



**ADIKAVI SRI MAHARSHI VALMIKI UNIVERSITY  
RAICHUR.**

**SYLLABUS**

**BACHELOR OF PHYSICAL EDUCATION  
(B.P.ED)**

**With Effect from 2017-18**

**Two-Years Course CBCS Scheme**

## **FIRST SEMESTER**

### **CC 101: HISTORY OF PHYSICAL EDUCATION**

#### **Objectives:**

- To acquire the knowledge of Origin and History of Physical Education
- To gain the theoretical experience of Olympic, Asian, Commonwealth and National School games etc.
- To make the students to understand the importance and role of various Awards in Sports and to gain the knowledge of various institutions of physical education.

**I** Physical Education in Ancient Greece, Sparta, Athens, Origin and Development of Ancient and Modern Olympics and Historical Perspective of Physical Education Rome, Germany, USA, England, Japan, USSR, Denmark and Sweden

**II** Pre & Post Independence Era in India (history)  
Y.M.C.A., S.N.I.P.E.S., N.S.N.I.S., S.A.I., S.A.K.  
Physical Education in British period, Kothari Commission, National Policy on Education (1986)

**III** a) Teachers training institutions in physical education, b) N. F.C,  
c) N. D.S d) N.C.C , e) N.C.T.E, e) S.G.F.I  
f) Physical Education Vedic, Early Hindu Period, Later Hindu Period

**IV** Asian Games, Commonwealth Games, National School Games Federation, All India Inter-University sports Board, National Sports Federation, Rejeevgandhi, Khel Ratna award, Arjun award, Ekalaya Award, Dronacharya award.,World, championship in various games (Davis cup. Thomas cup, Test matches.

#### **REFERENCE :**

1. Kamlesh,M L. Principles and History of Physical Education. Baroda: Friends Publications 1994.
2. C.Tirunarayanan, S.Haricharan, An Analytical History of Physical Education.
3. Sataynesan R.C. A Hand book of Principles and History of Physical Education.
4. Barrow Harold M., "Man and Movements principles of Physical Education" 1978.
5. Krishna Murthy V. and Paramesara Ram, N., "Educational Dimensions of Physical Education", 2<sup>nd</sup> Revised edition, Print Indir, New Delhi 1990.
6. Singh Ajmer et.al., "Essentials of Physical Education", Kalyani Publishers Ludhiana second revised Addition 2008.
7. Perinbaraj, Bevinson.S and others. History of Physical Education. Tamilnadu:Vinsi Publication, 2002.
8. Deshpande, S.H (2004) Physical Education in Ancient India. Amravti : Degree College of Physical Education (Maharashtra)
9. G.G.Kori- History of Physical Education, Bagalkot
10. K.G.Nadgir, History of Physical Education, Dharwad

**CC 102: METHODS OF TEACHING AND TECHNOLOGY****Objectives:**

- To acquire the knowledge and experience of teaching methods and principles in physical education.
- To gain the theoretical experience of lesson plans.
- To make the students to understand about the various competitions and marking systems of 200 mtr. and 400 mtr. track.

|            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>I</b>   | Meaning of the terms 'Teaching' and 'Method'. Factors influencing methods: availability of time and materials, situations and scientific principles. Methods of Teaching:- Verbal, Lecture, Explanation, Command, Demonstration, Whole, Part, Whole-Part-Whole, Progressive, Observation, At will, Set drill. Limitation and Dramatization; teaching aids: types and uses.                                                                                                                                                            |
| <b>II</b>  | Teaching strategies-Presentation technique, Class Management, General and Specific, Orientation, Verbal explanation, Demonstration, Discussion, Supervision, Evaluation and teaching aids, class formation, values, types of class formation. Intramural, extramural and teaching aids.                                                                                                                                                                                                                                               |
| <b>III</b> | Lesson Plan - Need for lesson plan, Aim and Objectives of lesson Plan, Principles of lesson plan, types of lesson plans, aim and objectives of different parts of lesson plan and preparation of general, particular and class room lesson plan for micro teaching.                                                                                                                                                                                                                                                                   |
| <b>IV</b>  | Classification, Evaluation and types of competition<br>Need for classification of students in Physical Education, factors influencing classification, Mc Cloy's Classification, Nelson and Cozen's classification, SAI classification, types of competition, knockout, league, and combination tournaments methods of drawing fixtures merits and demerits of knockout and league tournaments. Method of marking, track and field events, characteristics of standard track, types of track, method of marking, 200 & 400 mtr. Track. |

