

**HISTORY, PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION
(CORE PAPER)**

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Learning Objectives

1. To know the origin and development of Physical Education
2. Understand the basic concepts of physical education.
3. Know the historical development of physical education in India.
4. Understand the foundation of physical education.
5. Know the principles of physical education.
6. Know the psychological and sociological principles

Learning Course Outcome

1. Know the origin and development of Physical Education
2. Apply the knowledge of Olympism in organizing various sport activities.
3. Distinguish the functional operations on National and International Olympic Federations.
4. Analyze the concepts and issues pertaining to Physical Education.
5. Formulate the principles, philosophy and concepts about Physical Education
6. Peer Group Teaching and Discussion

Concept Teaching and Discussion on comparison of Theories of Play- Classification of Body types based on classroom samples- Discussion on Practical Applicability of Theories of Learning- Group Discussion on: Physical Education during Pre and Post-Independence.

UNIT I**12 Hours**

Meaning and Definition of Education, Physical Education, Physical Training and Physical culture. Aims and Objectives of Physical Education. Role of Physical Education in General Education. Theories of Play.

UNIT II**12 Hours**

Biological Foundations: Biological foundations of physical education - Hereditary traits - Muscle tone -Athletic heart- Unsynchronised development - Reciprocal innervations-Reflex arc - Vital capacity. Growth and Development at various Levels of Childhood: Pre - Adolescence –Adolescence – Adulthood. Differences in boys and girls. Chronological Age-Physiological Age and Mental Age. Classification of body types: Sheldon – Krestchmer.

UNIT III**12 Hours**

Learning: Meaning and Definition – Theories of Learning: Trial and Error theory, Conditioned Response theory, Insightful Learning. Laws of Learning: Law of readiness, Law of use and disuse, Law of effect, Law of Recency, Law of Frequency. Types of Learning: Primary, Associate, Concomitant; Transfer of Learning – Learning Curve.

UNIT IV

12 Hours

Physical Education in India: Pre Independence Period: Vedic age, Epic age, Muslim period, British period. Contributions of YMCA College of Physical Education. Physical Education in Ancient Greece (Sparta – Athens). Origin and Developments of: Ancient Olympic Games - Modern Olympic Games – Asian Games – Commonwealth Games. National Sports Day.

UNIT V

12 Hours

Post-Independence period: All India Council of Sports - National Discipline Scheme– NCC – NSO - NSS - Scouts and Guides - Sports Authority of India - Sports Development Authority of Tamil Nadu - School Games Federation of India - Association of Indian Universities - Indian Olympic Association. RDG-BDG-RDS. Awards: Arjuna award - Dronacharya award - Rajiv Gandhi Khel Rathna award.

Total Hours: 60 Hours

TEXT BOOK:

1. Baljit Singh, Principles of Physical Education, Sports Publication New Delhi, 2009.
2. Sanjay & A.Rawat, History,Principles and Foundation of Physical Education, Sports Publication New Delhi, 2015.

REFERENCES:

1. BevinsonPerinbaraj. S, History of Physical Education, Vinsi Publications, Karaikudi 2002.
2. Chandra Shekar. K, Foundation of Physical Education & Sports, Khel Sahitya Kendra, New Delhi, 2004.
3. Deepak Jain, Foundation of Physical Education, Sports Publication New Delhi, 2003.
4. Piyush Jain C.S.Tomar, History, Foundation of Physical Education And Educational Psychology, Khel Sahitya Kendra, New Delhi, 2006.
5. Shandra Shekar, Principles & History of Physical Education, Khel Sahitya Kendra, New Delhi, 2004.
6. Sharma O.P, History of Physical Education, Khel Sahitya Kendra, New Delhi, 2008.
7. SitaramSharam& Anil kr. Vanaik, Principles of Physical Education, Friends Publication, New Delhi, 2003.
8. Thelma Horn. Advances in Sports Psychology. Human Kinetics, 2002.

**ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION
(CORE PAPER)**

L	T	P	C
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Learning Objectives

1. Understand basic knowledge of Anatomy, Physiology of Human body and Human Health.
2. Implement the knowledge in the field of physical Education.
3. Demonstrate practical knowledge of basic scientific facts and principles underlying normal body structure and function

Learning Outcomes

1. Understand the basic principles of Anatomy, Physiology and Health Education
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of anatomy and physiology and co-relate the principles of physiology.
5. Appraise the effects of health condition during the training and practical sessions
6. Peer Group Teaching and Discussion Concept

Teaching and Discussion through Cell Structure with models prepared by the student Role Play: Practical Applicability of Assessing Vital Signs - Kidney Structure with models prepared by the student – Discussion on Local Health Issues. Awareness campaign on Communicable Discussion.

UNIT I**12 Hours**

Meaning and Definition of Anatomy and Physiology. Cell: Structure and functions of Cell- Tissues-Organs. Skeletal System: Structure and functions of Skeletal System. Axial and Appendicular Skeleton Joints: Definition - Classification of Joints, Types of Muscles.

UNIT II**12 Hours**

Cardio Respiratory System: Structure and Functions of Heart. Functions of Blood - Composition of Blood - Blood groups - Blood clotting. Cardiac Cycle, Types of Blood circulation. Respiratory System: Respiratory Passage, Structure and functions of Lungs, Exchange of Gases - Mechanism of respiration. Assessing and measuring Vital signs: Heart rate – Temperature – Respiratory rate – blood pressure.

UNIT III**12 Hours**

Digestive System: Structure and functions of Tongue, Teeth, salivary glands, Stomach, Small and Large Intestine, liver, gall bladder and pancreas. Excretory system: Kidney, Parts of the urinary system - Urine-Normal contents, normal urine formation with basic structure of nephron, Structure and functions of Skin. Endocrine system: Location and functions of Endocrine glands- Pituitary, Thyroid, Parathyroid, Adrenalin and Sex glands.

UNIT IV**12 Hours**

Nervous System: Structure and functions of Neuron. Structure and functions of brain– Cerebrum – Cerebellum - Medulla oblongata – Spinal cord-Reflex action – Motor end Plates. Types of nervous system: Central, Autonomous, Sympathetic and Parasympathetic Nervous Systems. Structure and functions of Eye and Ear.

UNIT V**12 Hours**

Health Education: Meaning and Definition – Factors influencing Health: Heredity and Environment. Infection, Immunity and Immunization – Public health measures to combat infection. Common communicable Diseases: Definition – Causes, Symptoms, Mode of Transmission and Prevention : Malaria – Filariasis – Typhoid – Cholera - Measles - Mumps - Whooping Cough - Chicken Pox – Dysentery - Dengue - AIDS. Personal Hygiene – School health Programme – Health Instruction – Health Services – Health Supervision.

Total Hours: 60 Hours**TEXT BOOK:**

1. Ram Mohun Mojumdar, Anatomy and Physiology, Sports Publication, New Delhi, 2009.
2. Sushil Lega, Nitranjan Singh, Ashok Sharma & Dinesh Saini, Anatomy & Physiology, Sports Publication, New Delhi, 2015.

REFERENCES:

1. Authors Guide, Standards for Assessing, Measuring and Monitoring Vital Signs in Infants, Children and Young People , Royal College of Nursing Publication, London, 2013.
2. Dharmendra Prakash Bhatt, Health Education, Khel Sahitya Kendra, New Delhi, 2008.
3. Eldra Pearl Soloman, Introduction to Human Anatomy and Physiology, Elsevier & Division of Reed, Elsevier India Private Limited, Nodia, 2009.
4. Krishna Garg, General Anatomy, CBS Publisher & Distributors, New Delhi, 2018.
5. Krishna Garg, Human Anatomy, CBS Publisher & Distributors, New Delhi, 2016.
6. Muruges, Anatomy Physiology and Health Education, Sathya Publishers, Madurai, 2006.
7. Priyanka Narang, Teaching Health Education, Sports Publication, New Delhi, 2006.
8. Sivaramakrishnan. S, Anatomy and Physiology, Friends publication, New Delhi 2002.

**YOGA EDUCATION
(CORE PAPER)**

L	T	P	C
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Learning Objectives

1. To understand and apply the underlying concepts of Yoga
2. To promote knowledge and awareness of skeletal alignment and body mechanics, emphasizing a safe and intelligent use of the body
3. To cultivate breath control, relaxation techniques and kinesthetic awareness

Learning Outcomes

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyze the techniques and of body posture to bring out healthy change.
5. Able to execute loosening exercise, Asanas, Pranayama and Shatkriyas.
6. Peer Group Teaching and Discussion Concept

Group Discussion and Preparation for Yoga Day Celebration – Yoga Awareness Programme- Importance of Yogic Diet. Teaching Yogic Postures with simplified models developed by the students.

UNIT I**12 Hours**

Yoga: Meaning and Definition. Origin and History – Yoga Sutra – Hatha yoga texts. Systems of Yoga: Karma yoga - Jnana yoga - Bhakthi yoga - Raja yoga. Eight limbs of yoga: Yama – Niyama – Asana – Pranayama – Pratyahara – Dharana – Dhyana – Samadhi. International Yoga Day – Yogic Diet.

