

COURSE OF STUDIES

FOR THE BACHELOR DEGREE OF PHYSICAL EDUCATION EXAMINATIONS - 2000

COURSE STRUCTURE

1	THEORY (6 Papers)	—	600 marks
2	PRACTICAL	A- Skill	300 marks
		B- Teaching ability	300 marks
		Total	<u>1200 marks</u>

THEORY

There shall be two questions from each unit in theory papers. The students have to answer one question from each unit.

Paper- I	Principle and History of		
	<i>Psychology of</i> Physical Education —		100 marks
Paper- II	Education & Sports <i>Psychology</i>		100 marks
Paper- III	Organisation Administration and Supervision in Physical Education and Recreation —		100 marks
Paper- IV	Anatomy, Physiology and Health Education —		100 marks
Paper- V	Methods of Physical Education—		100 marks
Paper- VI	Officiating and Coaching —		<u>100 marks</u>
	Total :		600 marks

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PRACTICAL

A) Skill :

- i) Athletics 100 marks
- ii) Major Games 100 marks

(Any two of the following)

For men : Kho-Kho, Kabaddi, Football, Hockey,
Softball, Cricket, Volleyball, Badminton

For Women : Kho-Kho, Netball, Tenikoi, Kabaddi,
Basketball, Volleyball, Badminton,
Throwball, Softball

- iii) Indigenous Activities— 100 marks

(Any two of the followings)

Yogic Exercise, Lexium and
Combative Activities, Drill marching, Dumb-bell,
Mass P.T. and Calisthenics. Total : 300 marks

B) Teaching Ability

- i) General Lesson Plan 100 marks
- ii) Particular lesson plan 100 marks
- iii) Specialisation Record Book on skill 50 marks
- b) Officiating & Coaching 50 marks

Total : 300 marks

PAPER - I

PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION

UNIT - I

1. Meaning, Aims and objectives of Physical Education.
2. Meaning of the terms : Physical Culture, Physical Training of Physical Education, Drills, Sports, Games, Gymnastics & Athletics.
3. Physical Education & its relations to General Education.
4. Relationships of Physical Education to Health Education and recreation.
5. Philosophy of Physical Education.

UNIT - II

Scientific foundation of Physical Education

1. Body types, Biological foundations of physical Education.
2. Principles of Exercise, normal load, crest load, over load, use and abuses, disuse & over use.
3. Chronological, Physiological and Anatomical ages.
4. Psychophysical unit of human organism, Reflex-action and conditioned reflex.
5. Theories of play and play way in Education.

UNIT - III

1. Physical Education as a Socialising Agency.
2. Social values, trends, ideas and their development through Physical Education.

3. **Competition, Co-operation, social recognition in Physical Education.**
4. **Traditional values of physical, Education, Games & Sports & their influence on behaviour patterns.**
5. **Leadership in Physical Education & its Importance.**
6. **Future development of the progression its ethics in Physical Education.**

UNIT - IV

1. **Physical Education in Ancient Greece, Homeric age. Period of Greek Civilisation & city states' comparative studies of Athenian and Spartan Physical Education.**
2. **Physical Education in ancient Roma, Education & Physical Eda of toe Romans, Circus, Gladitiroal combats of Decline of Roman Civilisation.**
3. **Physical Education in Germany. Sweden & Denmark, Contribution of Gutsmuth, Haris, Spiess, Neute, Gall. Ling etc. the turnver in movement & YMCA.**
4. **The origin & development of ancient clmpic Games. The origin of modern olympic games & its development through ages till date.**

UNIT - V

1. **A brief history of Physical education in India form ancient period to modern period :- Pre-vedic, Epic, Hindu, Mughal British & Post independent period**
2. **Recommendations of the Secondary Education, Commission on Physical Education in India, recommendation of the All India Seminar of State, Inspectors of Physical Education, University Directors, Recommendation of the University Education Comm-ission on Physical Education.**

3. National plan of physical Education & recreation, NP .E D. & N. P. E. P. sports organisations, Dist. States, National & International levels, status of Physical education & sports in education institutions.
4. The Indian Olympic Association & other Sports Association: federation of India, Growth & development of the Physical activities of Indian origin.
5. C.A. B.P.E.R. All India Council of sports N.S.N.I.S., S.A.I. Survey of Physical Education in Modern India.