**References :**

1. Kamalesh M.L. Scientific Art of teaching Physical Education New Delhi: Metropolitan, 1994.
2. Joseph P.M. Organization and Administration in Physical Education. Gwalior
3. Basavaraj Vastrad. Methods of Physical Education & Test & Measurement. Bagalkot: Karnataka
4. K.G.Nadgir. Methods of physical Education. Dharwad: Karnataka
5. Kamlesh-Sangral. Methods in Physical Education. Prakash Brothers: Ludhinaya 07.
6. N.S.Patil, : Methods of Physical Education & Test & Measurement.
7. Lakshmeshwar Appu Prakashan. Lakshmeshwar. Vishwanath.M.J, Athletics Spardheya Niyamagalu, Shimoga : U.S.Publication, 1977.
8. Kochar.S.K Methods and Techniques of teaching, New Delhi : Sterling Publishers Pvt. Ltd., 1995.
9. Passi.B.K. (Ed), Becoming better teacher : Micro teaching approach sahitya Mudranalaya, Ahmedabad.
10. Thirunaryan C and S.Harihara Sharma. Methods in Physical Education Karaikudi: C.T. and SH 1989.

**CC 103 : ANATOMY, PHYSIOLOGY AND KINESIOLOGY****Objectives:**

- To acquire the knowledge and experience of Anatomy and Physiology of Humana Body.
- To gain the theoretical experience of skeletal system, structure and kinesiological aspects of human body.
- To make the students to understand the importance and functions of vital organs of the human body.

|            |                                                                                                                                                                                                                                                                                                                                                             |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>I</b>   | Meaning of anatomy, physiology and kinesiology. Need the study of anatomy, physiology and kinesiology. Role of kinesiology in physical education. Structure and functions of cell; concepts of tissue, organs and systems. Types of fundamental movements; concepts of axes, planes, levers.                                                                |
| <b>II</b>  | Fundamental structural and functional concepts of skeletal system, muscular system, and nervous system. Types of muscles of human body and their functions. Major skeletal muscles, types of skeletal muscle contractions. Motor units and reflex arc. Effect of exercise on muscular system. Bone and types of bones. Joints and classification of joints. |
| <b>III</b> | Fundamental structural and functional concepts of circulatory, respiratory and digestive systems. Effect of exercise on cardio-respiratory system and digestive system. The Endocrine glands- Pituitary Thyroid, Parathyroid, Adrenal, Islets of Langerhans, Sex glands and Pancreas. Functions of endocrine glands.                                        |
| <b>IV</b>  | Structure and functions of special sense organs of human body-eye, ear and skin. Structure and functions of kidney. Clinical and applied anatomy.                                                                                                                                                                                                           |

**References:**

1. Antomy, A Catherine. Structure and function of the body. Saint Louis : The C.V.Mosby Company, 1972.
2. Anatomy , Physiology and Health Education. Published by Sahitya Publishers, Author.N.Murugesh.
3. Vandar, Arthur J. and Others. Human Physiology : The Mechanics of body function. New Delhi : Tata Mc.Graw Hill Publishing Company Ltd., 1975.
4. Wells, Katherine F. and Kathryan Lutgens. Kinesiology : Scientific Basis of Human Motion. 6<sup>th</sup> Edition, Philadelphia : W.B.Saunders Company, 1976,
5. Anatomy and Physiology by Poonam Bacchetti, Aruna Singh, Publisher : Vaya Education of India 2014 Edition.
6. Rasch, Philip J. and Roger.K, Burke, Kinesiology and Applied Anatomy 3<sup>rd</sup> Edition, Philadelphia : Lea and Febiger, 1968.
7. Sharma.R.D (1979) Health and Physical Education, Gupta Prakashan.
8. Anand Nadgir- Anatomy and Physiology- Dharwad
9. Dr.Hoshiyar Singh, Anatomy and Exercise Physiology-2013 Edition.
10. Gupta.A.P (2010) Anatomy and Physiology, Agra : Sumit Prakashan.

## EC-101 OLYMPIC MOVEMENT (ELECTIVE)

### Objectives :

- To acquire the knowledge of origin and history of Olympic movement.
- To gain the theoretical experience of modern Olympic games.
- To make the students to understand about the various types of Olympic games and its structure and functions.

