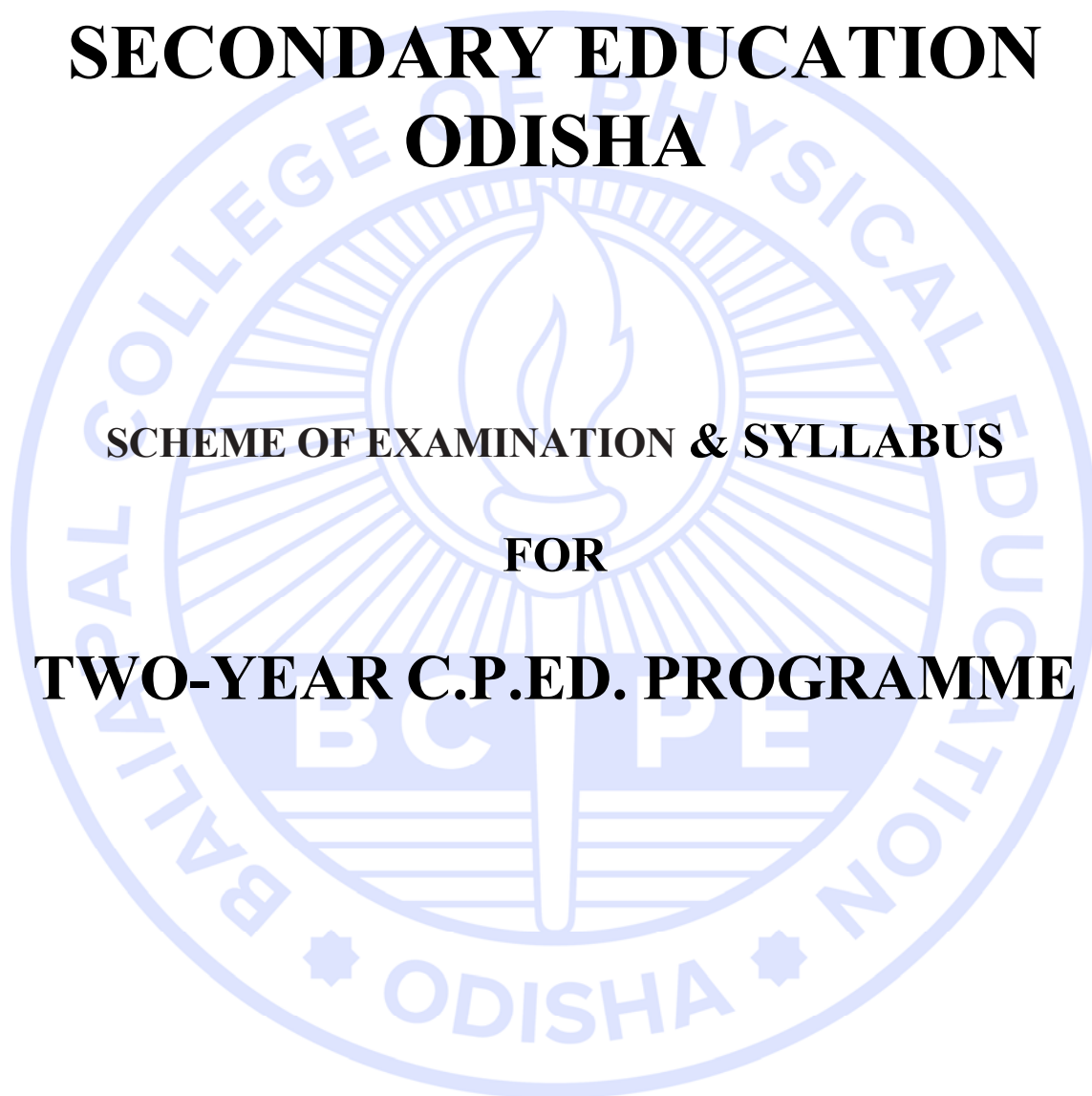


**BOARD OF HIGHER
SECONDARY EDUCATION
ODISHA**

SCHEME OF EXAMINATION & SYLLABUS

FOR

TWO-YEAR C.P.ED. PROGRAMME



CERTIFICATE IN PHYSICAL EDUCATION (C.P.Ed.) SCHEME OF EXAMINATION C.P.Ed. 2 YEARS COURSES

Part A: Theory

Paper	Total Mark	Minimum Pass Mark	Aggregate
Paper I	100	33	33
Paper II	100	33	33
Paper III	100	33	33
Paper IV	100	33	33
Paper V	100	33	33
Total Theory Marks	500	165	165

The theory examinations will be conducted by the Board of Secondary Education, Odisha at the end of 2nd year. The 1st year examination will be conducted by the college for class promotion only.

