

Paper - I

HISTORY AND FOUNDATION OF PHYSICAL EDUCATION

Time: 3 Hrs.

Marks: 80

Unit-I Introduction

- Meaning Definition and scope of physical Education. Alms and objective of Physical Education.
- Importance of Physical Education in present era. Misconception about Physical Education.
- Relationship of Physical Education with General Education. Physical Education as an art and Science.

Unit-II Historical Development of Physical Education in India

- Indus Valley civilization period.(3250BC-2500BC). Vedic period (2500BC-600BC)
- Early Hindu period (600BC-320AC) and later Hindu period (320AD-1000AD). Medieval period (1000AD-1757AD)
- British period (Before 1947)
- Physical Education in India (After1947)
- Contribution of Akhadas and Vyayamshala. Y.M.C.A and its contribution.

Unit-III Foundation of Physical Education

- Philosophical Foundation:
- Idealism, Pragmatism, Naturalism, Realism Humanism, Existentialism and Indian Philosophy and culture.
- Fitness and wellness movement in the contemporary perspectives.
- Sports for all and its role in the maintenance and promotion of fitness.

Unit-IV Principal of Physical Education

- Biological
 - Growth and development
 - Age and gender characteristics
 - Body types
 - Anthropometric differences
- Psychological
 - Learning types, learning curve
 - Laws and principals of learning
 - Attitude, Interest cognition, emotions and sentiments.

- Sociological

- Society and culture
- Social acceptance and recognition
- Leadership
- Social integration and cohesiveness

References:

Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.

Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.

Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.

Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.

Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.

Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co. William,

J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.

Paper - II

NUTRITION AND SPORTS MANAGEMENT

Time: 3 Hrs.

Marks:80

Unit-I Introduction to Sports Nutrition

- Meaning and Definition of sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan.

Unit-II Nutrients: Ingestion to energy metabolism

- Carbohydrates, protein, Fat-meaning, classification and its function
- Role of carbohydrates, Fat protein during exercise
- Vitamins, Minerals Eater-Meaning classification and its function.
- Role of hydration during exercise, water, balance nutrition-daily caloric requirement and expenditure.

Unit-III

- Sports Management in Schools colleges and Universities
- Factors affecting planning
- Planning school or college sports programme
- Directing of school or college sports programme
- Controlling a school college and university sports programme
 - Developing Performance standard
 - Establish reporting system
 - The reward/punishment system

Unit-IV

- Financial management in physical Education & sports in schools colleges and Universities.
- Budget-Importance Criteria of good budget.
- Step of Budget making.
- Principals of budgeting.

REFERENCES:

Ashton, D. (1968). *Administration of physical education for women*. New York: The Ronal Press Cl.

Bucher, C.A. *Administration of physical education and athletic programme*. 7th Edition, St. Louis: The C.V. Mosby Co.

Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programmes, organisation and administration*. Philadelphia U.S.A. : W.B. Saunders Cp.

Earl, F. Z, & Gary, W. B. (1963). *Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.

Paper - III

ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Time: 3 Hrs.

Marks:80

Unit-I Organization and administration

- Meaning and importance of Organization and administration in Physical Education
- Qualification and Responsibilities of Physical Education teacher and pupil leader.
- Planning and their basic principles.
- Functions of Planning, origination, staffing erecting communicating coordination controlling evaluating and innovating.

Unit-II Office Management Record Register & Budget.

- Office Management : meaning definition function and kinds of office management
- Record and Register Maintenance of attendance register, stock register, cash register, physical sufficiency record, Medical examination Record.
- Budget: Meaning, Importance of budget making,
- Criteria of a good budget, source or income Expenditure proration of budget

Unit-III Modern concept of the curriculum

- Need and importance of curriculum, Need and Importance of curriculum Development, the role of the teacher in curriculum development.
- Factors affecting curriculum –Social factors –Personnel qualification-Climatic consideration-Equipment and faculties-Time suitability of hours.
- National and professional policies, Research finding

Unit-IV Basic Guide line for curriculum construction contest (selection and expansion)

- Focalization
- Socialization
- Individualization
- Sequence and operation
- Steps in curriculum construction.

References:

Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.

Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Lolis: The C.V. Hosby Co.

Kozman, H.C. Cassidly, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.

Pandy, L.K. (1977). *Methods in Physical Education*. Delhe: Metropolitan Book Depo.

Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.

Thomas, J. P. (1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.

Tirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.

Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

Paper – IV

SPORTS TRAINING METHOD

Time: 3 Hrs.