### I Origin of Olympic Movement

- Philosophy of Olympic movement
- The early history of the Olympic movement
- The significant stages in the development of the modern Olympic movement
- Educational and cultural values of Olympic movement

### II Modern Olympic Games

- Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- Olympic Protocol for member countries
- Olympic Code of Ethics
- Olympic in action
- Sports for All

### III Different Olympic Games

- Para Olympic Games
- Summer Olympics
- Winter Olympics
- Youth Olympic Games

### IV Committees of Olympic Games

- International Olympic Committee - Structure and Functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

### Reference:

1. Osborne, M. P. (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfiction*
2. *companion to magic tree house: hour of the Olympics*. New York: Random House Books for
3. Young Readers.
4. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). *Olympic dreams: the*
5. *impact of mega-events on local politics*: Lynne Rienner

## 102 - OFFICIATING AND COACHING

### Objectives :

- To acquire the knowledge of Officiating and Coaching in games and sports.
- To gain the theoretical experience of organization and administration in sports and games.
- To make the students to understand about the importance and mechanical aspects of officiating and coaching.

**I** Meaning of Teaching, Training and Coaching-Brief introduction to coaching. Principles of coaching. Qualities of a coach. Job of coach-Setting the environment for teaching-learning practice sessions-feed back improvement.

**II** Training Methods:

Aims, objectives and principles, principles of training methods.

Types of training, weight training, circuit training, interval training, fartlek training, warm up and warm down, training plan, micro, macro-messo. Selection and placement of players-tryouts, mastery over skills, game qualities, Zeal-desire to excel, role of the player-team work Strategies of techniques of observation, analysis of sports skills-Analyzing individual skill performance, analyzing team performance.

**III** Sports Officiating : Officiating as an Art. The primary Job as an official/player, public relations, basic philosophy of officiating.

General principles of officiating-qualities and qualification of an official.-  
Duties of officials-suggestions to improve the standard of officiating.

**IV** Officiating Mechanics, Positioning, movement and control. System of officiating: Diagonal system-trail and lead system-parallel system.

Administration and interpretation of rules in sports/games : knowledge of rules of game/sports- Principles of application of rules-formulation of the rules and interpretation of rules-Hand signals.

### REFERENCE:

1. Philip A.and J.D.Wikerson. Teaching Team Sports, Champaign Illinois:Human Kinetics Books, 1998.
2. Bunn, John, W.The Art of Officiating. New Jersey: Printice Hall Innc.1974.
3. Bunn, John, W.Scientific principles of coaching. New Jersey: Prentice Hall Inc.1974.
4. Sharma P.D Officiating and Coaching,Jalhender: A.P.Publishers.
5. Lawther, John.D. Sports Psychology New Jersey:Printice Hall Inc.1970.
6. Clegg, R.and William A Thomson, Modern Sports Officiating, Iowa:WMC.Brown,Publishers.1970.
7. Billie, others, Guide to Effective Coaching : Principles and Practice : W.C.Brown Publishers, 1989.
8. Pate Russel R. et.al. Scientific Foundations of coaching. USA:CBS college publishing 1984.

## **SECOND SEMESTER**

### **CC 201 - FOUNDATION OF PHYSICAL EDUCATION**

#### **Objectives:**

- Develop an understanding and appreciation of importance of physical education and values of physical education.
- Develop an understanding of the Biological, psychological and sociological principles and philosophical and scientific perspective of physical education among the students.
- To make the students the importance of physical education as a profession, its leadership and social values in physical education.

**I** Meaning and Definition of Education and Physical Education Aims and Objectives of Physical Education. Relationship and Contribution of Physical Education to General Education. Philosophical concepts of physical education.

#### **II BIOLOGICAL FOUNDATION OF PHYSICAL EDUCATION:**

Meaning, definition and aims, Growth and Development-Effect of a Heredity and Environment

Difference between Male and Female: Structural, Functional, Psychological, Socio cultural, Body types and classification-Principles of use, disuse, and over use-Chronological, Physiological, and anatomical ages-Reciprocal innervations.

#### **III SOCIOLOGICAL FOUNDATION OF PHYSICAL EDUCATION:**

Social values and development of different traits and ideas-Group dynamics-Mechanics of adaptation of decision-influence of the group on the individual and vice-versa.

Competition and co-operation : Meaning; Social recognition, The process of socialization and physical education as a socializing agency, Sports as man's cultural heritage

#### **IV PSYCHOLOGICAL FOUNDATION OF PHYSICAL EDUCATION:**

Psychology as a science, its meaning, its influence on Education and Physical Education, Theories of learning, laws of learning, types of learning and learning curve. Personality theories, Freud, Jung and Alder Personality traits, motivation-individual differences motives and theories of play.

