

University of Pune
Teacher certificate course in physical
education

TEACHER CERTIFICATE COURSE IN PHYSICAL EDUCATION

1. General Objectives:

- To acquaint student with new syllabus of Health and physical education for primary level and its objectives.
- To develop an trained human resource in physical education for primary level
- To create awareness about fitness & its importance in life.
- To help them understand methods of communication & its effective use in the teaching process.
- To help them understand varied responsibilities of a teacher.
- To acquaint the student with school Health Programme.
- To acquaint the students with the basic concept of management of Physical Education and Sports in the school.
- To understand the evaluation procedure in Physical Education.

2. Duration:

The duration of the course of study is for one month. The total working days shall not be less than 30 days. Each working day shall consist of four hours of Practical Work (Morning and Evening – 2 hours each session) and three hours of theory in between

3. Medium of instruction:

Marathi and English

4. Eligibility of Admission.

Minimum XII passed

or

Represent state or National in Olympic sport

or

Recommended by school authority

or

Recommended by Play center/ club authority

5. Intake

There shall be a basic unit of one hundred students with two sections of fifty each.

The Course of study shall consist of three parts Viz Part I, Part II and Part III as indicated below.

Frame Work of T.C.P.ED Course Syllabus

Part	Area	Head	Description	Marks
I	Theory	Paper 1	Fundamental of Physical Education	50
		Paper 2	Fitness and Evaluation	50
		Paper 3	Management of Physical Education	50
		Paper 4	Anatomy and Physiology	50
		Total		200
II	Practical	5	Fitness	50
		6	Games and Sports	60
		7	Mass Activity	40
		8	Athletics	10
		9	Other	40
		Total		200`
III	Practice Teaching	10	Lesson on Equipment Drill	30
		11	Lesson on Skill of Game	35
		12	Lesson on Physical Fitness	35
		Total		100
Course Total (Part I, II, III)				500

PART I: THEORY

Paper: I

Fundamental of Physical Education

UNIT: I Basics of physical education

- Understanding basic concepts & terminologies in Phy.Edu & sports
- Structure, Meaning, Definition and Scope of physical Education
- Aims and Objective of Physical Education in primary level
- Physically educated persons

UNIT: II Teaching in physical education

- Different teaching methods in physical education in its application
- Lesson- Types, steps & preparation
- Different Formations in physical education class

UNIT: III Motor learning

- Principles of motor learning
- Skill acquisition phases
- Factors affecting motor learning

UNIT: IV Basics Sports psychology

- Meaning, Scope of Sports Psychology
- Importance of Sports Psychology for Physical Education teacher
- Application personality, Anxiety, Motivation and Emotion in physical education
- Adjustment and maladjustment and causes of maladjustment

Suggested readings:

- 1) Bucher, C.A., (1979). Foundation of Physical education (5th ed.). Missouri: C.V.Mosby co.
- 2) Barrow, H.M. (1983). Man and Movement: Principles and Physical Education. Phi: Lea and Febiger
- 3) Magill, R.A. (2001). Motor learning concepts & application. (6th Ed.). NY: McGraw Hill co.inc
- 4) William, J.E. (1964). Principles of Physical Education; Com. Philadelphia: W.B. Saunders
- 5) Dauer, V.P & Pangrazi, R.P. (2000). Dynamic Physical Education for elementary school children (13th). NY:Mcmillan publishing company
- 6) Gallahue, D.L & Donnelley, F.C (2003). Developing Physical Education for all children. IL: Human Kinetics

Paper: II
Fitness and Evaluation

UNIT: I Concept of HRPF

- Definition & Meaning of Muscular strength
 - Muscular Endurance
 - C. V. Endurance
 - Flexibility
 - Body Composition
- Basic Exercises, Activities for developing HRPF components