Part B: Practical (Skills)

		Maximum Mark	Minimum Pass Mark	Aggregate Required
1st Year Course	I. Major Games (Any three games)	60	24	24
	II. Track and Field (Any three events : one each from Run, Jump and Throw)	60	24	24
	III. Indigenous Activities (Drill and Marching, Lezium, Mass P.T., Dumbbells or Indian Clubs)	60	24	24
2nd Year Course	IV. Yogasana and Kriyas (Asana, Kriya and Pranayam)	60	24	24
	V. Minor Games, Relay, Combatives Folk Dance or Action Sings (20 Marks for each activity)	60	24	24
	Grand Total	300	120	120

The conduct of Examination for above marks shall be conducted by External and Internal examiners during 2nd year final examinations.

Part C: Teaching Ability

The Course work for both		Maximum Mark	Minimum Pass Mark	Aggregate Required
1st Year	I. Two final Lessons (one general and one particular)	150	60	60
2nd Year				
	II. Practical Teaching Sessional Marks	50	20	20

- (a) Both General and Particular Lesson Plans will be evaluated equally by External and Internal Examiners during the final 2nd year examinations. Ten numbers of general lessons and ten particular lessons shall be taken during 1st year of the course work at nearby high school/ elementary schools. At least 30 days shall be allotted for conduct of practical teaching lessons out of the school campus.

- (b) The Practice Teaching Sessional marks will be awarded by the college as per the performance of the students during practice teaching classes. Out of the twenty lessons taken, the best five lessons shall be taken in to consideration for sessional marks. These marks will be added in the 2nd year final examination in practice teaching ability for publication of the result

Part D: Specialisation

		Maximum Mark	Minimum Pass Mark	Aggregate Required
2 nd Year Course	Specialisation (any one major game from the major games prescribed in the syllabus.	50	20	20

The part D, Specialisation examination shall be evaluated equally by the External and Internal Examiners and marks to be awarded during final practical examination at the end of 2nd year.

Part E: Specialisation

		Maximum Mark	Minimum Pass Mark	Aggregate Required
2 nd Year Course	Five officiating assignments with practical project (Sessional: Marks)	50	20	20

The part E, five officiating assignment and practical project marks shall be awarded to the candidates as sessional mark as per their performance in officiating different sports and games. Annual Camp Intramural and Extramural competitions during the entire sessions of the course work.

CERTIFICATE IN PHYSICAL EDUCATION
Part-1: Theory
Paper-I – Principles & History of Physical Education
Section-1 Principles of Physical Education

FIRST YEAR COURSES

UNIT-I

- (a) Meaning, Objectives & Aims of Physical Education.
- (b) Relationship of Physical Education to general education, Health Education & Recreation.
- (c) Importance of Physical Exercise, Physical Training & Physical Culture.

Foundation of Physical Education:

(I) Biological

- (a) Growth and Development.
- (b) Effect of heredity & environment.
- (c) Chronological, Physiological and Analogical ages.

(II) Physiological:

- (a) The psycho-physical unity of the human organism.
- (b) Laws of learning-their application to situation on ply ground.
- (c) Transfer of training & its importance in learning physical skills.
- (d) Theories of play.
- (e) Age characteristics.

UNIT-II

(I) Sociological:

- (a) Tradition and their influence on behavior patterns (social inheritance).
- (b) Influence of the group on the individual and vice versa.
- (c) Physical Education as a socializing agency.

The Physical Education Profession:

- (a) Leadership and importance.
- (b) Qualification and qualities of a physical Education Teacher.
Facilities for training of teachers/ Lecturer in Physical Education with particular reference to India.
- (c) Contribution of Physical Education to general education.