#### **REFERENCES:**

1. William, J.F. The Principles of Physical Education. Meerut : College Book House, 1994. et al.
2. Howell. Foundation of Physical Education. Baroda, Friends Publications 1994.
3. Kamlesh, M L. Principles and History of Physical Education, Ludhiana: Prakash Brothers.
4. Jain Deepak. Principles of Physical Education: Delhi: Khel Shahitya Kendra.
5. Barrow, Harold. M and Man and Movement : Principles of Physical Education. Second Edition; Philadelphia : Lea and Febiger, 1977.
6. Bookwalter, Carl E. and Harold J. Vanderzwaag. Foundation of Principles of Physical Education. Philadelphia : W.B. Saunders Company, 1969.

7. K.A.Sharma, Foundation of educational technology- theory, practice and research R.Lal publishing House, 2001.

## CC-202 RECREATION AND CAMPING

### Objectives :

- To acquire the knowledge of Recreation and Camping in Physical Education.
- To gain the theoretical experience of various aspects of recreational activities in physical education.
- To make the students to understand about the importance of organization and administration of leadership and recreation camp.

**I** Meaning, aim and objective of recreation. importance of recreation administration, organization of recreation. Types of recreation, its scope and significance, development of recreational activities in India since 1947. Sports tourism as recreation.

### **III Need of Recreation**

Factors responsible for the need of recreation, The growth of cities, changing home conditions, increase leisure time, specialization and automation in industry, population changes, Rising economy, technological development, etc.

### **III Recreational activities for different age group**

Recreation of handicaps, facilities required for community recreation, industrial recreation, institutional recreation, family recreation and commercial recreation.

### **IV Camping**

Importance and principles of camping, organization of camping, selection of camp layout, facilities required for camping, different types of camping, staff needed for camping, activities for the camping, picnic, Hiking, Professional leadership, voluntary leadership, training to leadership.

### References:

1. George D.Butler, "Introduction of Community Recreation", Mc Graw Hills, 1969.
2. Zeigler F.F., "Philosophical Foundations for Physical Health and Recreation Education, Prentice Hill Inc.Eagle Wood Cliffs N.J.Prentice Hall, 1964.
3. Mayer and Bright Bill, "Recreation Administration," Englewood Cliffs N.J. Prentice Hall Inc. 1961.
4. K.R.Sthwarmath, "Grammena Kreedegalu.Kalburgi
5. L.W.Irwin. Curriculum in Health and Physical Education.
6. C.C. Curriculum designs in Physical Education
7. H.P.Adams and F.G.Dickey Basic Principles of Supervision.
8. Edward F.Voltmer and A.A.Eslinger.Organisation and Administration of Physical Education.



## CC 203: - HEALTH EDUCATION

### Objectives :

- To acquire the knowledge and importance of Health Education in Schools.
- To gain the theoretical experience of various diseases and environmental aspects.
- To make the students to understand about the nutrition and its importance in the health development.

I Meaning Definitions, Need of Health Education of an individual World Health Organisation and its importance-National and State Level Health Organisation, Voluntary Health Organisation-Need of Health Personnel and facilities.

### II SCHOOL HEALTH PROGRAMME :

School Health Service-Health Appraisal, Health Counseling and follow through Healthful school living, building, light-ventilation canteen and sanitation, instruction-Health attitudes and habits-Dental health, diet, posture activity-rest, recreation, characteristics of good health and maintenance of good health.

### III ENVIRONMENTAL HEALTH:

Meaning, Scope and Importance of environmental Education, Natural resource and role of environmental, Protected drinking-water sewage-garbage and refusal disposal infection-common communicable diseases and their control-allergy-immunity communicable diseases-small pox-Malaria-Filarial-Cholera-Typhoid-T.B., Aids, Sexually transmitted diseases. Influenza, Tuberculosis.

### IV NUTRITION AND HEALTH:

Element of good Nutrition-Constitution Balanced Diet-precautions for food handling, food poisoning-causes of overweight-effects of overweight, diet exercise-medicine and massage on weight reduction. Carbohydrates, proteins, fats, vitamins, minerals, salts and water.