Marks:80

Unit-I Introduction and definition of sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- System of Sports Training –Basic Performance, Good Performance and high performance Training

Unit-II Training Components

- Strength- Mean and Methods of Strength development
- Speed-Mean and Methods of Speed Development
- Endurance –Mean and Methods of Endurance Development
- Coordination- mean and Methods of coordination development
- Flexibility – mean and Methods of Flexibility Development

Unit-III Training Process

- Training Load-Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technical Training- Meaning and Methods of Technique Training
- Tactical Training – Meaning and Methods of Tactical Training

Unit-IV Training programming and planning

- Periodization- Meaning and types of Periodization
- Aim and content of Periods Preparatory, Competition, Transitional etc.
- Talent identification and Development

Reference:

- Dick, W.F.(1980). Sports Training principals London lupus Books.
- Harre, D.(1982). Principals of sports training: Berlin : Speculated
- Jenson, R.C& Fisher A.G (1979). Scientific basic of athletic conditioning Philadelphia: Lea and Fibiger 2nd End.
- Kanwer, R.C (1999) Scientific Methods of Training and coaching Nagpur Amit Brothers Publications
- Matvyew, L.P. (1981) Fundamental of sports training. Moscow: Progress Publishers.
- Singh.H.(1984). Sports training general theory and methods. Partials: NSNIS.Uppal.
- A.K.(1999). Sports Training. New Delhi: Friends Publication.
- Science of Sports Training : Dr. Vijay Singh, 2004

Paper-V

PSYCHOLOGY AND SOCIOLOGY IN PHYSICAL EDUCATION

Time: 3Hrs.

Marks:80

Unit-I Introduction

- Meaning, Importance and scope of Educational and Sports Psychology
- General characteristic of Various Stage of growth and development
- Types and nature of individual differences Factors responsible Heredity and environment
- Psycho sociological aspects of human behavior in relation to physical education and sports

Unit-II Sports Psychology

- Nature of Learning, theories of learning, laws of learning
- Plateau in Learning & transfer of training
- Meaning and definition of personality, characteristics of personality
- Dimension of personality, personality and sports performance
- Nature of motivation: Factors influencing motivation, Motivation and techniques and its impact on sports performance.
- Meaning and nature of stress, Type of stress, Anxiety, Stress arousal and their effects on sports performance

Unit-III Relation between Social Science and Physical Education.

- Orthodoxy, customs, tradition and Physical Education
- Festivals and Physical Education.
- Socialization through Physical education.
- Social Group life, Social conglomeration and Social group, Primary group and remote group.

Unit-IV Culture: Meaning and importance.

- Features of culture.
- Importance of culture on people life style.
- Different methods of studying Observation/Inspection method, Questionnaire method, Interview methods

Reference:

Ball,D.W & Loy, J.W (1975). Sports and social order; Contribution to the sociology of sports. London: Addison Wesel Publishing Co., Inc.

Blair, J & Simpson, R.(1962). Educational psychology, New York: McMillan Co. Carty,

B.J. (1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.

Paper-VI

OFFICIATING AND COACHING IN PHYSICAL EDUCATION

Time: 3Hrs.

Marks:80

Unit-1: Introduction of Officiating and coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, Players and spectators
- Measures of Improving the standers of officiating and coaching

Unit-2: Coach as a Mentor

- Duties of coach in general, pre , during post game.
- Philosophy of coaching.
- Responsibility of a coach on and the field
- Psychology of competition and coaching

Unit-3: Duties of Official

- Duties of official in general, pre during and post game.
- Philosophy of officiating
- Mechanics of officiating – position, singles and movement etc.
- Ethics of officiating

Unit-4: Qualities and Qualification of Coach and Official

- Qualities and Qualification of coach official
- General rules of game and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports.
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Reference Books:

- Bunn ,J.W. (1968) . The art of officiating sports. Englewood cliffs N.J. Prentice Hall. Bunn, J.W. (1972). Scientific principles of coaching Englewood cliffs N.J. Prentice Hall.
- Dyson, G.H. (1963). The Mechanics of athletics . London: University of London
- Kanwar, R.C. (1991) Officiating and coaching. Nagpur: Amit Brothers Publications
- Press Ltd. Dyson, G.H. (1963). The mechanics of Athletics. London: University of London press Ltd.
- Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R.N. (1972). Coaching, athletics & psychology. New York: M.C. Graw Hill.

Paper-I (IInd Year)
ANATOMY AND PHYSIOLOGY OF EXERCISE

Time:3 Hrs.

Marks:80

Unit-I

- Brief Introduction of Anatomy and physical in the field of Physical Education.
- Introduction of Cell and Tissue.
- The arrangement of the skeleton- Function-of the skeleton- Ribs and Vertebral column and the extremities-joints of the their types.
- Gender difference in the skeleton.
- Types of muscles.