UNIT: II Concept of SRPF

- Definition & Meaning of Speed
 - Agility
 - Power
 - Balance
 - Reaction time
 - Co-ordination
- Basic Exercises & Activities for Developing SRPF components
- Principles of developing fitness & Benefits of exercise

UNIT: III Evaluation of Physical Education

- Need & Importance of Evaluation in physical Education
- Different tool's for evaluation in physical education
- Introduction to Evaluation pattern of std I to VII syllabus

UNIT: IV Evaluation of HRPF & SRPF

- Measurement of HRPF: Push-ups/ Modified Push-ups, Bent knee Sit ups, Sit & reach, 9/12 min run/walk, BMI & waist to hip ratio
- Measurement of SRPF: 50m dash, shuttle run test, Standing broad jump, vertical jump, stork stand, wall volley.

Suggested Reading

1. Greenberg, Dintiman, Oakes. (2004). Physical Fitness & wellness.(3rd ed.) IL:Human kinetics.
2. NASPE. (2005). Physical Education for lifelong fitness. The physical Best teacher's guide. L:Human Kinetics
3. John & Nelson, Practical Measurements for Evaluation in Phy.Edu. Ed.3rd Surjit Publication, Delhi 1988
4. Miller, D.K.(2002). Measurement by the Physical Educator. 4th ed. (p. 117) NY: the McGraw-Hill co.
5. Kansal D.K., Test & Measurement in Sports & Phy.Edu. D.V.S.Publications, New Delhi,1996.

Paper: III
Organization and Management In physical Education

UNIT: I Concept of management

- Meaning & scope of management in the field of Phy.Edu.
- Principles of management
- Manager - qualities, duties & responsibilities
- Class management skills

UNIT: II Management of sports competition

- Types of competitions - Knock out & League
- Merits & demerits of knock out & League systems
- Importance of sports competition
- Preparation of competition

UNIT: III Mass Athletics Concept

- Different methods for conducting Mass Athletics- Zonal method, Total performance method, Average method

UNIT: IV

- Administration of national days-sequence of functions
- Opening and closing function of sports competition

Suggested readings:

1. Bucher & Krotee. (2002). Management of Physical Education & Sports. NY:McGrawHill Co.
2. Park, Zanger, Quarterman. (1998). Contemporary Sports Management. IL: Human Kinetics
3. Lussier & Kimball. (2004). Sports management- Principles, application & skill development. Ohio:Thomson South Western.
4. Jerry Solomon. (2002). An insider's guide to managing sporting events. IL:Human Kinetics.
5. Ammon & Southall. (2004). Sports facility management: Organizing events & mitigating risks. USA:Fitness information technology.

Paper: IV
Health education, Exercise physiology and Physical Education

UNIT: I Warm up & cooling down- Definition, sequence, Importance & its effect on body.

UNIT: II Movement concept & skills

- Movement concept
- Categories of fundamental skills
- Development of movement skills

UNIT; III

- Cardiovascular system and Effect of exercise and training on cardiovascular system and heart
- Respiratory system and Effect of exercise and training on respiratory system
- Muscular system- Types of muscles- Cardiac, skeletal and smooth, Muscle structure- Gross structure, muscle fiber, Effect of exercise and training on musculoskeletal system
- Types of Joint and Movement of joint

UNIT: IV Health Education

- Concept of health & health education, health & hygiene- Factors affecting
- Importance of health education
- Scope of health education
- school health program

Suggested Readings:

1. Pearce Evelyn. (1992). Anatomy & Physiology for nurses, Calcutta: Oxford University press.
2. Sedey, Rod R. (1992). Anatomy & Physiology. St.louis: Mosby
3. Tortora G.J.(1996). Introduction to Human Body. (4th Ed.) California: Addison Wesley.
4. Marieb Elaine N. (1984). Human Anatomy and Physiology (3rd Ed.). Cal:The Benjamin Cumming
5. Fox Edward - Sports Physiology, W B Saunders Co. 1984