### References :

1. J.E, Park and K Park.Text Book of Preventive and Social Medicine. Jabalpur: Banasicals Bhanot Publishers. 1985.
2. J.E.Park, and K.Park. Text Book of Community Health for Nurses. Jabalpur: Asrani Publisher.1982.
3. Klander H.F., "School Health Eduction", The Mac Million Co., 1962.
4. Pande P.K. and Gango Padhyay S.R., "Health Education for School Children".
5. S.Dheer and Others, "Introduction to Health Education, AP Publishers 9, books Market Chowk Adda, Tande, Jalandhar 1989.
6. Sharma, R.C. Environmental Education metropolition Publishers, New Delhi 1981.

**EC-201 FITNESS AND WELLNESS****Objectives:**

- To acquire the knowledge of Fitness and Wellness in Physical Education.
- To gain the theoretical experience of various aspects of fitness and wellness.
- To make the students to understand about the injuries and its recovery management.

**I Concept of Physical Education and Fitness**

- Definition, Aims and Objectives of Physical Education, fitness and Wellness
- Importance and Scope of fitness and wellness
- Modern concept of Physical fitness and Wellness
- Physical Education and its Relevance in Inter Disciplinary Context.

**II Fitness, Wellness and Lifestyle**

- Fitness – Types of Fitness and Components of Fitness
- Understanding of Wellness
- Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management
- Physical Activity and Health Benefits

**III Principles of Exercise Program**

- Means of Fitness development – aerobic and anaerobic exercises
- Exercises and Heart rate Zones for various aerobic exercise intensities
- Concept of free weight Vs Machine, Sets and Repetition etc
- Concept of designing different fitness training program for different age group.

**IV Safety Education and Fitness Promotion**

- Health and Safety in Daily Life
- First Aid and Emergency Care
- Common Injuries and their Management
- Modern Life Style and Hypo-kinetic Disease –Prevention and Management

**References:**

- Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black,.
- Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
- Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
- Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

**EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT****Objectives:**

- To acquire the knowledge of Sports Nutrition and Weight Management in Games and Sports.
- To gain the theoretical experience of various aspects in nutrition and weight management.
- To make the students to understand about the various nutritional foods.
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**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

**II Nutrients: Ingestion to energy metabolism**

- Carbohydrates, Protein, Fat – Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water – Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

**III Nutrition and Weight Management**

- Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management
- Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
- Obesity – Definition, meaning and types of obesity,
- Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

**IV Steps of planning of Weight Management**

- Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss

**References:**

- Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.* 93(6), 2027-2034.
- Butryn, M.L., Phelan, S & Hill, J. O. (2007) Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091-3096.
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a Meta analysis. *ObstetGynecol*, 197(3), 223-228.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional

## **THIRD SEMESTER**

### **CC-301 SPORTS TRAINING**

#### **Objectives:**

- To acquire the knowledge of sports training.
- To gain the theoretical experience of various aspects and principles of sports training.
- To make the students to understand about the various components of sports training.

#### **I Introduction to 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

#### **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

#### **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

#### **IV Training programming and planning**

- Periodization – Meaning and types of Periodization
- Aim and Content of Periods – Preparatory, Competition, Transitional etc.
- Planning – Training session
- Talent Identification and Development

#### **Reference:**

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
- Harre, D. (1982). *Principles of sports training*. Berlin: Sporulated.
- Jensen, R. C. & Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia:
- Lea and Fibiger, 2<sup>nd</sup> Edn.
- Matvyew, L.P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers.
- Singh, H. (1984). *Sports training, general theory and methods*. Patials: NSNIS.
- Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.

**CC 302 : ORGANISATION AND ADMINISTRATION****Objectives:**

- To acquire the knowledge of organization and administration in Physical Education.
- To gain the theoretical experience various principles of organization and administration.
- To make the students to understand about the role of physical education teacher in organization and administration at schools.

- I** Meaning and Definition of terms of Organisation and Administration Importance, objectives and guiding principles of Organisation and Administration.
- II** Organisation schemes of Physical Education and Sports in School, College, University-State and National Level Awards, Rewards, motivation, Press and Publicity.
- III** Play field-Location, Preparation, Layout and Maintenance of Gymnasium-swimming pool and other play grounds (Indoor and Outdoor). Equipment – Need and importance, list of equipments, criteria of selection, procedure of purchases, Care and maintenance.
- IV** Organisation and Administration of competitions in School-College and University level. Finance, Budget, Source of Income rules for the utilization of games fund or physical education fund, preparation of budgeting and accounting, maintenance of records. Office correspondence and reports, income, expenditure, Petty cash.

