: Football and Cricket.

Football: Fundamental Skills:

i) Kicks:

Kicking with the inside of the foot.

Kicking with the instep of the foot.

Kicking with the outer instep of the foot.

Lofted kick.

ii) Receiving/Trapping:

Receiving the bowing ball with the inside and outside of the foot and changing direction.

Receiving a flying ball with the inside, thigh, chest and head.

Trapping rolling ball- with the inside, sole and instep of the foot. Trapping bouncing ball with the sole.

iii) Dribbling:

With the instep of the foot.

With the inside of the foot.

With the outer instep of the foot.

Controlled dribbling.

Fast dribbling.

Straight dribbling.

Zig-Zag dribbling.

Dribbling and kicking or passing.

iv) Heading:

From standing

From running

From jumping

Heading for long clearance

Down word heading.

v) Throw –in:

vi) Tracking:

Simple tracking

Slide tracking

vii) Goal kipping:

Collection the balls.

Ball clearance – Kicking, Throwing and deflecting.

Cricket : Fundamental skills:

i) Batting:

Forward defensive stroke, backward defensive stroke.

ii) Bowling:

Defensive fielding – orthodox, Un-orthodox.

Offensive fielding.

iv) Catching:

High catching, slip catching, stopping and throwing techniques.

v) Wicket keeping techniques.

Advanced skills:

i) Batting

Forward defensive stroke, backward defensive stroke, forward off drive, backward off drive.

ii) Bowling:

Simple bowling techniques, Difference between pace, bowling and spin bowling, off and leg spin bowling.

iii) Fielding

Different techniques of fielding and its importance stopping and throwing. Different techniques and its importance.

iv) Catching

Different types of catching, it's technique and importance, Stopping and throwing, Different techniques and it's importance.

v) Wicket keeping:

Different techniques and their implications.

Paper Code: 812312	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Games 2 nd papers: Handball and Volleyball		

Handball: Fundamental skills:

i) Catching:

ii) Passing: chest pass, side arm pass, overhead pass.

iii) Dribbling:

Dribbling and Dribbling with a run

iv) Shooting

Jump shoot, Standing shoot, upward shoot, forward shoot.

v) Defense:

Personal defense, Team defense.

vi) Goal keeping:

vii) Feint :

viii) Offensive tactics:

ix) Defensive combination:

x) first break:

Volleyball: Fundamental skills:

i) Service:

Under arm service, Tennis service, side arm service, Round arm service

ii) Receive:

Receiving the ball and passing to the team mates.

iii) Setting/Passing:

iv) Spike:

Frontal spike, Rest spike, Hook spike

v) Block:

Single block, Double block

vi) Court defense:

Paper Code: 812314	Marks: 75	Credits: 3	Class Hours: 90
Paper Title:	Athletics		

Fundamental skills:

Track events:

- i) Starting techniques- Standing start, Crouch start and it's variations.
- ii) Finishing techniques- Run, Through forward lunging, shoulder shrug.
- iii) Relays-Variious patterns of Baton exchange and understanding of really zone.
- iv) Middle and Long distance running.
- v) Hurdles –Approach, Clearance and Recovery.

Field events:

- vi) Long Jump (Hang Style)- Approach run, Take off, Flight in the air and landing.
- vii) High Jump (Straddle Roll)- Approach run, Take off, Clearance over the Bar and landing.
- viii) Shot put (O'Brien technique)- Grip, Stance, Glide, Release and Reverse.
- ix) Deduces throw- Grip, Stance Release and Reverse.
- x) Javelin throw- Grip, Carry, Release and Reverse.

Paper Code: 812316	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Gymnastics		

Male:

- a) Floor Exercise – Forward roll Backward roll, cart wheel, Hand stant and forward roll, Hand stand, Diving forward roll, Hand stand Different kinds of scale, somersault Round off.
- b) Parrllel Bars – Dips, Straight arm march, Bent arm march, Forward and backward roll, hand stand, Shoulder balance, Different types of mount and dismount.
- c) Vaulting Horse – Forward roll, Straddle volt, Squat vault, Cat vault.
- d) Horizontal bar – Chinning, Front swing, Reverse swing, Circling, Different types of mount and dismount.
- e) Roman ring – Inverted hang, Bird's nest, T position, L position, Different mount, Landing and lever.
- f) Pommel Horse – Different types of mount and dismount, Hand circling, Circling in one foot, Circling in both the foot, Combination.