UNIT II**12 Hours**

Effect of yoga on various systems of the body: Muscular system – Circulatory system – Endocrine system – Respiratory system – Nervous system – Digestive system – Yoga for Physical Fitness, Yoga for Health and Wellness. Yoga for Diseases.

UNIT III**12 Hours**

Loosening the joints - Suryanamaskar (Bihar school of yoga). Meaning of Asana – Classification – Guidelines for practicing asanas, Do's and Don'ts - differences between asanas and physical exercises - Techniques and benefits. Standing Asana: Vrikshasana – Trikonasana – Padhahastasana. Seated Asanas: Siddhasana-Padmasana-Paschimottanasana. Inverted asanas: Sarvangasana – Halasana. Prone position: Mayurasana– Shirshasana. Back bend asanas: Bhujangasana, Salabhasana, Dhanurasana, Ustrasana. Supine position: Navasana, Suptavajrasana, Twisting Vakrasana, Ardhamatsyendrasana, Kukkutasana.

UNIT IV**12 Hours**

Pranayama: Definition, Types and Benefits: NadiShodhana, Surya Bhedana, Chandra bhedana, Kapalabhati, Bhastrika, Sheetkari, Sheetal, Bhramari – Ujjayi. Nadi: Ida, Pingala, Sushumna.

UNIT V**12 Hours**

Techniques and Benefits of Shat kriyas: Neti (Jala, Sutra) Dhauti (Vamana, vastra) Bhasti, Nauli, Trataka, Kapalabhati, YogaNidra. Meditation: Meaning and benefits. Bandhas and Mudras: Meaning and benefits.

Total Hours: 60 Hours**TEXT BOOK:**

1. Gore, Makarand Madhukar, Anatomy and Physiology of Yogic Practices, New Age Books Publisher, 2007.
2. Tarak Nath Pramanik, Yoga Education , Sports Publication, New Delhi, 2018.

REFERENCES:

1. Authors Guide, International Day of Yoga, Common Yoga Protocol, Ministry of AYUSH, Government of India, Delhi, 2015.
2. Daniel Lacerda, 2100 Asanas: The Complete Yoga Poses, Black Dog & Leventhal Publishers, 2016.
3. Iyengar, B. K. S, Light on Yoga, Harper Collins Publishers, New Delhi, 2000.
4. Moorthy .A.M & Alagesan. S, Yoga Therapy, Teachers Publication House, Coimbatore, 2004.
5. Satya Prakash Singh, Yoga and Depth Psychology, Aravali Books International Publisher, 2002.
6. Sivananda, the New Book of Yoga, Ebury Publishing, 2000.
7. Swami Kuvalyananda , Scientific Survey Yogic Poses Extract from the book Asana, Kaivalyadhama Publisher, 2006.
8. Swami Satyanand Saraswati, Yoga Nidra, Yoga Publications Trust, 2001.
9. Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha, Bihar School of Yoga, Publisher 2013.

**SPORTS TRAINING
(CORE PAPER)**

L	T	P	C
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Learning Objectives

1. Understand the fundamental concepts of sports training.
2. Fix and adopt the training load
3. Prepare the sports person for the competition

Learning Outcomes

1. Understand training as performance based science
2. Explain different means and methods of various training
3. Prepare training schedule for various sports and games
4. Appraise types of periodization for performance development
5. Create various training facilities and plans for novice to advance performers
6. Peer Group Teaching and Discussion Concept

Group Discussion on Training Load of Elite Athletes - Preparation of Training Schedules for Game of their Choice. Preparation of Exercise for Demonstration with Training Gadgets.

UNIT I**12 Hours**

Sports Training: Meaning, Definition, Characteristics and Principles – Training Load: External and Internal Load - Principles of Training Load – Overload: Symptoms and Tackling – Periodization : Types, Aims and Content of Various Periods – Preparatory, Competition and Transition – Plan : Short term and Long term

UNIT II**12 Hours**

Warming Up: Definition – Types – Importance of Warming Up – Types of Sports Training and their Purpose: Weight Training (Free Weight and Machine Weights) – Circuit Training – Interval Training – Plyometric Training - Fartlek Training – Swiss Ball Training – Medicine Ball Training – Cross Training.

UNIT III**12 Hours**

Strength - Definition of strength - Types of Strength: Maximum strength, explosive strength, strength endurance, general strength, specific strength, relative strength. Importance of strength- Factors determining strength- Training method for strength improvement - Loading procedure for strength training.

UNIT IV**12 Hours**

Speed - Definition of speed - Forms of speed, reaction speed, movement speed, acceleration ability, loco-motor ability. Speed endurance - Factors determining speed performance - Training methods for increasing speed.

UNIT V

12 Hours

Endurance: Definition – Types – Importance – Training Methods for improving Endurance – Coordinative Abilities: Definition – Types and Training Methods for Improving Coordinative Abilities – Flexibility: Definition – Types - Methods for Improving Flexibility

Total Hours: 60 Hours

TEXT BOOK:

1. Hardayal Singh, Sports Training - General Theory and Methods, NSNIS, Patiala, 2005.
2. Mahaboobjan A. & Viswejan. U, Sports Training, Khel Sahitya Kendra, New Delhi, 2010.

REFERENCES:

1. Authors Guide, Rules of Games and Sports, YMCA Publishing House, New Delhi, 2002.
2. Daniel D. Arnheim & William E. Prentice, Arnheim's Principles of Athletic Training, 2002, 11th Edition.
3. Gangopaddhayoy, S. R, Encyclopaedia of Sports Training, Sport Publication, New Delhi, 2008.
4. Jadhav K.G, Principles of Sports Training, Khel Sahitya Kendra, New Delhi, 2010.
5. Klafs., & D,Arnheim, Modern Principles of Athletic Training, C. V. Mosphy Company, St.Louis, 2000.
6. Krishna Murthy, J, Training of Physical Education Students, Verma Publication, New Delhi, 2007.
7. Monaco Cedex, IAAF Competition Rules 2014-2015, IAAF Publishing, 2014.
8. Satyanarayana V, Sports Training, Sports Publication, New Delhi, 2018.
9. Yograj Thani, Sports Training, Sports Publication, New Delhi, 2003.

**ORGANIZATION, ADMINISTRATION AND METHODS IN
PHYSICAL EDUCATION
(CORE PAPER)**

L	T	P	C
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Learning Objectives

1. Innovative approach to leadership preparation with special consideration to ethical and social responsible teachers
2. Advanced understanding and demonstration of teacher professionalism and ethical behaviors in sport pedagogy
3. Understanding of schools as learning organization and increased working relationship with physical education teachers

Learning Outcomes

1. Understand the principles and process of Administration and Management
2. Administer physical education and sports programs in schools.
3. Develop appropriate physical education curriculum, tools and budget to manage school programs
4. Appraise and manage physical education facilities and personnel in school
5. Design tournament fixtures and structures to organize competitions
6. Peer Group Teaching and Discussion Concept

Preparation of Physical Education Time Table based on availability of Staff Strength, Student Strength and Facilities available. Role Play on Administration of physical education and sports programme in educational institutions. Teaching and Drawing fixtures for competitions.

UNIT I**12 Hours**

Meaning of organization and administration. Importance of organization, administration, guiding principles of organization. Organization scheme and physical education in schools, Colleges, Universities, Districts, States. Teaching-load and teacher pupil ratio.

UNIT II**12 Hours**

Types and preparation of time table: Types of physical education periods, Types of records, registers and reports to be maintained in Physical Education.

Finance and budget: Sources of Income- Approved items of expenditure. Rules for the utilization of games fund or physical education fund. Preparation and administration of budget and accounting.

UNIT III**12 Hours**

Qualities and Qualifications of Physical Education Personnel. Guiding principles of supervision: Qualities and qualification of a supervisor –Techniques of Supervision: Visitation – Periodical – Surprise – Request- Social, Visitation procedure – Report on the visit.

UNIT IV**12 Hours**

Method: Meaning – Factors influencing method, Presentation techniques: Planning - Presentation – Steps in the way of presentation. Teaching aids – Class management – General – Specific – Principles to be adopted for good class management. Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan. Command: Response Command – Rhythmic Command. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods.

UNIT V**12 Hours**

Tournaments – Meaning-Types. Method of drawing fixtures for knock out/ elimination - league/ Round Robin. Combination Tournament: Knock out – cum – knock out, knock out – cum – league, league – cum – league, league – cum – knock out. Challenge Tournament. Intramural – Extramural; Sports Meet: Standard sports meet – Non-standard sports meet. Play day.

Total Hours: 60 Hours**TEXT BOOK:**

1. Jawaid Ali, Organization and Administration in Physical Education & Sports, Khel Sahitya Kendra, New Delhi, 2009.
2. Shekar K.C., Organization, Methods and Supervision in Physical Education, Khel Sahitya Kendra, New Delhi, 2008.

