

SYLLABUS & PROGRAMME STRUCTURE

Physical Education

(General)

(Choice Based Credit System)

(Effective from the Academic Session 2017-2018)

Sixth Semester

MAHARAJA BIR BIKRAM UNIVERSITY
AGARTALA, TRIPURA: 799004

PROGRAMME STRUCTURE

Structure of Proposed CBCS Syllabus for B.A / B.Com (General).

Semester	Core Course (12)	Ability Enhancement Compulsory Course (AECC) (2)	Skill Enhancement Course (SEC) (2)	Discipline Specific Elective (DSE) (4)	Generic Elective (GE) (2)
1	Compulsory English-1	AECC1 : Environmental Science			
	DSC- 1 A (Paper-I of choice of subject-I)				
	DSC- 2 A (Paper-I of choice of subject-II)				
2	Compulsory English-2	AECC2 : (English/MIL) (English/Bengali/Kok borak/Hindi) (Communication)			
	DSC- 1 B (Paper-II of choice of subject-I)				
	DSC- 2 B (Paper-II of choice of subject-II)				
3	Compulsory MIL-1 (Alternative English/Bengali/Kokborak/Hin di)		SEC1 (From Choice of subject-I)		
	DSC- 1 C (Paper-III of choice of subject-I)				
	DSC- 2 C (Paper-III of choice of subject-II)				
4	Compulsory MIL-2 (Alternative English/Bengali/Kokborak/Hin di)		SEC2 (From Choice of subject-II)		
	DSC- 1D (Paper-IV of choice of subject-I)				
	DSC- 2D (Paper-IV of choice of subject-II)				
5			SEC3 (From Choice of subject-I)	DSE1A (From Choice of subject-I)	GE-1 (From Choice of subject-I)
				DSE2A (From Choice of subject-II)	
6			SEC4 (From Choice of subject-II)	DSE1B (From Choice of subject-I)	GE-2 (From Choice of subject-II)
				DSE2B (From Choice of subject-II)	

PROGRAMME STRUCTURE

Structure of Proposed CBCS Syllabus for B.Sc. (General).

Semester	Core Course (12)	Ability Enhancement Compulsory Course (AECC) (2)	Skill Enhancement Course (SEC) (4)	Discipline Specific Elective (DSE) (6)
1	DSC- 1 A (Paper-I of choice of subject-I)	AECC-1 Environmental Science		
	DSC- 2 A(Paper-I of choice of subject-II)			
	DSC- 3 A(Paper-I of choice of subject-III)			
2	DSC- 1 B(Paper-II of choice of subject-I)	AECC2 ((English/MIL (Communication)		
	DSC- 2 B(Paper-II of choice of subject-II)			
	DSC- 3 B(Paper-II of choice of subject-II)			
3	DSC- 1 C(Paper-III of choice of subject-I)		SEC1 (From Subject-1)	
	DSC- 2 C(Paper-III of choice of subject-II)			
	DSC- 3 C(Paper-III of choice of subject-III)			
4	DSC- 1 D(Paper-IV of choice of subject-I)		SEC2 (From Subject-1I)	
	DSC- 2 D(Paper-IV of choice of subject-II)			
	DSC- 3 D(Paper-IV of choice of subject-III)			
5			SEC3 (From Subject-1II)	DSE1A (From Subject-1)
				DSE2A (From Subject-II)
				DSE3A (From Subject-1II)
6			SEC4 (From any one of Subject-1, II & III) or from the computer course prescribed for BSc (General)	DSE1B (From Subject-1)
				DSE2B (From Subject-1I)
				DSE3B (From Subject-1II)

Semester – VI
DSE – Paper – I (B)
(General)
MEASUREMENT, EVALUATION AND STATISTICS

Full Marks – 100
(Theory: 70; Practical: 30)

THEORY

Unit – I : Introduction

- i. Meaning of Test, Measurement and Evaluation in Physical Education
- ii. Need and importance of test, measurement and evaluation in Physical Education
- iii. Principles of evaluation

Unit – II : Criteria, classification of test

- i. Criteria of good test
- ii. Criteria of tests, scientific authenticity (reliability, objectivity, validity and norms)
- iii. Classification and administration of test