Female:

- a) Floor Exercise –Forward roll, Backward roll, cart wheel, Hand stand, Leg spit, Bridge, Dancing steps.

b) Balance Beam – Walking and running on the beam, Turing movement of the beam, cat jump, mount (1/4/ turn to cross sitting), Dismount (Jum from the end of the beam with legs straddle in the), straddle mount, forward roll on the beam, Dismount(from front support legs swing upward dismount sideways).

c) Vaulting Horse – Approach run, Take of from the beat board, Cat vault, swan stride vault.

d) Un even bar – Different climbing technique, Remaining on the bears, Changing the bar, Maintaining balance and dismount.

Paper Code: 812318	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Squad Drill		

1. Fall in, Attention, Stand at ease, Stand easy, Eyes right – Eyes front (Dressing), Turning right, left, about turn.

2. Marching: Arm-Leg coordination, Marching mark time, Quick march, Halt, about turn while marching and marching with salute.

3. Dismissal.

Book References:

1. P.T. Drill for children – Charles Oxly.

2. Critical Thinking for the Professions of Health, Sport & Physical Education, Recreation & Dance – Earle F. Zeigler

Semester-2

Course No	Course Name	Full Marks	Credits
812321	History of Physical Education	50	2
812323	Education and Sports Psychology	50	2
812325	Physiology and Sports Medicine	50	2
812327	Health Education and First Aid	50	2
812329	Rules of Games and Sports (2 nd Paper)	75	3
		275	11

Practical

Course No	Course Name	Full Marks	Credits
812330	Games (3 rd Paper)	50	2
812332	Games (4 th Paper)	50	2
812334	Swimming	50	2
812336	Practice Teaching	75	3
812338	Mass P.T and Country game	50	2
		275	11

2nd Semester total Marks = 275+275 = 550, Credits- 22

Detailed Syllabus

Paper Code: 812321	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	History of physical Education		

Theoretical Subject

1. History of physical education, primitive age and ancient period.
 - a) Greece b)Egypt c)Rome
2. History of physical education of medieval age.
3. History of physical education of modern age.
 - a) Germany b)U S A c)England d)France e)Russia f)Scandinavian countries.
4. Physical education of the east-
 - a) India b)China c)Pakistan.
5. Physical education of Bangladesh.
6. International Games and sports-
 - a) Olympic Games –objectives of Olympic ,Olympic motto and flag, Olympic committee and their functions.
 - b) FIFA world cup
 - c) ICC world cup
 - d) Commonwealth Games
 - e) Asian Games
 - f) SAF Games.
7. Biographic and sports achievement of famous national and International sportsperson.
8. Origin and development of Games and sports-
 - a) Football b) Hockey c) Cricket d) Athletics e) Basketball f) Badminton g) Volleyball h) Gymnastics I) Kabaddi j) Swimming.

Book References:

1. History of physical education –M.L kamlesh
2. Brief History of physical education – Erif
3. Sharirik shikkhar Itihas – Abu Muhammad.

Paper Code: 812323	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Education and Sports psychology		

1. Introduction to psychology:

Meaning, definition, nature and objectives of psychology and educational psychology, scope and method of educational psychology, Importance of educational psychology in education with special reference to physical education , Definition of sports psychology , Importance of sports psychology in physical education.

2. Growth and Development:

Concept and characteristics of growth and development, principles of Growth and Development,

Stages of Growth –

- a) Early childhood
- b) Middle childhood
- c) Late childhood
- d) Adolescence

3. Heredity and Environment:

Meaning of heredity and environment, Role of heredity and environment in physical education.

4. Learning : Meaning definition and nature of learning, laws of learning ,theories of learning-

- a) Trial and Error Theory of learning-
- b) Gestalt theory of learning
- c) Conditioned response theory of learning.

5. Personality:

Meaning, definition and nature of personality, Development of athletes personality, personality traits.

6. Cognitive process:

- a) Concept of intelligence, IQ and it's assessment .
- b) Attention-Definition, factors affecting attention, Types of attention, Strategies to develop attention.

7. Instinct and Emotion.

Meaning and nature of instinct, meaning and types of emotion, Influence of emotion on cognitive process and motor learning.

8. Motivation:

- a) Meaning and definition of motivation, Types of motivation, Importance of motivation in learning activities of physical education and sports.
- b) Meaning and definition of guidance and counseling, need of guidance.

9. Play and it's theories:

Meaning and definition of play, Theories of play, play way in education ,psychological preparation of an athlete for sports competition.

Book Reference:

- 1.Sports psychology at a Glance- Dr.khan
- 2.psychology of sports – Acraig Fisher
- 3.Sikkha monobiggan- Muslim Huda
- 4.Sikkha o krira monobiggan- Jashim uddin Ahmed.