REFERENCES:

1. Athicha Pillai & Bevinson perinbaraj, Methods In Physical Education, Alagappa University, Karaikudi, 2006.
2. Bevinson Perinbaraj S, Methods in Physical Education, Vinsi Agencies, 2010.
3. Borkar, Organization & Administration in Physical Education, Sports Publication, New Delhi, 2018.
4. Kamlesh & Sangral, Methods in Physical Education, Tandon Publications, 2010.
5. Mahaboobjan A, Organization & Administration in Physical Education, Khel Sahitya Kendra, New Delhi, 2013.
6. Michael W. Metzler, Instructional Models for Physical Education, Allyn and Bacon, London, 2000.
7. Sahil K.Borkar, Organization and Administration in Physical Education, Sports Publication, New Delhi, 2015.
8. Sharad Chandra Mishra, Methods of Physical Education, Sports Publication, New Delhi, 2009.
9. Vishan Singh Rathore, Administration & Organization in Physical Education, Sports Publication, New Delhi, 2013.

**THEORIES OF SPORTS AND GAMES,
COACHING AND OFFICIATING- PART I
(CORE PAPER)**

L	T	P	C
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Learning Objectives

1. To understand the concept of Track and Field Marking and Officiating
2. To understand and apply various skills.
3. To promote knowledge and awareness of rules and regulation.
4. To know about the various games in detail

Learning Outcomes

1. Able to mark Track and Field and Officiate
2. Able to understand the rules of the games and sports
3. Able to give seeding and Heats in Track and Field. Combined Events.
4. Design and practice the new methods of technique of officiating.
5. Peer Group Teaching and Discussion Concept

Preparation for practical implication of track and field marking. Role Play on as Officials for the Track and Field and other Games. Preparing Models for teaching the Measurement and Markings. Discussion on Tie Breaking with suitable examples.

UNIT I**12 Hours**

History of Athletics: World and India. Marking and Measurements of Non Standard Track (200m). Marking and Measurements of Field Events

UNIT II**12 Hours**

Marking and Measurements of Standard Track (400m), Cross Country, Road Running, Ultra Running and Mountain Running

UNIT III**12 Hours**

Rules and Interpretation of Track and Field Events – Duties of Officials in Track and Field Events. Methods of arranging Seeding and Heats in Track and Field Events – Score Sheets for Track and Field Events, Combined Events (Triathlon – Pentathlon – Heptathlon -Decathlon)

UNIT IV**12 Hours**

World and Indian History, Rules and Interpretation, Marking and Measurements of Play Fields and Standard Equipments for the following games: Basketball, Football, Handball, Volleyball, Cricket and Hockey.

UNIT V

12 Hours

Coaching: Meaning and Definition. Teaching, Training and Coaching – Philosophy of Coaching – Qualification and Qualities of a Coach.

Total Hours: 60 Hours

TEXT BOOK:

1. Govindarajulu & Rakesh Gupta, Layout and Marking of Track and Field, Friends Publication, New Delhi, 2010.
2. Pradeep K Biswal, Theory of Sports and Games, Sports Publication, New Delhi, 2017.

REFERENCES:

1. Aneja O.P, How to Play Basketball, Sports Publications, New Delhi, 2016.
2. Authors Guide, IAAF Competition Rules 2017-2018, IAAF Publishing, Monaco Cedex, 2017.
3. Brar T.S, Track And Field (Officiating Techniques), Friends Publications, 2004.
4. Parmod Kumar Sethi, Sports Coaching & Officiating, Sports Publications, New Delhi, 2015.
5. Deepak Jain, How to Play Handball, Sports Publications, New Delhi, 2016.
6. Kalpana Sharma, Rules of Games and Sports. Khel Sahitya Kendra, New Delhi, 2018.
7. Kutty S K, Fielding Drills in Cricket, Sports Publications, New Delhi, 2008.
8. Lal D.C, Skills and Tactics Football, Sports Publications, New Delhi, 2007.
9. Mariayya & Alagesan, Track and Field, Teachers Publication, 2015,
10. Mariayya P., Volleyball, Teacher Publishing House, 2010.
11. Monika Arora, Hockey Coaching Manual, Sports Publications, New Delhi, 2005.
12. Pradeep K Biswal, Theory of Sports and Games, Sports Publication, New Delhi, 2017.
13. Yograj Thani, Encyclopaedia of Track And Field (Vol-3), Sports Publications, New Delhi, 2003.

**MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION
(CORE PAPER)**

L	T	P	C
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Learning Objectives

1. Administer a variety of tests as they apply to physical education, health and fitness.
2. Analyze and evaluate various fitness movements
3. Create interest in research through test and measurement

Learning Outcomes

1. Understand the basics of Test, Measurement and Evaluation in physical education, Health and Fitness.
2. Know about the different types of test for different sports and games.
3. Apply the tests in minor research areas.
4. Analyze the performance and movements in the field of sports.
5. Evaluate the battery test and others tests prescribed by the government efficiently.
6. Peer Group Teaching and Discussion Concept

Group Discussion on Duties of Test Administration. Role Play as Tester and Subjects. Teaching the above tests in the practical setting with peer students under the supervision of Teacher.

UNIT I**12 Hours**

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Test and Measurement in Physical Education

UNIT II**12 Hours**

Criteria and Administration Of test: Criteria of Test: Scientific Authenticity – Reliability, Objectivity, Validity, Availability of Norms, Administrative Feasibility and Education Application. Administration of Test: Duties of Advance Preparation – Duties during testing – Duties after testing

UNIT III**12 Hours**

Physical Fitness Test: AAPHERD Health Related Fitness Battery (Revised in 1984)– Roger’s Physical Fitness Index. Cardio Vascular Test: Harvard Step Test, 12 Minutes Run /Walk Test, Multi Stage Fitness Test (Beep Test). Motor Fitness: Indiana Motor Fitness Test (for elementary and high school boys, girls and college men), JCR Test. SDAT World Beaters Battery Test for High School Boys and Girls.

UNIT IV**12 Hours**

Sports Skill Test: Badminton: Miller Wall Volley Test – French Short Service Test, Basketball: Johnson Basketball Test – Leilich Basketball Test, Hockey: Firedal Field Hockey Test, Schimithal French Field Hockey Test.

UNIT V**12 Hours**

Sports Skill Test: Football: Johnson Soccer Test – McDonald Soccer Test.
Tennis: Dyer Tennis Test, Volleyball: Brady Volleyball Test – Rusel Lange Volleyball Test.

Total Hours: 60 Hours**TEXT BOOK:**

1. Shekar, K.C., Measurement & Evaluation in Physical Education, Khel Sahitya Kendra, New Delhi, 2006.
2. Mishra, Measurement and Evaluation in Physical Education, Sports Publication, New Delhi, 2017.

REFERENCES:

1. Anjali P. Thakare, Test, Measurement and Evaluation in Physical Education, Sports Publication, 2019, Second Edition.
2. Bari M. A., Pasodi M.S., Ataulah Md. & Jagirdar M.K., Test, Measurement and Evaluation in Physical Education, Khel Sahitya Kendra, New Delhi, 2015.
3. Gupta A.K., Tests & Measurements in Physical Education, Sports Publication, New Delhi, 2003.
4. Hemant J. Verma, Test, Measurement & Evaluation and Skill - Testing in Selected Sports, Sports Publication, New Delhi, 2015.
5. Hennery Allan Lipman, Measurement and Evaluation in Physical Education, Friends Publications, New Delhi, 2009.
6. Mahaboobjan A., Test Measurement and Evaluation in Physical Education, Kalpaz Publication, New Delhi, 2013.
7. Sharma J.P., Test and Measurements in Physical Education, Khel Sahitya Kendra, New Delhi, 2006.
8. Sharad Chandra Mishra, Test & Measurements in Physical Education, Sports Publication, New Delhi, 2005.
9. Vijayalakshmi, Evaluation in Physical Education, Friends Publications, New Delhi, 2006.

**RESEARCH AND STATISTICS IN PHYSICAL EDUCATION
(CORE PAPER)**

L	T	P	C
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Learning Objectives

1. Gain knowledge about research and statistics
2. To testing the existing theories/trainings and modifying
3. To develop systematic and scientific approach and ability to interpret the data.

Learning Outcomes

1. Identify the research problem in the field of physical Education and sports
2. Know to summarize the various research literature
3. Understand and apply the basics of statistics in research.
4. Organize the samples and sampling techniques, which is relevant to the study.
5. Peer Group Teaching and Discussion Concept

Group Discussion on Qualities of Good Researcher and Criteria for Selecting Good Research. Discussion with Research Problem: Selection of Variables, Tools, Data Analysis and Report Writing. Working out Statistical Problems.

UNIT I**12 Hours**

Meaning and Definition of Research -Need, Nature and Scope of research in Physical Education. Classification of Research: Basic Research, Applied Research, Action Research. Location of Research Problem - Criteria for selection of a problem. Qualities of a good researcher.

UNIT II**12 Hours**

Meaning and Definition of Hypothesis. Formulation of Hypothesis. Experimental Methods of Research: Meaning of variable - Types of Variables - Meaning and Nature of experimental Research. Types of Experimental Design: Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

UNIT III**12 Hours**

Report Writing: Front Materials, Body of Thesis – Back Materials. Method of Writing Research Proposal, Thesis / Dissertation: Method of Writing Abstract, Mechanics of Writing Research Report, Bibliography Writing.

UNIT IV**12 Hours**

Meaning and Definition of Statistics. Need and importance of Statistics. Types of Statistics. Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency -Mean, Median and Mode.