Unit – III : Concept of statistics

- i. Meaning, need and importance of statistics in the field of physical education.
- ii. Concept of population, sample and sampling techniques.
- iii. Concept of raw scores, single scores, range, data and its types, class intervals, frequency distribution

Unit – IV : Application of statistics

- i. Construction of class interval, frequency tables
- ii. Measures of central tendency, Calculation of mean, median and mode of group and ungroup data

PRACTICAL

Full Marks: 30

1. Teaching Lesson Plans for Sports Skills (from any major games and sports : Minimum three lesson plan and out of them one for final practical examination).
2. Lesson Plan Record

Suggested Readings:

1. Barron, H. M., & Mchee, R. (1997), *A practical approach to measurement in physical education*, Philadelphia: Lea and Febiger.
2. Phillips, D. A., & Hornak, J. E. (1979), *Measurement and evaluation in physical education*, New York: John Willey and Sons.
3. Baumgartner TA Jackson AS Mahar MT and Rowe DA (2007), *Measurement for Evaluation in Physical Education*, The McGraw Hill Companies. Inc. New York. USA.
4. Miller David K (2006), *Measurement by the Physical Educator: Why and How*. McGraw-Hill. Boston, U.S.A.
5. Verma, J.P. (2000), *A text book on Sports statistics*, Sports publication, New Delhi, ISBN 978-81-7879-414-6.
6. Sharma JP (2006), *Test and measurements in physical education*. khel sahitya, Delhi.
7. Barrow & McGee's *Practical Measurement and Assessment*.
8. Tritschler K. Barrow & McGee's (2000), *Practical Measurement and Assessment*, Lippincott Williams & Wilkins. Philadelphia. U.S.A.

PHYSICAL EDUCATION & SPORTS SCIENCES
SEMESTER – VI
GE (G) – Paper – II
Methods of Teaching and Organization

Maximum Marks: 100
Theory Component (Maximum Marks: 70)

Unit – I: Teaching technique

- I. Teaching Technique – Lecture method, Command method, Demonstration method
- II. Teaching Procedure – Whole method, whole – part – whole method, part – whole method
- III. Presentation Technique – Personal and technical preparation, Command- Meaning, Types and its use in different situations.

Unit – II: Teaching aids

- I. Teaching aids – Meaning and importance of teaching aids
- II. Teaching aids – Audio aids, Visual aids, Audio – visual aids
- III. Team Teaching – Meaning and advantage of team teaching. Difference between teaching methods and teaching aids

Unit – III: Teaching lesson planning

- I. Lesson Planning – Meaning, type and principles of lesson plan
- II. General and specific lesson plan
- III. Micro Teaching – Meaning, Types, procedure and benefits of micro teaching

Unit – IV: Competition organization

- I. Concept and importance of tournament,
- II. Types of tournament, Tournament organization structure - Knock-out (single only), League or Round Robin (single only)
- III. Intramurals & Extramural competition

Practical Component (Maximum Marks: 30)

- I. Class room teaching lesson plan in any topic from physical education and sports (Minimum three lesson plan and out of them one for final practical examination)
- II. Teaching Lesson Plan Record

References

1. Bhatia (1959), The principles and methods of teaching, New Delhi: Doaba House.
2. Kochar S.K. (1982), Methods and techniques of teaching, New Delhi: Sterling Publishers Pvt. Ltd.

3. Kozman H.C., Cassidly R. & Jackson C. (1960), Methods in Physical Education, London: W.B. Saunders Co.
4. Panday L.K. (1977), Methods in Physical Education, Delhi: Metropolitan Book Depo.
5. Sharma V.M. & Tiwari R.H. (1979), Teaching Methods in Physical Education, Amaravati: Shakti Publication.
6. ampath K., Pannirselvam A. & Santhanam S. (1981), Introduction to educational technology, New Delhi: Sterling Publishers Pvt. Ltd.
7. Tirunarayanan C. & Hariharan S. (1969), Methods in Physical Education. Karaikudi: South India Press.
8. Walia J.S. (1999), Principles and methods of education, Jullandhar: Paul Publishers.