Paper Code: 812325	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Physiology and Sports Medicine		

1. Introduction:

Concept of physiology, Definition of cell and tissue, Types of tissue.

2. The skeletal system:

Structure of human skeleton, Classification and function of bones, joint types.

3. The muscular system:

Structure and function of muscle, Types of muscle muscular contrition.

4. The Circulatory system:

The heart and blood vessels. Heart rate, composition and function of blood ,Blood pressure it's maintenance and regulation , Effect of exercise on blood circulatory system.

5. The Respiratory system:

Various organs of respiratory system, Mechanism of respiration, Internal and external respiration, Respiratory rate, Athletic heart ,Oxygen debt, Vital capacity, Effect of exercise on respiratory system

6. The Digestive system:

Description and location of different organs of the digestive tract, process of digestion, Location and function of liver, pancreas and salivary gland.
Function of digestive system ,Effect of exercise on digestive system.

7. The Exercise system :

Structure and function of excretory system ,using formation, Function of skin, Effect of exercise on excretory system.

8. Sports Medicine:

Meaning of sports medicine ,significance of sports medicine in the field of sports. Treatment of muscle pull, sprain, dislocation, bleeding through the nose. Massage, Cry therapy, Fatigue, Doping, warm-up, cool down.

Book Reference:

1. Anatomy and physiology in physiology Education – Rajalakshmi.
2. Anatomy and Exercise physiology – Dr. Rajeeb kumar
3. Human physiology – C.C Chatarjee
4. Outline of sports Medicine – P.K Pande, LC Gupta
5. Sports Medicine in Primary Care – R.Johnson
6. Physiology O Sports Medicine Sankhipta Parichiti – Jasim Uddin Ahmed

Paper Code: 812327	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Health Education and First Aid		

1. Health and Health Education:

Concept of health, Definition of health and health education Aims, Objectives, and Scope of School health program, Relation between health education and physical education personal hygiene, Community 2. Healthful school living

Objectives and scope of school health service Facilities of surrounding environment, security, games, and sports, Recreation, Relation between, teacher and students, Responsibilities of a Teacher for school health service.

3. Preparation of health program and Advice:

Medical test, Disease prevention activities, Health card, School tiffin, Drug addiction.

4. Food and Nutrition:

Definition of food and nutrition, concept of food, calorie, Balance Diet for Sedentary people and balance diet for sports person (Daily chart).

5. Communicable is common ailments, Method of transmission , Mode of spreading, prevention and control.

6. National Health program in Bangladesh: Organization and Administrative Set-up of Health system in Bangladesh –

- a) National level
- b) Division level
- c) Upazila level
- d) Ward and Union level

7. First Aid.

Meaning, Aims and objectives, principles, scope, Golden, rules, Apparatus of first aid.

Qualities of an first aider.

Sling, I splints – Types and use. Management procedure of Injury, Fracture, Displacement of joints, Faint, snake bite, Drawing, poisoning, Burning, Acid burnt, Wound, Transfer of patient and artificial respiration.

Book Reference:

1. School Health practice – C. L Anderson and William H.creswell.
2. Principles of public Health Administration – John I Hanion.
3. First Aid – S. N. Pandey
4. First Aid – Dr. Narayan Chandra Dey
5. Shastha Sikkha O Prathomic chikitsha – Md. Mukbul Mahmud Bhuia

Paper Code: 812329	Marks: 75	Credits: 3	Class Hours: 90
Paper Title:	Rules of Games and Sports (2 nd paper)		

1. Teaching about following Games –

- a) Badminton
- b) Kabaddi
- c) Table Tennis
- d) Basketball
- e) Hockey
- f) Tennis
- g) Swimming

2. Making and layout the course, playing fields.

3. Rules and Regulations:

Book Reference:

Badminton – Badminton Rules Books– Dr. Sribastava

Laws of Badminton – Raton Kumar Sarkar

Kabaddi – Teach Yourself kabaddi- Dr. Sharad Chandra Mishra

Kabbaddi Khelar niyom kanon o kala kowshal– Md. Abdul Hakim Mia

Table Tennis – Teach Yourselst Table Tennis – Prianka Narang.

Table Tennis Rules – O.P Sharma

Basketball – Officials Basketball Rules – 2012 FIBA

Official Basketball Rules and Referee's Manual – Abdul Mannan.

Krira Shahayok – Md. Mujibur Rahman

Hockey – How to play Hockey – Lokesh Thani

Tennis – How to play Hockey – Rachna Jain

Swimming – How to play Swimming - Lokesh Thani

Teaching Aquatic (swimming) – John A.Omey and and Robert D Clayton.