Part: II Physical Education and sports Activities

Head	Component	Activity	Marks	Head Total
5	Fitness	Aerobics	20	50
		Yoga	20	
		Exercise	10	
6	Games and Sports	Langadi	10	60
		Dodge Ball	10	
		Kabaddi	10	
		Kho Kho	10	
		Volley Ball	10	
		Basketball	10	
7	Mass Activity	Equipment Drill	20	40
		Lezim	20	
8	Athletics	Track & Field	10	10
9	Other	Drill Marching	10	40
		Gymnastics	10	
		competencies	10	
		Test & Measurement	10	
Total			200	200

Head 5: **Fitness (50 Marks)**

a) Aerobics: (20 Mark) Details are as under

1. March, 2. Side to side, 3. Double side to side, 4. grapevine, 5. Knee up, 6. Leg curl, 7. Toe touch, 8. Side lunge, 9. Back lunge 10. Kick front, 11. Kick side, 12. Heel to left, 13. 'E' shape, 14. 'v' shape, 15. Combinations of these moves, 16. How to catch bits, 17. Instructions, 18. Change the moves

Evaluation:

Bifurcation of skill	Step-1	Step-2	Order	Overall effect	Total
Marks	50	50	50	50	100

b) **Yoga: (20 Mark)**

Suryanamaskar- 5 mark

Asanas: (10 mark)

NO.	Name of the Asana				
1	Padmasana	9	Tadasana	17	Vipareet Karni

2	Ardhapadmasana	10	Trikonasana	18	Sarvangasana
3	Sukhasana	11	Padahasthasana	19	Makarasana
4	Badhapadmasana	12	Utkatasana	20	Hansasana
5	Gomukhasana	13	Chakrasana	21	Tolungasana
6	Yogamudra	14	Vrukshsana	22	Bhujangasana
7	Vajrasana	15	Ardhahalasana	23	Navakasana
8	Parvatasan	16	Matsyasana	24	Sahasana

Pranayam- 5 mark (Anulom vilom, Kapalbhati, Suryabhedan, Chandrabhedan, Omkar)

Evaluation:

Bifurcation of skill	Sitting Asana	Standing Asana	Lying Asana	Suryanamaskar	Pranayam	Total
Marks	35	35	30	50	50	200

c) Exercise: 10 Mark

Name of the activity	Description
Warm up & Cool down	Mobility Exercise
Animal walks	Variety of animal walks to built strength, flexibility etc.
Partner Exercise	Variety of exercise to built strength & flexibility
Jump rope exercises	Variation in jump rope exercises
Basic Exercise for HRPF & SRPF	Push ups, Pull ups, Sit ups, Squats, Step up down, Shuttle run, ABC drills, Sprints, Balancing exercise, Co-ordination exercise

Evaluation:

Bifurcation of skill	Exercise-1	Exercise-2	Exercise-3	Exercise-4	Total
Marks	25	25	25	25	100

Head 6: Games and Sports (60 Marks)

S. N.	Game/Sports	Marks	Skill or Sub skill
1	Langadi	10	Ground measurement, langadi, running, dodging, game

			play, Basic rules & regulation
2	Dodge Ball	10	Ground measurement, throwing variation, catching, running, dodging, Game play, Basic rules & regulation
3	Kabaddi	10	Ground marking, Cant, hand touch, toe touch, leg kicks, Ankle hold, knee hold, blocks, Game play, Chain hold & Basic rules
4	Kho Kho	10	Ground measurement, player position, Giving kho, pole turning, ring game, Game play, Basic rules & regulation.
5	Volley Ball	10	Ground measurement, Service (under arm & Tennis), Underhand pass, Upperhand pass, Samshing, Positional play & Game, Introduction of throw ball, Basic rules & Regulation
6	Basketball	10	Ground measurement, chest pass, overhead pass, dribbling, shooting, Game play, Basic rules & regulation