UNIT V

12 Hours

Meaning, Purpose, Calculation and advantages of Range, Quartile Deviation, Mean Deviation, Standard Deviation., Probable Error. Meaning, Purpose, Calculation and advantages of Scoring scales: Sigma scale, Z Scale, Hull scale. Graphical Representation in Statistics: Line Diagram, Pie diagram, bar diagram, Histogram, Frequency Polygon, Ogive Curve.

Total Hours: 60 Hours

TEXT BOOK:

1. Mahaboobjan. A, Research Methodology in Physical Education, Kalpaz Publications, New Delhi, 2010.
2. Mishra, Research & Statistics in Physical Education, Sports Publication, New Delhi, 2017.

REFERENCES:

1. Abu Sufiyan Zilli, NarederK.Chadha, Research Methods for Sports Scientists, Friends Publication, New Delhi, 2001.
2. BasavarajVastrad, Methodology of Research in Physical Education and Sports Science, Khel Sahitya Kendra, New Delhi, 2010.
3. Kamlesh, M.L., Methodology of Research in Physical Education and Sports (Fourth Edition), Sports Publication, New Delhi, 2015.
4. Mahesh Chand Sharma and Dinesh Chandra K, Research Methods and Statistics in Physical Education, Sports Publication, New Delhi, 2014.
5. RokadePandharinath. R, Statistics and Computer Application in Physical Education, Lakshay Publication, New Delhi, 2013.
6. Sivaramakrishnan. S., Statistics for Physical Education, Friends Publication, Delhi, 2006.
7. Subramanian.R, Thirumalai Kumar S & Arumugam.C, Research Methods in Health, Physical Education and Sports, Friends Publication, New Delhi, 2010.
8. Suresh Kutty. K, Research Methods in Physical Education, Sports Publication, New Delhi, 2015.
9. Yobu. A, Research Process in Physical Education and sports, Friends Publication, New Delhi, (2008).

**SPORTS MANAGEMENT, RECREATION AND CAMPING
(CORE PAPER)**

L	T	P	C
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Learning Objectives

1. To identify the basic principles of Sports Management.
2. To know about organizational management and leadership.
3. To identify important issues and future trends in the field of sports management

Learning Outcome

1. Know sports management and employ principles of strategic planning, and financial and human resource management.
2. Assess marketing needs and formulate short term and long-term solutions.
3. Develop critical thinking in analysing sport management issues and in managerial planning and decision-making.
4. Able to organize recreational camp and activities.
5. Peer Group Teaching and Discussion Concept

Preparation and Discussion on Sports Event Management. Discussion on Budget for annual programme and special programmes. Teaching and Discussion on organizing recreational camp and activities.

UNIT I**12 Hours**

Meaning and Definition of Sports Management – Scope of Sports Management – Progressive Concept of Sports Management – Essential Skills of Sports Management – Qualities and Competencies required for the Sports Manager.

UNIT II**12 Hours**

Meaning and Definition of Leadership, Methods, Style, Elements – Forms of Leadership – Autocratic, Laissez – Faire, Democratic. Administrative Leader: Preparation and Qualities of Leadership and Organizational Performance – Professional Ethics.

UNIT III**12 Hours**

Sports Management – Planning of School, College and University Sports Programme – Factors affecting Planning – Directing and Controlling of School College and University Sports Programme – Developing Performance Standard – The Reward and Punishment System.

UNIT IV**12 Hours**

Recreation: Meaning, Definition, Aim, Objectives, Scope and Significance of Recreation. Agencies offering Recreation: Home, Governmental, Voluntary, Private, Commercial - Recreation in Rural, Urban, Community and Industrial – Areas, Facilities, Equipment and their Maintenance.

UNIT V**12 Hours**

Camping - Definition and Meaning – Scope and significance of Camping – Types of Camps – Selection and layout of campsites – organization and administration of camps – camp programmes and activities – Evaluation of camp work.

Total Hours: 60 Hours**TEXT BOOK:**

1. Deepak Jain, Physical Education and Recreational Activities, Khel Sahitya Kendra, Delhi, 2007.
2. Satyanarayana V, Sports Management, Sports Publication, New Delhi, 2017.

REFERENCES:

1. Jaswal S.S., Sushil Lega & Baljeet Girdhar, Community Games and Recreational Activities, Sports publication, 2012.
2. Kulbir Singh, Sports Management and Curriculum Design in Physical Education, Sports Publication, 2015.
3. Mandeep Thour, Camping Management in Physical Education, Friends Publication, 2006.
4. Samiran Chakraborty, Sports Management, Prerna Prakashan, 2007.
5. Santanu Patar & Kallal Chatterjee Hand Book Of Recreation Games, Angel Publication, 2014.
6. Vivek Solanki, Sports Management, Khel Sahitya Kendra, 2010.
7. Williams, J.F, Principles of Physical Education, College Book House, Meerut, 2003.
8. Yadvinder Singh, Sports Management, LakshayPublication, 2005.

**THEORIES OF SPORTS AND GAMES, COACHING AND
OFFICIATING- PART II
(CORE PAPER)**

L	T	P	C
4	0	0	4

Learning Objectives

1. To understand and apply various skills.
2. To promote knowledge and awareness of rules and regulation.
3. To know about the various games in detail

Learning Outcomes

1. Know the fundamental of all the games and sports
2. Understand the rules of all the games and sports.
3. Preparing the students for the competition.
4. Classify the students accordingly for various games and sports.
5. Design and practice the new methods of technique and training.
6. Peer Group Teaching and Discussion Concept

Preparation for practical implication of play field marking. Role Play on as Officials for the competitors in specific situations. Preparing Models for teaching the Measurement and Markings. Discussion on Tie Breaking with suitable examples.

UNIT I**12 Hours**

World and Indian History – Marking and Measurements of Play Fields and Standard Equipment for the following games: Badminton, Ball Badminton, Lawn Tennis and Table Tennis.

UNIT II**12 Hours**

World and Indian History – Marking and Measurements of Play Fields and Standard Equipment for the following games: Kabaddi, Kho-Kho, Netball, Softball, Swimming.

UNIT III**12 Hours**

Rules and Interpretations: Duties of Officials, Methods of Breaking Ties, Mechanism and System of Officiating, Official signals of the following games and sports: Badminton, Ball Badminton, Lawn Tennis and Table Tennis.

UNIT IV**12 Hours**

Rules and Interpretations: Duties of Officials, Methods of Breaking Ties, Mechanism and System of Officiating, Official signals of the following games and sports: Kabaddi, Kho-Kho. Eligibility rules for Inter- School Tournaments: RDG, BDG, RDS and SGFI Tournaments. Eligibility Rules for Inter University and Inter Collegiate Tournaments.

UNIT V

12 Hours

Rules and Interpretations: Duties of Officials, Methods of Breaking Ties, Mechanism and System of Officiating, Official signals of the following games and sports: Netball, Softball, Swimming.

Total Hours: 60 Hours

TEXT BOOK:

1. Kalpana Sharma, Rules of Games and Sports. Khel Sahitya Kendra, New Delhi, 2018.
2. Pradeep K. Biswal, Theory of Sports and Games, Sports Publication, New Delhi, 2017.

REFERENCES:

1. Jagdish Raj Sharma & Renu Sharma, Netball A Players Guide, Friends Publication, New Delhi, 1999.
2. Jain D, Table Tennis Skills & Rules, Khel Sahitya Kendra, New Delhi, 2005.
3. Kaur, Officiating and Coaching, Sports Publication, New Delhi, 2018.
4. Krik Walker, The Softball Drill Book, Human Kinetics, 2007
5. Mariayya P & Alagesan S, Kabaddi Games, Teacher Publishing House, 2007.
6. Mariayya P, Kho-Kho Games, Teacher Publishing House, 2010.
7. Narang P. Swimming Rule Book 2004, Sports Publication, New Delhi, 2004.
8. Subhash Kumar, Badminton Skills & Techniques, Khel Sahitya Kendra, New Delhi, 2006.
9. Wallis Myers A, Teaching & Coaching Lawn Tennis, Sports Publication, New Delhi, 2006.

**KINESIOLOGY AND BIOMECHANICS
(CORE PAPER)**

L	T	P	C
4	0	0	4

Learning Objectives

1. Know the scientific principles of body movements
2. Know the mechanical analysis of sports
3. Know the importance of kinesiology and biomechanics to Physical Education teacher, athletes and coaches.

Learning Outcomes

1. Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.
2. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
3. Know effectiveness of human movement using mechanical principles.
4. Peer Group Teaching and Discussion Concept

Preparation of Models for teaching origin, insertion and actions of Muscle. Discussion on Biomechanical Principles involved in fundamental movements and Game Skill Variables.

UNIT I**12 Hours**

Introduction to Kinesiology and Sports Biomechanics: Meaning and Definition of Kinesiology and Sports Biomechanics. Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches. Terminology of Fundamental Movements. Fundamental concepts of following terms: Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

UNIT II**12 Hours**

Fundamental Concept of Anatomy and Physiology: Joints and Muscles, Types of Muscle Contractions. Posture: Meaning, Types and Importance of good posture. Fundamental concepts of following terms: Angle of Pull, All or None Law, Reciprocal Innervations.