History Of Physical Education

UNIT-III

- 1) A brief history of Physical Education in India, Greece, Rome, Germany, U.S.A., U.S.S.R. and Britain.

SECOND YEAR COURSE

UNIT-IV

- 1) Recent developments of Physical Education in India . U.S.A.,U.S.S.R. and Great Britain.
- 2) The Central Advisory Board of Physical Education and Recreation.(CABPER)
- 3) Scouts & Guide, N.C.C. and J.R.C.
- 4) Contribution of Yoga in Modern Civilization.

- 1) The N.F.C. and its salient features.
- 2) National Physical Efficiency Drive.
- 3) All India council of sports.
- 4) Teacher's Training.
- 5) Professional, Preparation.
- 6) National Federation and S.G.F.I.
- 7) Olympic and Asian Games.
- 8) Y.M.C.A., Akharas and Vayamshalas

PAPER-II (PSYCHOLOGY)

FIRST YEAR COURSES

UNIT-I

- 1) Psychology: Its meaning and importance in Education & Physical Education .
- 2) Mental process - mind and body - Neuro Muscular Co-Ordination .

UNIT-II

- 1) **General Innate and Tendencies**
Motives; Needs; Drive; Sympathy; Imitation; Suggestions; Play-Way in Education
sublimation of innate tendencies.

UNIT-III

- 1) Stages of Development.
Physical; Mental; Emotional and Social.
- 2) Discipline and Behavior; Nature and Development;
- 3) Heredity and Environment.

SECOND YEAR COURSE

UNIT-IV

- 1) **Learning**
Its nature and conditions, laws of learning; Attention and Transfer of Training , Theories of Play.
- 2) **Memory**
Its Improvement; Efficient training.

UNIT-V

- 1) Mental hygiene; The un-adjusted, child; child guidance.
- 2) Individual differences.
- 3) The Psychology of the group.
- 4) Personality.

Paper -III

Methods, Organisation and Administration of Physical Education.
Section -I Organisation and Administration of Physical Education

PAPER-III

METHODS, ORGANISATION & ADMINISTRATION OF PHYSICAL EDUCATION

FIRST YEAR COURSES

UNIT-I

1) **Introduction:**

Definition of terms, Importance, objectives, guiding principles.

2) **Facilities:**

Construction and care of gymnasium, swimming pools, different Playground.

UNIT-II

1) **Equipments:**

Need, Purchase, maintenance issue & disposal.

2) **Programme Planning:**

Principles and factors affecting the time- table , preparing time tables, scheduling school. Sports, Problems of school sports, intramurals, inter- institutional.

3) **Records and registers.**

Attendance, test, health, and character, extracurricular activities.

UNIT-III

1) **Budget and finance:**

Preparation of a budget, Administration, Rules of expenditure, forms and routine for payments and entries, accounting and auditing.

SECOND YEAR COURSE

UNIT-IV

Section- 2 Methods of Physical Education:

- 1) Meaning, scope and importance of methods in Physical Education.
- 2) Classification of pupils, Physical activities, methods of classification, graded table, methods of command & lesson planning.
- 3) Tournaments and competition and their types, demonstration and exhibition, test and measurements like national Physical efficiency test.

UNIT-V

- 1) Methods of teaching Physical activities, calisthenics, games & sports athletics, swimming, folk song, folk dance and indigenous activities.
- 2) Construction and laying out of the track & field and play ground.
- 3) **Incentives:**
Awards, letter crests, honour, board, trophies and certificates.
- 4) Intramural and extramural.
- 5) Camping and its value in education institutions.

PAPER -IV Anatomy, Physiology and Health Education

FIRST YEAR COURSES

Section-1 Anatomy and Physiology

UNIT-I

- 1) **General :**
Elements forming the body.
General build of the body.
Cells , tissues, organs and systems.
- 2) **Skeletal System :**
General description of the skeletal structure and function of the bones & types of Effect of bone, Joint structure, varieties and movements of joints.
Effects of exercise.

UNIT-II

Effect of regular Physical activity on the muscle, size, strength and movements, fatigue; its causes and remedies.