Practical Subject

Paper Code: 812330	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Games 3 rd paper : Badminton, Kabaddi, Table Tennis		

Badminton: Fundamental skills:

- i) Racket parts, racket grips, Shuttle grips.
- ii) The basic stance.
- iii) The basic strokes
- iv) Drills and lead games.

Types of game – Singles, Doubles, Mixed doubles.

Kabaddi: Fundamental Skills:

- i) Skills in raiding.
- ii) Touching with hand, Various kicks, Crossing the baulked line, crossing the bonus line, pursuing.
- ii) Skill of Holding the raider– Various of Formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilities, chain formation and Techniques.
- iii) Additional skill in raiding –
Bringing the antis into particular position, Escaping from various holds, Techniques Escaping from various chain chain formations Combined formations in offence, combined formations in defense.

Table Tennis: Found mental Skills:

- i) Parts of bat, gripping, ball hold
- ii) The basic stance.
- iii) Service
- iv) Receive
- v) The basic strokes – chapping, Smashing, swing

vi) Drills and lead up games.

Types of game – Singles, Doubles, Mixed Doubles

Paper Code: 812332	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Games 4 th paper : Basketball, Hockey, Tennis		

Basketball: Fundamental Skills:

i) Player's stance and ball handling.

ii) Passing technique:

Two hand chest pass, two hand bounce pass, one hand Base ball pass, side arm pass, over head pass and Hook pass.

iii) Receiving:

Two hand receiving, one hand recovering, receiving in stationary position, receiving while running and reserving while jumping.

iv) Dribbling:

How to start dribble, how to stop dribble , high dribble , low dribble, reverse dribble, rolling dribbling.

v) Shooting: Lay – up shot and its variations , one hand set shot, one hand shot, one hand jump shot, hook shot, free throw.

vi) Rebounding:

defensive rebound, offensive rebound, knock out, rebound organization, Individual defense.

Guarding the man with the ball, guarding the man without the ball.

Pivoting.

Hockey: Fundamental Skills:

i) Gripping

ii) Skills – Rolling the ball, Dribbling, Pushing, stopping, Hitting, Flicking, Scoping.

iii) Passing – Forward pass, Square pass, Triangular pass, Drills and lead up-game. Related with skill thought.

Advanced Skills:

Reverse hit, hitting on the wrong foot.

Stooping the ball on the right, right, left side and stopping the ball in the air.

Pushing the wrong foot

Reverse flick

Dodging (Through the legs, right and left Tackling – Front, right, left).

Passing – Through pass, Diagonal pass, return pass, common bully.

Positional play in attack and defense.

Tennis: Fundamental Skills:

- i) Grips – Eastern Forehand grips, Eastern backhand grip, western grip, Continental grip, chopper grip
- ii) Stance and footwork.
- iii) Basic ground strokes.
- iv) Forehand drive, Backhand drive.
- v) Basic service
- vi) Basic volley, overhead volley
- vii) Chop

Paper Code: 812334	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Swimming		

Fundamental Skills:

- i) Entry into the pool.
- ii) Developing water balance and confidence.
- iii) Water fear removing drills.
- iv) Floating – Practice different types of floating.
- v) Techniques of competitive swimming stroke and body position.
- vi) Leg, kick, Arm pull, Berating and Condition.
- vii) Starts, turn, and finishing of the concerned strokes.

Paper Code: 812336	Marks: 75	Credits: 3	Class Hours: 90
Paper Title:	Practice Teaching		

Student should prepare 20 class lesson plans according to the guidance of course teacher.
Student will perform as a physical teacher in the play field on techniques of various games & sports.

Book References:

1. Physical Education, Its Development and Teaching Techniques – Kumar. S

Paper Code: 812338	Marks: 50	Credits: 2	Class Hours: 60
Paper Title:	Mass P.T. and Country Games		

- a) Perform various types of physical training (P.T.) in a group.
b) Indigenous games of Bangladesh (Non-competitive).

1. Daria bandha
2. Gollachut
3. Bouchi
4. Morog larai
5. Biscuit daur
6. Kana machi vo vo
7. Kut kut khela
8. Sat chara khela
9. Ayre amar golapful
10. Vershamma daur
11. Biral o edur
12. Rumal chor
13. Dari laff
14. Chokh bedhe hary bhanga
15. Nonta bolore
16. Bajnar tale tale balish khela
17. Jal o mach
18. Mini oi bari jao
19. Duti biral ekti kata
20. Hati ora pakhi ora.

Book References:

1. Minor Games – Dr. Suresh Kutty K.
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