Evaluation:**Langadi**

Bifurcation of skill	Skill-1	Skill-2	Skill-3	Game	Total
Marks	25	25	25	25	100

Dodge ball:

Bifurcation of skill	Skill-1	Skill-2	Skill-3	Game	Total
Marks	25	25	25	25	100

Kabaddi:

Bifurcation of skill	Offence	Defence	Rules	Game	Total
Marks	25	25	25	25	100

Kho-Kho:

Bifurcation of skill	Giving Kho	3,6,9.	Ring game	Pole turning	Total
Marks	25	25	25	25	100

Volley-Ball:

Bifurcation of skill	Underarm pass	Service	Upperarm/ smash	Viva	Total
Marks	25	25	25	25	100

Basket Ball:

Bifurcation of skill	Skill-1	Skill-2	Skill-3	Game	Total
Marks	25	25	25	25	100

Head 7: Mass Activity (40 Marks)

a) Light apparatus drill (20 Marks)

Apparatus	Exercises
1. Dumbbells Drill 2. Wand Drill 3. Indian club or Jodi 4. Pole Drill 5. Hoop Drill 6. Flag Drill 7. Introduction to Pom pom drill, Ballloon, Jump rope, Ball.	1. Standing Exercise 2. Jumping Exercise 3. Moving Exercise 4. Combination of these exercise

- In this activity student should practiced the **orders & counting** of the different apparatus

Evaluation:

Bifurcation of skill	Apparatus-1	Apparatus-2	Order	Counting	Total
Marks	25	25	25	25	100

b) Lezim: (20 Marks)

Four count, eight count, Double jump, Agepav, Pavitra, Morchal, Hulhul palat & Combination of these exercises

Evaluation:

Bifurcation of skill	4 count	Eight count	Double jump	Morechal	Total
Marks	50	50	50	50	100

Head 8: Athletics: 10 Marks

S. N.	Skill	Subskill
1	Sprints	Events, Start, Fininsh Basic rules
2	Relay	Event, Batton exchange, basic rules
3	Throws	Shot put, Discus throw, Javlin throw & Basic rules of throws
4	Jumps	Long jump, High jump, Basic rules of jumps

Evaluation:

Bifurcation of skill	Start	Throw	Jump	Viva	Total
Marks	25	25	25	25	100

Head 9: Other 40 Marks

a) Drill March: 10 Marks

S. N.	Orders		
1	Attention (Savdhan)	7	Left turn (Baen mur)
2	Stand at ease (Vishram)	8	Back turn (Pichhe mur)
3	Quick march (Tej chal)	9	Right dress
4	Mark time (Qadam tal)	10	Eyes front
5	Right turn (Dahine mur)	11	Saluting left while Marching
6	Half left or right turn	12	Marching
		13	Practice of order

Evaluation:

Bifurcation of skill	Order	Marching	Smartness	Overall	Total
Marks	50	50	50	50	200

b) Gymnastics: 10 Mark

- (a) Rolls: Forward, Backward, Side, Dive (Variations)
- (b) Balances: 'V', 'T', 'Y', 'L', Frog, Headstand, and Handstand
- (c) Turnover movements: Cartwheel, Handspring & Headspring
- (d) Pyramids: Pair, Trio, Quadrates, Penthats

Evaluation:

Bifurcation of skill	Skill-1	Skill-2	Skill-3	Skill-4	Total
Marks	25	25	25	25	100

c) Competencies: 10 Marks

S.No.	Skills	Movement
1	Locomotor skills	Walking, running, skipping, sliding, galloping
2	Nonlocomotor skills	Bending, stretching, pushing, pulling, twisting, and turning, rocking, swaying, balancing.
3	Manipulative skills	Striking, Hitting, Throwing, Catching, and Dribbling

Evaluation:

Bifurcation of skill	Locomotor skill	Non locomotor	Manipulative	Overall	Total
Marks	25	25	25	25	100

d) Test & Measurement: (10 Marks)