**REFERENCES :**

1. Knap, C. & Hagma. E.P. Teaching Methods for Physical Education, New York : Mc.Graw Hill book Co., Inc. 1958.
2. Kozman H.C., Cassidly R. & Jackson C. & Methods in Physical Education London : W.B.Saunders Co., 1960.
3. Tirunarayanan, C & Hariharan, S.Methods in Physical Education, Karaikudi : South India Press, 1969.
4. Organization and Administration
5. Sharms, Sita Ram. The Organisation and Administration of Games and Sports Jaipur:
6. Thomas,J.P. Organisation of Physical Education.
7. Broyles, F.J. & Rober, H.D. (1979) Administration of Sports, Athletic Programme : A Managerial Approach New York : Prentice hall Inc.
8. Voltmer, E.F & Esslinger, A.A (1979). The organization and administration of Physical Education. New York : Prentice Hall Inc.

## CC 303 : - BASIC STATISTICS, COMPUTER AND RESEARCH PROJECT

### Objectives:

- To acquire the knowledge of Basic statistics and computer applications.
  - To gain the theoretical experience of various aspects of research project.
  - To make the students to understand the importance and practical applications of basic statistics, computer applications and research projects in physical education and sports.
- I Meaning and importance of statistics, scope, need in physical education and sports, parametric and non parametric statistics. Meaning of importance of computer and research.
  - II Importance of Frequency, tabulation, tally bars and need for classification of data. Grouped and ungrouped data. Importance of Research. Meaning of research project, the scope, aim, importance of format of research project.
  - III Importance of graphical representation, bar graphs, circle graphs, ogive curve, normal curve, frequency polygene. Meaning of percentiles, calculation of z score, mid point, importance of measures of central tendency, merit and demerits of measures of central tendency and application in physical education and sports.
  - IV Meaning, need and importance of information and communication of technology, application of computers in physical education, operating system, Hardware and soft ware. Concept of an active window, icons, buttons and task bar.

### REFERENCES:

1. Clarke, David.H. and Clarke and H.Harrison, Application of Measurement to Physical Education Englewood Cliffs, N.J : Prentice Hall Inc., 1987.
2. Carrett, hentry E and Woodworth R.S. Statistics in Psychology and Education. Bombay Vakil and Sons Ltd., 1981.
3. Gaur, Ajai S. and Sanjay S.Gaur, Statistical methods for practice and research : A Guide To Data analysis, New Delhi : Sage Publications, 2007.
4. Kaniji, Gopal K.One Hundred Statistical Tests. New Delhi : Safe Publications, 2006.
5. Mangal, S.K. Statistics in Psychology and Education, New Delhi-Prentice Hall of India Pvt.ltd., 2006.
6. Rotastein, Amie L.Research Design and Statistics for Physical Education : Englewood Cliffs, New Jersey : Prentice Hall Inc, 1985.
7. Harald.M. Barrow, and Rose Mary Mg Ges, A Practical Approach to Measurement in Physical Education. Philadelphia: Lea and Febiger, 1979.
8. Barry.L.Jackson and Jack.K.Nelson, Practical Measurement for Evaluation in Physical Education. Delhi : Surjeeth Publications, 1982.
9. Rajarama.V. Principles of computer programming, New Delhi : Prentice Hill of India pvt.Ltd. 1985.

## EC-301 SPORTS MEDICINE AND PHYSIOTHERAPY

### Objectives:

- To acquire the knowledge of Sports Medicine and Physiotherapy.
- To gain the theoretical experience of various aspects of physiotherapy in sports.
- To make the students to understand about the importance of sports medicine and physiotherapy in sports and games.

### I Sports Medicine:

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education
- Prevention of injuries in sports – Common sports injuries – Diagnosis –
- First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps – Bandages – Types of Bandages – trapping and supports.

### II Physiotherapy

□ Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays – short wave diathermy – ultrasonic rays.

### III Hydrotherapy

- Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

### IV Therapeutic Exercise:

- Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

### References:

- Christine, M. D., (1999). *Physiology of sports and exercise*. USA: Human Kinetics.
- Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.),
- *Essentials of Strength Training and Conditioning* (pp. 73-90). Champaign, IL: Human Kinetics.
- David, R. M. (2005). *Drugs in sports*, (4th Ed). Routledge Taylor and Francis Group.
- Hunter, M. D. (1979). *A dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), *A Practical approach to measurement in Physical Education* (pp. 573-74).
- Philadelphia: Lea & Febiger.