Psychology of Physical Education and Sports
~~EDUCATION & SPORTS PSYCHOLOGY~~

PAPER-II

Psychology of Physical Education and Sports.

Unit - I

1. Psychology- Its meaning Scope & branches, Psychology as a Science. Its bearing on Education & Physical Education.
2. Mental process Body-Mind-relationships & Neuromuscular Co-ordinations.
3. Mental hygiene- its meaning, importance role of physical Education in preventing mal-adjustment & promotion of mental health.
4. Psychology of group.

Unit - II

1. General Innate Tendencies : Motive, Needs Drives, Sympathy, Imitation, natural expression, supression & sublimation.
2. Intelligence, its nature & development.
3. Memories.

4. Discipline & Behaviour.
5. Attention & interest.

Unit - III

1. Stages of development : Nature of growths & development, characteristics of various stages of growth & development.
2. Heridity & environment.
3. Individual differences.
4. ~~Products of development, Habits, complexer sentiments & characters.~~

Unit - IV

1. The learning process : Nature, Laws of learning, motivation in learning & learning curves.
2. Transfer of training.
3. Fatigue : Physical & Psychological aspects of fatigue.

Unit - V

1. Personality : Its meaning, Different types of personality, adjustment of Personality through Physical education.
2. i) Meaning & importance of statics in Physical Education.
ii) Meaning & Criteria of good test.
iii) Collection & Tabulation of data.
iv) Mean, Median & Mode.
v) Standard deviation, co-relation & co-efficient of co-relation & graphical representation. (histogram, polygon)

(7)

ORGANISATION, ADMINISTRATION, SUPERVISION OF PHYSICAL EDUCATION AND RECREATION

PAPER - III

Unit - I

1. Organisation : Definition of the term. Importance, Aim & objectives' guiding principles.
2. Facilities : Construction & care of Gymnasium, Swimming pool & Playfields.
3. Equipments : Need purchase, maintenance Issue & disposal.
4. Organisational different set up in the field of Physical education in the state & centre.
5. Records & register : Attendance, Tests, Health charts & records of extra curricular activities.

Unit - II

1. Administration : Definition of the term, meaning and Importance in Physical Education.
2. Programme Planning ; Principles & factors affecting the time table, preparation of time table scheduling the School sports. Problems of school sports, intramurals & extramurals.
3. Professional preparation, qualities of P E T. Problems faced by P.E.Ts
4. Budgets & Finance : Preparation of Budget, Administration, Rules for expenditure, forms & routines for payments & entries accounting & Auditing.

Unit - III

1. Supervision : Definition, need & purpose of supervision.
2. Nature of supervision in different types of Institutions.
3. Qualities of a Supervision
4. Techniques of Supervision .
Visitation (ii) Demonstration (iii) Bulletin (iv) Projects
(v) Conferences (vi) Personal counselling.

Unit - IV

1. Recreation : Meaning, significance & scope of recreation
2. Principles of recreation.
3. Types of Recreation (Rural, urban for the industrial organisation.
4. Planning the recreation Programme according to age groups.
5. Agencies, Promoting recreation.
6. Facilities of recreation & their use & development.

Unit - V

1. Camping : Meaning, Educational value, types of campings.
2. Leadership in camping qualities of camp leaders,
3. Location of a Camp (Principles, Sites & Plans)
4. Facilities in Camping . Health Safety, medical care & Precautions & transportations.
5. Food, purchasing, preparations.
6. Daily & weekly time table & selection of activities.