Unit-II

- Blood and circulatory system: Constituents of blood and their function – Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation cardiac output.
- The Respiratory system: The Respiratory passage-the lungs and their structure and exchange of grass in the lungs, mechanism of respiration (Internal and external respiration) lung capacity, tidal volume.
- The Digestive system: structure and functions of the digestive organs, Metabolism.
- The Excretory system: Structure and function of the kidneys and the skin.
- The Endocrine glands: Function of glands pituitary, Thyroid, Parathyroid ,Adrenal Pancreatic and the sex glands.
- Nervous systems: Function of the Autonomic nervous systems and Central nervous system Reflex Action.
- Sense organs : A brief account of the structure and functions of the Eye and Ear.

Unit-III

- Definition of physiology and Its Importance in the field of physical education and sport
- Structure, Composition, Properties and functions of skeletal muscles.
- Nerve control of muscular activity: Neuromuscular junction
- Transmission of nerve impulse across it.
- Fuel for muscular activity
- Role of oxygen- physical training, oxygen debt, second wind, vital capacity

Unit-IV

- Effect of exercise and training on cardiovascular system.
- Effect of exercise and training on reparatory system.
- Effect of exercise and training on muscular system
- Physiology concept of physical fitness, warming up, conditioning and fatigue
- Basic concept of balanced diet-Diet before, during and after composition.

References:

Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.

Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.

Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.

Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co. Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.

Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.

Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.

Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd. Sharma,

R. D. (1979). *Health and physical education*, Gupta Prakashan.

Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.

Paper-II (IInd Year)
YOGA AND REHABILITATION

Time:3 Hrs.

Marks:80

Unit-1

- Meaning and Definition of Yoga.
- Aims and Objective of Yoga.
- Yoga in Early Upanisads.
- The Yoga Sutra: General Consideration.
- Need and Importance of Yoga in Physical Education and Sport.
- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga.

Unit-II Asanas & Yoga Education

- Effect of Asanas and Pranayama on various system of the body
- Classification of asanas with special reference to physical education and sports
- Influence of relaxative, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

Unit-III Ashtang Yoga, Meditation, Relaxation.

- Meaning, types, principal of ashtang yoga.
- Meaning, technique and benefit of meditation on the human body.
- Meaning, technique of relaxation to reduce physical & mental stress.

Unit-IV WELLNESS & NUTRITION

- Naturopathy
- Cure of injuries & various diseases through yoga.
- Psycho-Physical & Spiritual effectiveness.
- Message Yoga Nidra.

Practical

1. Asanas
2. Prayer
3. Asanas, pranayama, shatkarma, bandha (as mentioned in theory)
4. Yoga-nidra/relaxation techniques
5. Visit to yoga centre

References:

- Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala: Kaixydahmoe.
- Rajjan, S. M. (1985). *Yoga strenthening of relaxation for sports man*. New Delhi:Allied Publishers.
- Shankar,G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers. Shekar,K. C. (2003). *Yoga for heaith*. Delhi: Khel Sahitya Kendra.

Paper-III (IInd Year)

COMPUTER APPLICATION IN PHISICAL EDUCATION

Time:3 Hrs.

Marks:80

Unit-I Introduction to Computer

- Meaning, need and importance of information and communication technology (ICT). Application of Computer in Physical Education.
- Components of computer, input and output device.
- Application software used in Physical Education and Sport.

Unit-II MS Word

- Introduction to MS WORD
- Creating, saving and opening a documents.
- Formatting, Editing features Drawing table.
- Page Setup, Paragraph, alignment, spelling, and grammar check printing option, Inserting page number, graph, footnote and notes.

Unit-III MS Excel

- Introduction to Excel
- Creating, saving and opening a spreadsheet
- Creating formulas
- Format and editing features columns width and row height understating charts.

Unit-IV MS Power Point

- Introduction to MS Power Point
- Creating, saving and opening a ppt file.
- Format and editing features slides show, design, inserting slide number
- Picture, graph, table.
- Preparation of Power point presentations

References:

- Irtegov,D.(2004). *Operating system fundamentals*. Firewall Medal.
- Mariyn, M& Roberta,B.(n.d) *Computers in your future*. 2nd edition, India: Prentice Hall.
- Milke, M.(2007). *Absoiute beginner's guide to computer basics* Pearson Education.
- Asia Sinha, P.K. & Sinha, P.(n.d). *Computer fundamentals*.4th edition, BPB Publlication.

Paper-IV (IInd Yaer)

HEALTH EDUCATION

Time:3 Hrs.

Marks:80

Unit-I Health Education

- Concept, Dimensions, Spectrum and Determinants of Health
- Definition of Health, Health Education, Health Instruction, Health Supervision.
- Aims, objective and Principals of health Education
- Health Service and guidance Instruction in personal hygiene.