UNIT III**12 Hours**

Mechanical Concepts: Force - Meaning, definition, types and its application to sports activities. Lever - Meaning, definition, types and its application to human body. Newton's Laws of Motion – Meaning, definition and its application to sports activities. Projectile – Factors influencing projectile trajectory.

UNIT IV**12 Hours**

Kinematics and Kinetics of Human Movement: Linear Kinematics – Distance and Displacement, speed and velocity, Acceleration Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration. Linear Kinetics – Inertia, Mass, Momentum, Friction. Angular Kinetics – Moment of inertia, Couple, Stability.

UNIT V**12 Hours**

Biomechanical Analysis: Biomechanical Analysis of following Track and Field Events: Running – Sprinting - Middle Distance Running- Long Distance Running, Jumping, Pushing or Pulling, Throwing Events. Biomechanical Analysis of Skill of Major Games.

Total Hours: 60 Hours**TEXT BOOK:**

1. Rout M, Kinesiology and Bio Mechanics, Sports Publication, New Delhi, 2017.
2. Mahaboobjan A, Kinesiology and Biomechanics, Khel Sahitya Kendra, New Delhi, 2010.

REFERENCES:

1. Jogishwar Goswami, Essential Tips Basic Kinesiology, Friends Publications, New Delhi, 2007.
2. Piyush Jain, Kinesiology, Care of Athletic Injuries and Health Education, Khel Sahitya Kendra, New Delhi, 2009.
3. Shekar K.C, Kinesiology, Khel Sahitya Kendra, New Delhi, 2009.
4. Sinku Kumar Singh, Biomechanics and Kinesiology of Human Motion, Khel Sahitya Kendra, New Delhi, 2009.
5. Sinku Kumar Singh, Biomechanics in Sports, Khel Sahitya Kendra, New Delhi, 2009.
6. Vibha Gupta, Kinesiology, Biomechanics and Sports Injuries, Sports Publication, New Delhi, 2015.
7. Vijaya Lakshmi, Biomechanics of Body Movements in Sports, Khel Sahitya Kendra, New Delhi, 2005.
8. Vishan Singh Rathore, Sports Biomechanics, Sports Publication, New Delhi, 2013.

SPORTS PSYCHOLOGY AND SOCIOLOGY**(CORE PAPER)**

L	T	P	C
4	0	0	4

Learning Objectives

1. To know and to understand the sportsperson behavior.
2. To know the various psychological factors affecting sport performance.
3. To know the relationship of the sports person with society in various sports settings.

Learning Outcomes

1. Explain group mechanisms and group psychology in a sports context
2. Reflect upon motivational psychology as applied to sports activities
3. Formulate relevant constructs of exercise psychology
4. Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically based opinions.
5. To apply core sociological theories to specific social problems in order to analyze social problems.
6. Peer Group Teaching and Discussion Concept
Group Discussion on Role of Sports Psychology. Role Play as Player, Coach, and Psychologist. Group Discussion on: Current Problems in Sports and Future Directions – Sports Social Crisis Management -Gender inequalities in Sports.

UNIT I**12 Hours**

Meaning, Definition, Need and Importance of Sports Psychology. Motor Learning: Basic Considerations in Motor Learning – Motor Perception - Factors Affecting Perception – Perceptual Mechanism. Intelligent Quotient.

UNIT II**12 Hours**

Personality: Meaning, Definition, Structure, Types, Effects of Personality on Sports Performance. Motivation: Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation. Theories and Dynamic of Motivation in sports.

UNIT III**12 Hours**

Anxiety: Meaning and Definition, Nature, Causes, Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Aggression and Sports Performance. Self-Concept: Meaning and Definition

UNIT IV

12 Hours

Sports Sociology: Meaning and Definition – Sports and Socialization of Individual, Sports as Social Institution. National Integration through Sports. Fans and Spectators: Meaning and definition, Advantages and disadvantages of Sports Performance. Leadership: Meaning, Definition, types. Leadership and Sports Performance.

UNIT V

12 Hours

Group: Meaning and Definition, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics. Current Problems in Sports and Future Directions – Sports Social Crisis Management - Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports.

Total Hours: 60 Hours

TEXT BOOK:

1. Thelma Horn, Advances in Sports Psychology. Human Kinetic, 2002.
2. Satyanarayan V, Sports Psychology and Sociology, Sports Publication, 2018.

REFERENCES:

1. Authors Guide, National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, National Council of Educational Research and Training Publication, New Delhi, 2013.
2. Jay Coakley, Sports in Society - Issues and Controversies in International Education, Mc-Craw, 2001. Seventh Ed.
3. John D Lauther, Psychology of Coaching. Prenticce Hall Inc, 2000.
4. Jain, Sports Sociology, Heal SahetyKendre Publishers, 2002.
5. John D.Lauther, Sports Psychology. Englewood, Prentice Hall Inc, 1998.
6. MirosławVauks & Bryant Cratty, Psychology and the Superior Athlete, The Macmillan Co, London, 1999.
7. Richard & J. Crisp Essential Social Psychology, Sage Publications, 2000.
8. Robert N. Singer, Motor Learning and Human Performance, The Macmillan Co, New York, 2001.
9. Whiting, K, Karman, Hendry L.B & Jones M.G, Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers, 1999.

**SPORTS NUTRITION AND WEIGHT MANAGEMENT
DISCIPLINE SPECIFIC ELECTIVE COURSE**

L	T	P	C
4	0	0	4

Learning Objectives

1. Identify dietary carbohydrate and protein sources, Identify proper hydration principles and discuss the importance of hydration for physical performance
2. Demonstrate knowledge of a healthy diet for physical performance and demonstrate an ability to utilize this knowledge to complete a self-diet critique.
3. Demonstrate an understanding of obesity, over weight and its ill-effects and to develop determination and values of desirable body weight.

Learning Outcomes

1. Restate the role of nutrients and caloric requirements
2. Sketch the basic classification, functions and utilization of nutrients.
3. Point out diet for various competitions and nutrient supplements for performance.
4. Evaluate the factors affects weight management and solutions for obesity.
5. Design caloric requirements for various sports and age groups.
6. Peer Group Teaching and Discussion Concept

Group Discussion on Role of Nutrition in Sports. Role Play as Obsessed Person and Nutrition in Assessment. Designing and Discussing Weight Reduction plan and Diet Plan. Assessing BMI and Energy Requirement for the peer student under the supervision of Teacher.

UNIT I**12 Hours**

Introduction to Sports Nutrition– Nutrition, Sports Nutrition: Meaning and Definition – Basic Nutritional Guidelines – Role of Nutrition in Sports – Factors to be considered for developing Nutritional Plan.

UNIT II**12 Hours**

Nutrients: Ingestion to Energy Metabolism: Carbohydrates, Protein, Fat – Meaning, Classification and its Functions. Role of Carbohydrates, Fat and Protein during Exercise. Vitamins, Minerals, Water: Meaning, Classification and its Function. Role of Hydration during Exercise, Water Balance.

UNIT III**12 Hours**

Weight Management: Meaning, Concept of Weight Management in the Modern Era– Factors affecting Weight Management and Values of Weight Management Maintaining a Healthy Life Style - Body Mass Index (BMI).

UNIT IV

12 Hours

Planning of Weight Management: Determination of Desirable Body Weight – Daily Caloric Intake and Expenditure – Balanced Diet for Indian School Children – Weight Management Programme for Sporty Children – Role of Diet and Exercise in Weight Management – Diet Plan and Exercise Schedule for Weight Gain and Loss.

UNIT V

12 Hours

Obesity: Meaning– Definition – Types – Causes and Solution for overcoming Obesity. Myths of Spot Reduction and Weight Loss – Dieting and Exercise for Weight Control.

Total Hours: 60 Hours

TEXT BOOK:

1. Satyanarayana V, Sports Nutrition & Weigh Management, Sports Publication, New Delhi, 2018.
2. Anderson H.S. & Alsakar R.L., Sports Nutrition and Health, Sports Educational Tech, 2008.

REFERENCES:

1. Bessesen, D. H., Update on obesity. J ClinEndocrinolMetab.936 Hours, 2008.
2. Butryn, M.L., Phelan, S., & Hill, J. O, Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 1512 Hours, 2007.
3. DeMaria, E. J., Bariatric surgery for morbid obesity. N Engl J Med,356(21), 2007.
4. Dixon,J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299
5. Vijaya Lakshmi, Sports Nutrition, Khel Sahitya Kendra, New Delhi, 2007.

**ENVIRONMENTAL SCIENCE AND GENDER STUDIES
DISCIPLINE SPECIFIC ELECTIVE COURSE**

L	T	P	C
4	0	0	4

Learning Objectives

1. Promote the knowledge of our environment
2. Create awareness among youth, various health problems due to environmental pollution
3. Able understand the importance of environment and to create good environment.
4. Able to understand the concepts of gender studies
5. Able to identify the gender issues and problems

Learning Outcome

1. Able to explain and understand the concepts of Environmental studies
2. Able to explain and understand the concepts of gender studies
3. Able to interpret and identify the Environmental Science and gender issues and problems
4. Peer Group Teaching and Discussion Concept

Group Discussion on Feminist Thought - Influence of Westerners concepts in
Feminist Thought - Challenges in Women Sports Participation.

UNIT – I**12 Hours**

Environmental Science: 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 & probation of plastic bag / cover. Role of school in environmental conservation and sustainable development.