PAPER - IV**ANATOMY, PHYSIOLOGY AND HEALTH Education****Unit- I**

1. **Anatomy and physiology** : Definition of terms, origin and development of different biological system in human body
2. **Skeletal system** : Bones of the skeleton, structure and types of bones, joints & their movements, postures, Good & bad Remedies of postural defects Flat flt knce, different types of bad postures
3. **Muscular system** : Structure, properties & development. Types of muscles, Muscle tons, Muscle Pull, effect of exercise on muscles

Unit- II

1. **Circulatory system** : Structure of Heart, Blood v. sals, artories, v. sals capileries, constituents of blood, blood circulation in Heart, clotting of blood, blood pressure, effect of exercise on circulation
2. **Respiratory system** : Structure & function, organs of respiration physiology & mechanism of respiration effect of respiration
3. **Excretory system** : Organs of excretions, structure and function of kidney, structure & function of skin, temperature regulation, effect of exercise on the excretory organs

Unit- III

1. **Digestive system** : Organs of digestive enzymes, digestion, Absorption, excretion in the alimentary canal, effect of exercise on digestion.

2 Nervous system Organs Location & function of brain & its parts, centers of localisation, spinal cord. Autonomous nervous system, Reflex action, Nerve muscular co-ordination, effect of exercise on Nervous system

Health Education :

Unit- IV

- 1 Health Education : Definition of health, health education, health instruction, Health supervision, Health service & guidance, Instruction on personal hygiene, Medical Examination, follow-up work
2. Water sources : Importance of pure water & purification of water supply of pure drinking water in schools. Air & Ventilation importance of fresh air, method of providing food ventilation, Effect of lower ventilation of health.
- 3 School hygiene School building, Ventilation & light, seating arrangements, Urinals & Latrine, Sanitation & sanitary facilities
- 4 Dietetics : Food, its constituents, principle of nutrition, calories, caloric value of food, Balance diet for children/athletes under weight & over weight.
- 5 Infectious diseases & contagious diseases : Their causes & remedies, cholera, internal fever, Dysentery, Malaria plague, Diarrhoea, typhoid, whooping cough Aids.
6. Use & abuses of drugs & narcotics.

PAPER- V

METHOD OF PHYSICAL EDUCATION :

Unit- I

1. Meaning, definition & importance of method
2. Different types of methods . Command method, Oral method, Demonstration, imitation, dramatization Act-will, Set drill, Wholepart-whole, progressive part, observation & verbalisation method.
3. Presentation Techniques

Unit- II

1. Teaching of physical activities : Games of high organisation (Major games) minor games Tracle & field running, gymnastics pyramids, combatives, Jumping thtoo in callisthenics, Rhythimics & aquaties etc. Method of teaching Indian club, Dumb bells, wands etc.

Unit- III

1. Lesson planning : Types of lessons : General & particular.

2. Teaching Aids : Charts, Models film, black board.

3. Classification.

Unit- IV

Competition :

1) Competition (tournament) : Different types of knock out, tournaments Combination tournaments, knock-cum-league-cum-knockout, Extramural competitions, Methods of knockout.

2) Drawing fixtures of different types

Unit- V

1) Method of laying out different major games like, football, Hockey, Volleyball, Basketball, Kabaddi, Kho-Kho, Cricket, Handball, Softball, Throwball, Badminton court & tennikoit etc

2) Methods of laying out 200mts Track & 400mts Track for different Track events. Methods of laying out different circles & sectors in field for throwing & Jumping events for conducting standard sports meet

PAPER- VI

OFFICIATING AND COACHING :

Unit- I

- 1 Theory of Officiating : Meaning, Aim & Objective of Officiating
- 2 The qualities of a good Officials consistency Judgement, knowledge confidence etc.
- 3 Relations with organisers, coaches, captain, players & spectators etc
- 4 Different duties of officials pre-game, during the game & post-game
5. Improving the standard of officiating, study of up-to-date, rules of games practice of trainees, apprenticeship & ratings etc

Unit- II

1. Theory of coaching : Difference in Training, teaching & coaching in games & sports
2. Different purposes of teaching, coaching & training qualities knowledge & responsibilities of each
3. Qualities of a good P. E T qualities of good coach & qualities of a good trainer.
4. The use of psychology in Coaching : Individual are team development match play, tournaments.

Unit- III

1. Requisites of a champion ability, interest, fitness, pride, determination.
2. Condition, meaning & purpose.