**EC-302 CURRICULUM DESIGN (Elective)****Objectives:**

- To acquire the knowledge of curriculum design in Physical Education.
- To gain the theoretical experience of various aspects of curriculum designing in physical education.
- To make the students to understand about the importance of curriculum designing in physical education for the development of profession.

**I 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 qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours.
- National and Professional policies, Research finding

**II Basic Guide line for curriculum construction; contest (selection and expansion).**

- Focalization/Psychological/Philosophical
- Socialization
- Individualization
- Sequence and operation
- Steps in curriculum construction.
- Supervision-Definition, Meaning, Need, Importance and Techniques

**III Curriculum-Old and new concepts, Mechanics of curriculum planning.**

- Basic principles of curriculum construction.
- Curriculum Design, Meaning, Importance and factors affecting curriculum design.
- Principles of Curriculum design according to the needs of the students and state and National level policies.
- Role of Teachers to Curriculum Design

**IV Under-graduate preparation of professional preparation.**

- Areas of Health education, Physical education and Recreation-Purpose-Kinds of Recreation
- Curriculum design-Experience of Education, Field and Laboratory.
- Teaching practice.
- Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

**Reference:**

- Barrow, H. M. (1983). *Man and movement: principles of physical education*. Philadelphia:
- Lea and Febiger.
- Bucher, C. A. (1986). *Foundation of physical education*: St. Louis: The C. V. Mosby & Company.
- Cassidy, R. (1986). *Curriculum development in physical education*. New York: Harper & Company.
- Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum designs in physical education*.



**CC 401 : - SCHOOL MANAGEMENT AND ENVIRONMENT STUDIES**

**Objectives:**

- To acquire the knowledge of School Management and Environmental studies in Physical Education.
  - To gain the theoretical experience of various aspects of social management and environment.
  - To make the students to understand about the various role of physical education teacher in social and environment of schools.
- I** Meaning, Scope and importance of school management and modern management, educational management.  
, school clusters, block resource centres and cluster resource centre, school mapping-need, factors and scope. Community for the school and school for the community, organization of village educational communities.
- III** Management of time and resource, time management, time schedules, various activities of schools, weekly, monthly and yearly calendar of activities, preparation of daily, weekly, monthly and yearly plans for the individual and team games, materials and resources, school building, library, laboratory, hostel play grounds, books, physical facilities.
- III** Role of teacher, administration work, administration, classification, maintenance, office and school records. Management of various co-curricular activities in school. School association, examination, evaluation, health instruction, health services in school. School administration, management, and supervision, monitoring.
- IV** Definition, scope, need and importance of environmental studies, concept of environmental education, historical background of environmental education, celebration of various days in relation with environment, plastic recycling and probation of plastic bag/cover role of school in environmental conservation and sustainable development.

**References:**

1. Zeigler, and others. Management competency development in sports and physical education. Philadelphia : Lea and Febier, 1983.
2. Voltmer, Edward F. and Esslinger Arthur. The organization and administration of physical education, Bombay : Times of India Press, 1964.
3. Thomas, J.P. Organization of Physical Education. Madras : Gnanodaya Press, 1967.
4. Myageri, C.V. test of educational management, vidyanidhi-prakashana, Gadag. 1993.
5. Dash,B.N. School, organization, administration and management, neel kamal publications, New Delhi-2003.
6. Sachdev, M.S. and New Approach to School Management, New Academic Publishing Co., Jalandhar.
7. N.P.Rao, Education and Human resource Management, APH, Publication Corporation, New Delhi.
8. Agrawal,K.C. (2001) Environmental Biology, Bikaner : Nidhi Publishers Ltd..

**CC 402 : - SPORTS INJURIES, FIRST AID AND CURE****Objectives:**

- To acquire the knowledge of various Sports injuries, First Aid and Cure.
- To gain the theoretical experience of various aspects of sports injuries and its management.
- To make the students to understand about the importance of first aid and rehabilitee in sports and games.