UNIT – II**12 Hours**

Natural Resources and related environmental issues: Water resources, food resources and Land resources, Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution, Management of environment and Govt. policies, role of pollution control board.

UNIT III:**12 Hours**

People and Environment: People and environment interactions, Sources of pollution, Pollutants and their impact on human life, exploitation of natural and energy resources, Natural hazards and mitigation.

UNIT IV:**12 Hours**

Social Construction of Gender: Gender vs. Biology, Equality vs. Difference Women in the family: socialization, nature vs. Gender, gender roles, private–public dichotomy, sexual division of labour. Patriarchy as ideology and practice. Transgender: The Science behind Transgender- Characteristics and Problems of Transgender- Role of Family and Society. The Psychology of Sex Differences.

UNIT V:**12 Hours**

Emergence of Feminist Thought: Socio-historical perspective, mapping various women's movements, Emergence of women's studies Gender based Division of Labour/Work Production vs. Reproduction, household work, invisible work Women's work and technology Development policies, liberalisation and globalisation and their impact on women. Alternative conceptions of gender–caste and gender; class and gender. Gender Issues and problems in Sports.

TEST BOOKS:**Total Hours: 60 Hours**

1. Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi Publishers Ltd.
2. Malik S, Health Education & Environmental Studies, Sports Publication, New Delhi, 2018.

REFERENCE BOOKS

1. Karne Padmavathi, Empowerment of Women in India, Serials Publications, 2016.
2. Prem Sunder, Environmental Education, KSK.Publishers & Distributors, 2009.
3. Radha, Environmental studies, Prasanna Pubiucation, 2011.
4. Singh Vijaya Laxmi, Women and Gender in Ancient India, Aryan Books International, 2010

**EDUCATIONAL TECHNOLOGY AND COMPUTER APPLICATION IN
PHYSICAL EDUCATION
DISCIPLINE SPECIFIC ELECTIVE COURSE**

L	T	P	C
4	0	0	4

Learning Objectives

1. To know the necessity of computers in Physical Education and Sports
2. Helps to improve the computer assisted works in Physical Education and Sports
3. Able use the applications of computer in Teaching Physical Education and Sports

Learning Outcome

1. Perform and report on the exploratory analysis of data collected using sports technology
2. Analyze sporting data of various types via astute use of statistical packages.
3. Practice mathematics, statistics, information technology in sport technology related problems.
4. Support a conclusion based upon quantitative prediction, performance and analysis of a sporting team, code, or gaming environment.
5. Offer Hands on Knowledge in sports Technology
6. Peer Group Teaching and Discussion Concept

Teaching the selected area of subject using the ICT gadgets – Discussion on Merits and Demerits of various methods of Teaching. Encouraged to Prepare Teaching Aids from Waste Products. Hand on experience in the ICT lab.

UNIT I**12 Hours**

Introduction: Education and Education Technology- Meaning and Definitions. Types of Education- Formal, Informal and Non- Formal Education. Educative Process Importance of Devices and Methods of Teaching.

UNIT II**12 Hours**

Teaching Technique: Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, Project method. Micro Teaching – Meaning, Types and steps of micro teaching. Simulation Teaching - Meaning, Types and steps of simulation teaching.

UNIT III**12 Hours**

Teaching Aids: Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids. Teaching aids – Audio aids, Visual aids, Audio – Visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture. Team Teaching – Meaning, Principles and advantage of team teaching. Difference between Teaching Methods and Teaching Aid.

UNIT IV**12 Hours**

Introduction to Computer and MS Word: Meaning, Need and Importance of Information and Communication Teaching (ICT). Application of Computers in Physical Education. MS Word: Introduction to MS Word – Creating, Saving and Opening a Document– Formatting, Editing Features – Mail Merge - Drawing Table – Page Setup, Paragraph Alignment – Spelling and Grammar Check – Printing Option. Inserting: Page Number, Graph, Footnote and End Notes.

UNIT V**12 Hours**

MS Excel and Power Point: Introduction to MS Excel, Creating, saving and opening spreadsheet, creating formulas. Format and editing features adjusting columns width and row height understanding charts. MS Power Point: Introduction to MS Power Point, Creating, saving and opening a ppt. file, format and editing features slide show , design, inserting slide number, picture, graph, table, Preparation of Power point presentations.

Total Hours: 60 Hours**TEXT BOOK:**

1. Marilyn, M. & Roberta, B, Computers in your Future. 2nd Edition, Prentice Hall, 2002.
2. Satyanarayana V, Education Technology & Methods of Teaching in Physical Education, Sports Publication, New Delhi, 2018.

REFERENCES:

1. Irtegov, D., Operating System Fundamentals. Firewall Media, 2004.
2. Kadu, Computer Application in Physical Education, Sports Publication, New Delhi, 2018.
3. Milke, M., Absolute Beginner's Guide to Computer Basics. Pearson Education Asia, 2007.
4. Sinha, P. K. & Sinha, P., Computer Fundamentals. BPB Publication, 2002, 5th edition.

**DISABILITY AND INCLUSIVE EDUCATION
DISCIPLINE SPECIFIC ELECTIVE COURSE**

L	T	P	C
4	0	0	4

Learning Objectives

1. Benefits of Physical Education for persons with Disabilities
2. Know about classifications of Disability
3. Analyze adaptation of motor activities

Learning Outcome

1. Understand about classification of Disabilities.
2. Understand adopted games for disability persons.
3. Known the benefits of exercise for disability persons.
4. Peer Group Teaching and Discussion Concept

Discussion on types of Disabilities Role Play as Disabled Person and Facilitator. Teaching Recreational and Inclusive Games among the peers.

UNIT I**12 Hours**

Definition of Disabling Conditions - Benefits of Physical Education for persons with Disabilities - Recreational Sports Opportunities, Competition Opportunities - Special Olympics, Paralympics and Deaflympics.

UNIT II**12 Hours**

Classification of Disability: Visual, Auditory, Neuro muscular, Orthopedic- Cardiovascular, Respiratory, Mental, Emotional. Adapted Physical Education Activities - Specific Guidelines for: Visual Impairment, Hearing Impairment, intellectually challenged, Orthopedically Handicapped.

UNIT III**12 Hours**

Adaptation of Motor Activities – Principles for Adaptation of Motor Activities – Facilities and Equipment for different disabilities. Orientation on Facilities - Types of Equipment- Minimum equipment, Additional Equipment, Evaluation of Equipment. Leisure, Recreation and Sports Facilities for persons with disabilities.

UNIT IV**12 Hours**

Adapted Games for Persons with Disability: Rules of Adapted games and Class Management – Adapted Games for the blind: Adapted Volleyball, Kabaddi, Tennis, Table Tennis and Adapted minor games and Track and Field events. Teaching methods to be adapted by the Special Educator in Sports, Recreation and Games. Kinesthetic – one on one teaching, group teaching, circular method of teaching. Unified Sports.

UNIT V

12 Hours

Inclusive Education: Meaning, Definition, Aim and Objectives. Strategies for including students. Steps for modifying and adaptation of the physical education curriculum. Methods of playing Inclusive games: Hula Contortion, Lasso, Pumpkin Fun, Snickers & Hoots, What Do You Like To Eat, Mr. & Mrs. Owl?, Toy soldier, Clean-up Your Own Back Yard, Parachute Activities, Freeze Tag Not!, Peace Release, Top Gun High Five's and Rock, Paper, Scissors, Dynamite.

Total Hours: 60 Hours

TEXT BOOK:

1. Jain, A., Adapted Physical Education. Sports Publication, Delhi, 2003.
2. Thind, M. N., Special Olympics Bharat Trainer Manuel, Special Olympics Bharat, New Delhi, 2010.

REFERENCES:

1. Auxter, D., Principles and Methods of Adapted Physical Education. Mosby Publications, 1993.
2. Kassir, Susan. Inclusive Games. Human Kinetics Champaign, IL, 1995.
3. Lau, D. S., Physical Education for the Physically Handicapped. Khel Sahitya Kendra, Delhi, 2001.
4. Mary E. Samples , Camarillo, CA 93012, www.venturacountyselpa.com, 2012.
5. Sharma, D., Adapted Physical Education, Friends Publication, New Delhi, 2006.

**SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION
DISCIPLINE SPECIFIC ELECTIVE COURSE**

L	T	P	C
4	0	0	4

Learning Objectives

1. Understand about basic principle knowledge of Sports medicine.
2. Know to idea how can overcome in sports injuries such as prevention, management, rehabilitation of sports, exercise and physical activity related injuries and occupational problems.
3. Gain knowledge about Posture, Physiotherapy, Electrotherapy, Hydrotherapy, Therapeutic Exercise and First Aid Treatment

Learning Outcomes

1. To provide knowledge about the preventive measures of sports injuries.
2. To aware the sports person & athlete about the different kinds of injury in respect of different games.
3. It gives experience in sports pre participation and wellness, treatment of acute and chronic musculoskeletal injuries.
4. To perform appropriate physical examinations on patients.

UNIT I**12 Hours**

Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance. Athletic Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches, Sports Injuries: Meaning, Importance, And Prevention of Injuries in Sports.