- 1) **Circulatory System:**
Organs of circulation.
Heart - Its position and function, Arteries ,veins and Capillaries function, systemic and pulmonary circulation.
Blood - Its constituents, function of blood and clotting of blood, blood pressure.
- 2) **Respiratory system:**
Respiratory organs- their location and function, nose, trachea, bronchial-tube lungs
Mechanisms of respiration.
Effect of regular physical activities on respiratory system, oxygen debt, second wind.

UNIT-III

- 1) **Digestive system:**
General description of the organs of digestion.
Digestion, absorption and assimilation.
Effect of regular exercise on digestive system.
- 2) **Excretory System:**
Waste produce of the body as a result of physical activities, organs of exertion with special reference to kidneys and skin.
- 3) **Nervous System:**
General description of the nervous system.
Brain, spinal cord, nerves and neuro muscular cordination.
- 4) **Reproductive System:**
Male, female - structure and function, family planning.

SECOND YEAR COURSE

UNIT-IV**Section II. Health Education**

Importance of health Education , School Health Education , Role of Physical Education Teacher.

Health instruction and guidance, cleanliness, food, rest, sleep, disease, care of the organs of the body, ear, nose, throat, eyes, nail, teeth; skin, foot, Recreation and Exercise, effects of narcotics and drugs, freedom disease.

Health service, supervision, Medical Examination.

UNIT-V

Detection and prevention of diseases and defects, supervision of facilities such as Drinking water in class room, gymnasium, playground, Role of Physical Education. Teachers in service & supervision, maintenance of clean drinking water, disposal of refuse.

Common ailments of Children**Symptoms, detection, care and prevention**

- | | | |
|--|------------------|--------------------------------------|
| (a) Running nose. | (b) Common cold. | (c) Care of teeth and unhealthy gums |
| (d) Enlargement and infection of tonsils and adenoids, effect of health and growth | | |
| (e) Scabies | (f) Ring worm | (g) Infection by lice in hair |
| (h) Typhoid fever | (i) Cholera | (j) Dysentery |
| (k) Diarrhoeas | (l) Diphtheria | (m) Chicken pox |
| (n) Tetanus | (o) Small pox | (p) Measles |
| (q) Whooping cough | (r) Malaria | |

Paper - V
(Officiating and Coaching)

FIRST YEAR COURSES

Section-1 The Theory of Officiating & its importance and meaning of officiating.**UNIT-1**

- 1) The qualities of a good official Consistency, judgment, knowledge , confidence
- 2) Relation with management , coaches, captains , players and spectators
- 3) Routine pre-game and post-game duties.

Section-2 The Theory of Coaching**UNIT-II**

- 1) Teaching, coaching & training
- 2) Demonstrating and analyzing skill and team play, purpose, preparation, method, rating: Importance, correction.
- 3) Promoting and maintaining interest in the game, publicity, tradition, equipment schedules, training camp, rewards.

UNIT-III

- 1) Conditioning of players and teams General fundamentals, need, work load, effects selection of type warm-up , types and values.

SECOND YEAR COURSE**UNIT-IV**

Methods; Isometric and isotonic exercises, Circuit Training weight Training , fartlek, interval Training, Training Schedule.

UNIT-V**Section 3 The Coaching of Games:**

- 1) The history, values, and present status of the game.
- 2) The fundamental skill of the game or event; Teaching ; training and testing of them.
- 3) The play of the various position of the games
- 4) Officiating rules, duties, signals, positional play .

Major Games(Men & Women);

- | | | |
|---------------|-----------------|-----------------|
| (1) Kho-Kho | (2) Kabaddi | (3) Volley ball |
| (4) Foot ball | (5) Basket ball | (6) Softball |
| (7) Cricket | (8) Hockey | (9) Badminton |

TRACK AND FIELD (ATHLETICS) For men and women

Note: All games of the syllabus should be taught . any 4 games should be specialized and any three events one from run , one from jump and one from throw to be taken .

Topics for study under each item are only suggestive for guidance and should not be treated as complete in themselves.

The indigenous activity ; yogasana , minor games and relays, folk dances , action songs, combative will be covered as mentioned in the N.F.C. Syllabus Published by ministry of education during 1965-66.