- I** Importance of injuries, scope, need and care of prevention. Sports Injuries, and its types injuries..
- II** Common sports injuries, sprain, strain, fracture, dislocations, abrasion, contusion, bruise, blisters, corn, Athletes foot, elbow, shoulder, knee, ankle, preventive measures for common sports injuries, treatment for common sports injuries and causes for sports injuries, surface sports equipments scientific coaching.
- III** Meaning, aim and objective of first aid, first aid box and its articles, types of bandages and splinters, qualities and functions of first aider. Principles of first aid, causes of sports injuries, first aid for the common sports injuries, concept of RICE.
- IV** Emergency treatment of common accidents, droning, burning, snake bite, dog bite, unconsciousness, sunstroke, shock. Rehabilitory exercises for sports injuries, rehabilitation procedures of sport injuries, cold therapy, heat therapy, hydrotherapy, exercise therapy, massage and mud therapy.

**REFERENCES:**

1. Anatomy of Sports Injuries: Your Illustrated Guide to Prevention, Diagnosis and Treatment Paperback – 1 Dec 2012, by Brad Walker javascript:void(0) (Author).
2. The BMA Guide to Sport Injuries Paperback – 1 Nov 2010 by DK (Author)
3. Muscle Energy Techniques: A Practical Handbook for Physical herapists Paperback – 30 Nov 2011 by John Gibbons javascript:void(0) (Author), Amanda Williams (Illustrator)
4. The Anatomy of Stretching: Your Illustrated Guide to Flexibility and Injury Rehabilitation Paperback –30 Jan 2011by Brad Walker javascript:void(0) (Author)
5. Sports Injuries: Third Edition: Their Prevention and Treatment Paperback – 7 Nov 2000 by Lars Peterson javascript:void(0) (Author), Per Afh Renstrom (Author)
1. Sports Injuries: Diagnosis and Management Hardcover – 27 Jul 2004 by Christopher M Norris MSc CAc MCSP SRP (Author)

**CC-403 SPORTS MANAGEMENT****Objectives:**

- To acquire the knowledge of Sports Management in Physical Education.
- To gain the theoretical experience of various aspects of social management in school.
- To make the students to understand about the importance of managerial skills in sports.

**I**

- Nature and Concept of Sports Management.
- Progressive concept of Sports management.
- The purpose and scope of Sports Management.
- Essential skills of Sports Management.
- Qualities and competencies required for the Sports Manager.
- Event Management in physical education and sports.

**II**

- Meaning and Definition of leadership
- Leadership style and method.
- Elements of leadership,
- Forms of Leadership and Autocratic Laissez-faire and Democratic Benevolent Dictator
- Qualities of administrative leader.
- Preparation of administrative leader.
- Leadership and Organizational performance.

**III**

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

**IV**

- Financial management in Physical Education & sports in schools, Colleges and Universities.
- Budget – Importance, Criteria of good budget,
- Steps of Budget making
- Principles of budgeting

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- 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.

**EC-401 THEORY OF SPORTS AND GAMES****Objectives:**

- To acquire the knowledge of Sports and Games.
- To gain the theoretical experience of various aspects of sports and games.
- To make the students to understand about the importance of physical fitness and scientific principles in sports and games.

**I : General Introduction of speciliazed games and sports-**

- Athletics, Badminton, Basketball, Cricket,
- Football, Gymnastic, Hockey, Handball,
- Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga
- History and development of the Game and Sports
- Ground preparation, dimensions and marking
- Standard equipment and their specifications
- Ethics of sports and sportsmanship

**II Scientific Principles of coaching: (particular sports and game specific)**

- Motion - Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton"s Law of motions.
- Force - Friction, Centripetal and Centrifugal force, Principles of force.
- Equilibrium and its types
- Lever and its types
- Sports Training - Aims, Principles and characteristics.
- Training load - Components, Principles of load, Over Load (causes and symptoms).

**III Physical fitness components: (particular sports and game specific)**

- Speed and its types, Strength and its types,
- Endurance and its types, Flexibility and its types
- Coordinative ability and its types
- Training methods: - Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training)

**IV Conditioning exercises and warming up.**

- Concept of Conditioning and warming up.
- Role of weight training in games and sports.
- Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
- Recreational and Lead up games
- Strategy - Offence and defense, Principles of offence and defense.

**References:**

- 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 Press Ltd.
- Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

**EC-402 YOGA EDUCATION****Objectives:**

- To acquire the knowledge of Yoga Education.
- To gain the theoretical experience of various asanas of yoga.
- To make the students to understand about the importance of research in yoga.

**I: Introduction**

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Yoga in Early Upanisads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

**II: Foundation of Yoga**

- 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

**III Asanas**

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

**IV Yoga Education**

- Basic, applied and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yogasanas

**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 ofrelexation for sports man*. New Delhi:Allied
- Publishers.
- Shankar,G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers.
- Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.