UNIT II**12 Hours**

Physiotherapy: Definition – Guiding Principles of Physiotherapy, Importance of Physiotherapy, Introduction and Demonstration of Treatments – Electrotherapy – Infrared Radiation Therapy– Ultraviolet Radiation Therapy – Short Wave Diathermy – Ultrasound Therapy.

UNIT III**12 Hours**

Hydrotherapy: Introduction and demonstration of treatments of Cryotherapy, Thermotherapy, Contrast Bath, Whirlpool Bath – Wax bath– Hot Water Fomentation – Massage – Classification of Manipulation (Sweedish System) Physiological Effect of Massage.

UNIT IV**12 Hours**

Therapeutic Exercise: Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and Uses of Therapeutic Exercise a) Active Movements – Voluntary Movement: Free Exercise, Assisted Exercise, Assisted – Resisted Exercise, Resisted Exercise, Involuntary Movement – Reflex Movement b) Passive Movement – Relaxed Passive Movement including Accessory Movement- Passive Manual Mobilization Techniques-Mobilization of joints-Manipulation of Joints-Controlled sustained Stretching of Tightened Structure.

UNIT V

12 Hours

Posture, First Aid and Sports Injuries Posture: Definition, Types and Postural Deformities: Kyphosis, Lordosis and Scoliosis. s. First Aid –General Rules – First Aid Treatment – Shock, Sun Stroke –, Fainting, Dog Bite, Snake Bite, Poisoning, Drowning, Bleeding. Common Sports Injuries – Diagnosis – First Aid Treatment: Abrasion – Laceration – Blisters – Contusion – Strain – Sprain – Fracture – Dislocation and Cramps. Bandages – Kinds of Bandages and Dressings – Strapping and Supports.

Total Hours: 60 Hours

TEXT BOOK:

1. Abhay N. Buchha, Sports Medicine, Physiotherapy and Rehabilitation, Sports Publication, New Delhi, 2018.
2. Hament Verma, Sports Medicine, Physiotherapy and Rehabilitation, Sports Publication, New Delhi, 2016.

REFERENCES:

1. Ajay V Gulhane, Athletics Care and Rehabilitation, Sports Publication, New Delhi, 2018.
2. Ajmer Singh, Essentials of Physical Education, Kalyani Publishers, Delhi, 2008.
3. Conley, M., Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, 2000.
4. David, R. M., Drugs in sports, Routledge Taylor and Francis Group, 2005, 4th Ed.
5. Hament Verma, First Aid, Sports Publication, New Delhi, 2017.
6. Ramesh Chandra, Sports Medicine, Sports Publication, New Delhi, 2018.

**CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS
AND WELLNESS
DISCIPLINE SPECIFIC ELECTIVE COURSE**

L	T	P	C
4	0	0	4

Learning Objectives

1. Understand physical education as more diversified and systematized process
2. Develop competencies, skills and knowledge required for the fitness management
3. To understand the relationship between fitness and wellness

Learning Outcome

1. Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health.
2. Apply qualitative research methods to explore and critically examine a variety of curricular topics.
3. Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science.
4. Explain the contemporary issues and to pertaining to the physical activity and health field.
5. Peer Group Teaching and Discussion Concept
Group Discussion on. Modern concept of Physical fitness and Wellness.
Physical Education and its Relevance in Inter Disciplinary Context. Role Play as Trainer and Client to calculate Exercise Intensity. Discussion on Diet for sports competition, eating pattern, Foods to avoid.

UNIT I**12 Hours**

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.

UNIT II**12 Hours**

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

UNIT III**12 Hours**

Principles of Exercise Programme: 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. Concept of designing different fitness training programme for different age group.

UNIT IV**12 Hours**

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

UNIT V**12 Hours**

Sports Nutrition: Diet for sports competition- supplementation to the daily diet. Vitamins, Minerals, Fluids. Electrolyte replacement, Carbohydrate loading, Protein loading, Calcium and iron supplement. Pre-event meal. Time for pre-event meal, Alternate eating pattern, Foods to avoid. Exercise and weight control, Crash dieting, Weight Control.

Total Hours: 60 Hours**TEXT BOOK:**

1. Buccha, Contemporary Issues in Physical Education, Fitness and Wellness, Sports Publication, New Delhi, 2018.
2. Williams, S. & Rod, W., Nutrition and Diet, Therapy, W.B. Saunder College Publishing, London, 2001, 2nd Edition.

REFERENCES:

1. Difiore, J., Complete guide to postnatal fitness. London: A & C Black, 1998.
2. Ken Hardman, Ken Green, Contemporary Issues in Physical Education, Meyer & Meyer Verlag, 2011.
3. Ken Green, Kenneth Hardman, Physical Education Essential Issues, Sage, 2004.
4. William, D. Mc Aradle., Exercise Physiology, Energy, Nutritionand Human Performance. Philadelphia: Lippincott Williams Company, 1996.

OLYMPIC MOVEMENT
DISCIPLINE SPECIFIC ELECTIVE COURSE

L	T	P	C
4	0	0	4

Learning Objectives

1. To know the origin and development of Olympic movement.
2. To understand the Olympic symbols, ideals, objectives and values.
3. Provides the knowledge of different Olympic Games.

Learning Outcomes

1. Understand the Educational and cultural values of Olympic movement.
2. Analyze the Modern Olympic Games and Rules of Eligibility for Competition.
3. Know about The organizational structure and functions of Para Olympic Games
4. Analyze the Achievement of India in Team Games and Individual Sports.
5. Peer Group Teaching and Discussion Concept

Group Discussion on Indian Performance in Olympics and Road Map for Next Olympics. Preparing and Teaching the Biography of Olympians with Power Point Presentation. Discussion on Chronological Development in Modern Olympics.

UNIT I**12 Hours**

Origin of Olympic Movement: The early history of the Olympic Movement, Philosophy of Olympic Movement, Goals of the Olympic movement, Educational and cultural values of Olympic movement. Ancient Olympic Games: Significance of ancient Olympics – Rules of eligibility for competition – Conduct of games, Awards – Decline and Termination of the ancient Olympics. Modern Olympics: The significant stages in the development of the modern Olympic movement. Rules of Eligibility for Competition – Conduct of Games.

UNIT II**12 Hours**

Olympic Ideals: Significance of Olympic Ideals, Olympic Symbol – Olympic Flag – Olympic Motto – Olympic Anthem – Olympic Emblem – Olympic flame and torches – Olympic Designations - Olympic protocol for member countries - Olympic Charter - Olympic code of Ethics - Olympism in action - Sports for All.

UNIT III**12 Hours**

Different Olympic Games: The Organizational Structure, Aim, Objectives and Functions of Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games. Election of host city – Location, sites and venues –Olympic Village – E Protocol (Use of Flag and Flame, Opening and Closing Ceremony – Victory, Medal, and Diploma ceremonies and Roll of Honour) – Disputes.

UNIT IV**12 Hours**

Committees of Olympic Games: Governing Body: International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Olympic commission and their functions, Rights and Eligibility for Competitors.

UNIT V**12 Hours**

Achievements of India in Olympics: Pre Independence Period - After Independence. Achievement of India in Team Games and Individual Sports - Achievements of India in Hockey. Olympic Medal winners of India. Indian Women in Olympics.

Total Hours: 60 Hours**TEXT BOOK:**

1. Ajmeer Singh, Jagdish Bans, Jagtar Singh Gill, Rachpal Singh Brar and Nirmaljit Kaur Rathee, Essentials of Physical Education, Kalyani Publishers, New Delhi 2004.
2. Osim Mohammad, Olympic Movement, Sports Publication, New Delhi, 2018.

REFERENCES:

1. Bill Mallon & Jeroen Heijmans, Historical Dictionary of the Olympic Movement, Scarecrow Press, 2011, fourth edition.
2. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H., Olympic dreams: the impact of mega-events on local politics, Lynne Rienner, 2001.
3. Osborne, M.P., Magictree House Fact Tracker: Ancient Greece and the Olympics: A Nonfiction Companion To Magic Tree House: Hour of the Olympics. Random house books for young readers, New York, 2004.

COMMUNICATION SKILL ABILITY ENHANCEMENT COURSE

L	T	P	C
2	0	0	2

Learning Objectives

1. Promote the basic abilities need for better communication
2. Create awareness among youth the need and importance of communication skills.

Learning Outcomes

1. Able to communicate better
2. Understands the need and importance of communication skills.

UNIT I

6 Hours

Recap of Language Skills – Speech, Grammar, Vocabulary, Phrase, clause, sentence, Punctuation. Fluency building: What is fluency – Why is fluency important – Types of fluency – Oral fluency – Reading fluency – Writing fluency – Barriers of fluency – How to develop fluency.

UNIT II

6 Hours

Principles of communication: LSRW in communication. What is meant by LSRW Skills – Why it is important – How it is useful – How to develop the skills?. Oral – Speaking words, articulation, speaking clearly.

UNIT III

6 Hours

Written communication – Generating ideas/ gathering data organizing ideas, Setting goals, Note taking, Outlining, Drafting, Revising, Editing and Proof reading.

Non verbal communication – Body language, Signs and symbols, Territory/Zone, Object language.