Unit-II Health Problem in India

- Communicable and Non Communicable Diseases
- Obesity Melt triton, Adulteration in food, Environmental sanitation, Explosive Population.
- Personal and Environmental Hygiene of schools
- Objective of school health service, Role of health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit-III

- School Health services and school health Programme in relation to the following.
- Role of Physical Education Teacher, Principal, Class teacher, Doctor Health appraisal : Meaning aim, method. Medical check-up/examination.
- Common children diseases and their control.
- Food for children at Primary, Middle and secondary level
- School Health administration and maintenance of records Preparation of Health.

Unit-IV

- School living under fine clinics and road to health.
- Food for children at Primary, Middle and Secondary level
- School Health administration and maintenance of records. Preparation of Health card.
- Water Impurities, purification of water and water borne-diseases with reference to worm infestation and Amoebas Defection of Chlorine in water.

Reference:

Agrawal, K.C.(2001). Environmental biology, Nidhi publishers Ltd.

Frank,H. & Water, H. (1976). Turners school health education. Saint Louis : The C.V Mobs company.

Kanwar, R.C. (2015) Health Education and Enviromantal Studies . Nagpur: Amit Brothers Publications

Nemir,A.(n.d.). The school health education New York: Harber and Brothers.

Odum,E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders co.

Paper-V (IInd Year)**EDUCATIONAL TECHNOLOGY AND TEACHING METHOD****Time:3 Hrs.****Marks:80****Unit-I Introduction**

- Education and Education Technology Meaning and Definitions
- Types of Education –Format, Informal and Non-Formal education.
- Educative Process
- Importance of Devices and Methods of Teaching.

Unit-II Teaching Technique

- Teaching Technique-Lecture method, Command method, Demonstration method Imitation method, project method etc.
- Teaching Procedure-Whole method, ehole –Part-whole method, part-whole method.
- Presentation Technique-Personal and technical preparation
- Command-Meaning, Types and Its use in different situations.

Unit-III Teaching Aids

- Teaching Aids-Meaning, Importance and criteria for selecting teaching aids.
- Technical aids-Audio aids, Visual aids, Verbal, Chalk board, Oharts, Model, Slide projector, Motion picture etc.
- Team Teaching – Meaning, Principals and advantage of team teaching
- Difference between Teaching Method and teaching Aid.

Unit-IV Lesson Planning and Teaching innovations

- Lesson Planning –Meaning, Types and principals of lesson plan.
- General and spec tic lesson plan.
- Micro Teaching-Meaning, Types and steps of micro teaching.
- Simulation teaching-Meaning, Types and steps of simulation teaching.

Reference:

Bhardwaj, A.(2003). New media of educational planning . New Delhi: Sarup of Sons. Bhatia &

Bhatia,(1959). The principles and method of teaching. New Delhi: Doaba House
Budhe, A .(2013) Education Methodology. Delhi, Sportys Publication.
Kochar, S.K.(1982). Method and technique of teaching. New Delhi: Sterling Publshers Pvt.Ltd.
Kanwar, R.C. (2008) Methods in Physical Education. Nagpur: Amit Brothers Publication
Kavishwar, D.P. Methods in Physical Education. Nagpur: S.m. Publisher
Sampath, K.Pannirselvam,A.& Santhanam, S.(1981). Introduction to Educational technology.
New Delhi: Sterliing Publishers Pvt.Ltd.
Walia, J.S.(1999).Principles and methods of education. Jullandhar:Paul Publishers.
Singh Vijay UOK Kota & Singh Balvindra G.C Kathua (J.&k.)

Paper-VI (IInd Year)
BASIC RESEARCH METHODOLOGY

Time:3 Hrs.

Marks:80

Unit-I Introduction to Research

- Definition of research
- Need and Importance of Research in physical Education and Sports
- Scope of Research in Physical education & Sports.
- Classification of Research
- Research Problem, Meaning of the term, Location and criteria of selection of Problem
Formulation of a Research problem, Limitations and Delimitations.

Unit-II Survey or Related Literature

- Need for surveying related literature
- Literature Sources, Library Reading.
- Research Proposal, Meaning and Significance of Research Proposal.
- Preparation of Research proposal/project.
- Research Report : A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the Institution.

Unit-III Basic of Statistical Analysis

- Statistics: Meaning, definition, Nature and importance
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- Graphical Presentation of class Distribution: Histogram Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Ple Diagram

Unit-IV Statistical Models in Physical Education and Sports

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- Measures of Variability: Meaning, Importance, computing from group and ungroup data
- Percentiles and Quartiles; Meaning, Importance, computing from and ungroup data.

References:

Best,J.W.(1963).Research in education. U.S.A.: Prentice Hall.

Bompa,T.O.& Haff,G.G. (2009).periodization: theory and methodology of training, 5thed.
Champaign, IL: Human Kinetics.

Brown,L.E., & Ferrigno,V.A. (2005). Training for speed , agllity and quickness, 2nded.
Champalgn,
IL: Human Kinetics.