S.N.	Factor	Test
1	General body measurement	Height, weight
2	HRPF	9 min. run/walk, Bent knee sit ups, Sit & reach, BMI & WHR
3	SRPF	30m. flying, 30m dash, 10X6 shuttle run, vertical jump, 'T' balance, Throwing & catching,

Evaluation:

Bifurcation of skill	Ht/Wt	HRPF (One test)	SRPF (one test)	Viva	Total
Marks	25	25	25	25	100

Part: III Practice Teaching (100 Marks)

Part III Teaching Part		
Lesson No.	Type of Lesson	Marks
1	Light apparatus drill	30
2	Physical Fitness	35
3	Sports Skill	35
Total		100

Each student teacher will conduct a total practice lessons according to given above table. This lesson conducted on the ground, Marks calculated out of 100 will be considered in the internal assessment for thia part.

Norms for passing T.C.P.ED Examination:**Specification of minimum marks to be obtained to secure various classes in the evaluation**

Part	Pass class 45%	Second class 50%	First class 60%	First class with Dist. 70%
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I (Theory)	Min. 90 Marks out of 200 Marks	Min. 100 Marks out of 200 Marks	Min. 120 Marks out of 200 Marks	Min. 140 Marks out of 200
II (Practical)	Min. 90 Marks out of 200 Marks	Min. 100 Marks out of 200 Marks	Min. 120 Marks out of 200 Marks	Min. 140 Marks out of 200
III (Practice Teaching)	Min. 45 Marks out of 100 Marks	Min. 50 Marks out of 100 Marks	Min. 60 Marks out of 100 Marks	Min. 70 Marks out of 100

Terms and condition:

For starting this course institute should have the following Facilities

(1) Infrastructure

- a) To provide these facilities, the Management/Institution shall at the time of making application, have in its possession a **minimum of five acre of exclusive well demarcated land** either on ownership basis or on lease from Govt. and building constructed thereupon.
- b) There shall be provision of **two class rooms** per unit intake, one multi-purpose hall, seminar/tutorial rooms, separate rooms for the principal, faculty members, office for the administrative staff and a store.
- c) There shall be a multi-purpose field for outdoor sports, at **least two hundred meter track and a hall for gymnastic** and indoor games and sports. In hilly regions, where availability of open space is constrained, it can be shared with other institution.
- d) Hostel for boys and girls separately and some residential quarters are desirable.
- e) The institution must have at least five acres of land with proper fencing which shall provide enough space for institutional building and for future expansion and open space for organizing games & sports. Built up area consisting of class rooms etc. shall not be less than 1200 sqm (one thousand two hundred square meter).
- f) There shall be a **library equipped** with minimum five hundred titles and reference books related to the prescribed courses of study, educational encyclopedias, year books, electronic publications (CDROMs)
- g) The institution shall provide separate common rooms for male and female teacher educators/students-teachers.
- h) Sufficient number of toilets, separate for male and female, shall be made available for staff and students.

(2) Sports and field equipment

S. N.	Game	Equipment
1	Athletics	Starting Clapper, measuring tape (Steel), Stop watches, Starting block, High jump stands (one pair and cross bars), Discuss – men & women, Shot-put– Men & Women, Stop board, Stands,for judges at finish, Flag pole, Javelin – Men & Women , Take off board, Mattress, Landing for High Jump.
2	Games	Basketball Stand and Board, Basketball balls, Basketball net, Volleyball Posts, Volleyballs, Volleyball Net, Volleyball Antenna, Kho-Kho Pole, Dodge ball.
3	Equipment for indigenous activities / mass demonstration	Lezium - Fifty No., Dumbbells- fifty pairs, Indian Clubs- fifty pairs, Flags, hoops, Wands, Balls, Umbrella, Skipping Ropes etc.
4	Gymnastic	Mats- 20
5	Miscellaneous	Other equipment required for major games, minor games, recreational games and relays.