UNIT IV

6 Hours

Speaking Skills: Formal and Informal Conversation – Conversation in the work place – Interviews – Public. Speech – Lectures. Listening Skill: Comprehending – Retaining – Responding – Tactics – Barriers to Listening – Overcoming. listening barriers – Misconception about listening.

UNIT V

6 Hours

Reading Skill: Acquiring reading – Reading Development – methods teaching – Reading difficulties. Writing skill: Note-making – CV's – Report writing, copy writing, Agenda – Minutes – Circular – Essay writing on any current issues – paragraph – Essay writing, Writing Research papers – Dissertation.

Total Hours: 30 Hours

TEXT BOOK:

1. Hewing & Martin, Advanced English Grammar: A Self-study References and practice, 1999.
2. Minippally & Methukutty.M, Business Communication Strategies, 2001, 11thReprint.

REFERENCES:

1. Book for South Asian Students. Cambridge University Press, New Delhi, 2003.
2. John & Seely, The Oxford guide to writing and speaking. Oxford U P, 1998.
3. Norman, Word Power Made Easy, Pocket Books, 1991.
4. SasiKumar.V and P.V. Dharmija, Spoken English: A Self-Learning Guide Conversation Practice, Tata McGraw – Hill. New Delhi, 1993, 34th Reprint.
5. Swets, Paul. W, The Art of Talking So That People Will Listen: GettingThrough to Family, Friends and Business Associates. Prentice Hall Press. New York, 2011.
6. The Process of Writing: Planning and Research, Writing, Drafting and Revising 2008.

**SOFT SKILL
ABILITY ENHANCEMENT COURSE**

L	T	P	C
2	0	0	2

Learning Objectives

1. Promote the basic abilities need for better Soft skills
2. Create awareness on skills required for attending interview and presentation skills.
3. Understand the qualities required for an individual development

Learning Outcomes

1. Developing the abilities need for better Soft skills
2. Developing the skills required for attending interview and presentation skills.
3. Understand and develops the qualities required for an individual development

UNIT I**6 Hours**

Soft Skills – Meaning, Definition, need and importance. Interview Skills – Preparing for an interview .Presentation Skills: Body Language - Speaking , Pronunciation , structuring of presentation, Group discussion :Skills in listening and expressing effectively.

UNIT II**6 Hours**

Importance of Attitude: Meaning and Definition. Attitude and Success – Factors Determining Attitude. Benefits of Positive Attitude. Steps in Building Positive attitude. Comparison of Winners and Loses.

UNIT III**6 Hours**

Success: Meaning and Definition. Qualities to make a person successful- Obstacles of Success- Methods to overcome Obstacles. Meaning and Definition- Values and Vision: Meaning and Definition –Judging value system – Change in value system- Character- Priceless-Life worth saving.

UNIT IV**6 Hours**

Motivation: Meaning and Definition. Comparison of Inspiration and Motivation. Internal and External Motivation. Self Esteem: Meaning and Definition. Advantages of High Self Esteem. Causes of low self-esteem. Building Confidence.

UNIT V**6 Hours**

Inter- Personal Skills: Meaning and Definition. Life of Boomerang. Trust-Difference between ego and Pride. Steps in building Positive personality. Subconscious Mind and Habits: Meaning and Definition. Good Habits -Formation of Habits- Conditioning– Forming Positive habits.

Total Hours: 30 Hours**TEXT BOOK:**

1. Authors Guide, Communication Skills, University of Madras, Chennai, 2014.

REFERENCES:

1. Authors Guide, Soft Skills, University of Madras, Chennai, 2014.
2. Mangal .S.K, Advanced Educational Psychology, Prentice Hall of India, New Delhi, 2002.
3. Shiv Khera, You Can Win, Macmillan, New Delhi, 2006.

OBESITY AND WEIGHT MANAGEMENT SKILL ENHANCEMENT COURSE

L	T	P	C
2	0	0	2

Learning Objectives

1. To understand the basics of Obesity and its types.
2. To understand the various methods of Obesity assessment.
3. To understand methods of weight management

Learning Objectives

1. Able to understand the basics of Obesity and its types.
2. Able to understand the various methods of Obesity assessment.
3. Able to Understand methods of weight management

UNIT I

6 Hours

Obesity – Introduction – Definition – Epidemiology – Prevalence – Incidence – fax variance- Etiology of obesity – Psychological correlation – Genesis influence. Types of Obesity – Android Obesity – Gyneoid obesity, Pathophysiology of obesity-Compilations of obesity

UNIT II

6 Hours

Assessment of obesity – Health related Quality of life assessment-Body composition Assessment – Laboratory methods, field’s method - Clinical evaluation of obesity. Basics of Body composition: Definition, Meaning and Need. Methods of measurements- skin fold measurements – Circumference measurements – Body composition Assessment and Report. Skin fold measurement techniques: Sites of measurement. Calculation of Body percent Fat.

UNIT III

6 Hours

Weight Management: Meaning, Concept of Weight Management in the Modern Era – Factors affecting Weight Management and Values of Weight Management - Maintaining a Healthy Life Style - Body Mass Index (BMI)

UNIT IV

6 Hours

Planning of Weight Management: Determination of Desirable Body Weight – Daily Caloric Intake and Expenditure – Balanced Diet for Indian School Children – Weight Management Programme for Sporty Children – Role of Diet and Exercise in Weight Management – Diet Plan and Exercise Schedule for Weight Gain and Loss.

UNIT V

6 Hours

Establish Desirable body weight. Best way to loose weight – unhealthy approaches to loose weight. Causes and Solution for overcoming Obesity. Myths of Spot Reduction and Weight Loss – Dieting and Exercise for Weight Control

Total Hours: 30 Hours

TEXT BOOK:

1. EdwardT. Howley B. Don Franks, Health Fitness Instructors Hand book, Human Kinetics, Canda, 2003.
2. Satyanarayana V, Sports Nutrition & Weigh Management, Sports Publication, New Delhi, 2018.

REFERENCE:

1. Colin Waine & Nick Bosanquet, Obesity and Weight Management in Primary Care, Wiley-Blackwell, 2008.

**SPORTS FIRST AID
SKILL ENHANCEMENT COURSE**

L	T	P	C
2	0	0	2

Learning Objectives

1. Apply various concepts of First Aid.
2. Understand the concepts of bandages and wounds
3. Recognize possibilities of sports Injuries and its management

Learning Outcomes

1. Able to understand the concepts of First Aid.
2. Able to do various bandages and wounds
3. Able to identify and recognize possibilities of sports Injuries and its management

UNIT I**6 Hours**

Principles and practice of first aid for sports injuries – PRICE - aims of first aid - the responsibility of the first aider - action at emergency. Cardiopulmonary resuscitation - CPR for adults - CPR for children's – rules of first aid.

UNIT II**6 Hours**

First aid techniques; dressing - types of dressing, application of dressing, bandages - types of bandages, tying the bandages - slings and its uses, different types of slings, applying the sling for different parts of the body according to the area.

UNIT III**6 Hours**

First aid for different type of wounds, abrasions wound, incision wound, contused wound, lacerated wound, punctured wound and gun shot wound - Complications of wounds - Bleeding its types and its management - First aid for asphyxia.

UNIT IV**6 Hours**

Fractures its types and its first aid management - First aid for fractures of spine, skull, collar bone, lower jaw, rib, humerus, forearm, hand, fingers, pelvis, femur, leg and foot - First aid for muscles and tendons injuries cramps, sprain and strain.

UNIT V**6 Hours**

Care and prevention of sports injuries - protective equipment's for sports - technical factors in overuse injuries. Emergency First aid Response, Emergency care of patient with suspected spinal cord injury.

Total Hours: 30 Hours**TEXT BOOK:**

1. Baker, The Hughston Clinic Sports Medicine Book, Williams & Wilkins Lillegard, 2008.
2. Butcher & Rucker, Handbook of Sports Medicine: A symptom Oriented Approach, Butterworth & Heinemann, 2009.

REFERENCES:

1. Reed, Sports Injuries – Assessment and Rehabilitation, W.B.Saunders, 2007.
2. Richard B. Birrer, Sports Medicine for the primary care Physician, CRC Press, 2005.
3. Stephen Eustace, Ciaran Johnston, Pat O'Neill, John O'Byrne., Sports injuries examination, imaging and management, 2005.

CCC

Course Code: 75219SE5

**LEADERSHIP TRAINING CAMP
CO - CURRICULAR COURSE**

L	T	P	C
0	0	0	2

30 hours in (5 Days)

LEADERSHIP TRAINING CAMP

CAMPING: Introduction - What Is Camping - The Need for Organized Camping.

OBJECTIVES OF CAMPING: Our Camp Site – Organization.

PROGRAMME: Devotion– Music - Camp Craft – Handicrafts – Aquatics - Camp games -
Camp Fire and Ceremonies

LEADERSHIP: Camp Leaders and Their Duties

CAMP ACTIVITIES: Devotion - Flag Ceremony - Physical Jerks - Camp Craft Stunts &
Contests – Handicraft - Camp Games - Aquatics - Music: Community Singing - Treasure Hunt
- Camp Fire activities - Competitions [Inter-Unit and group] - Special Activities mock sports -
Discussion, Talk, Folk dancing etc., - Sentry duty.

ALLOTMENT OF CAMPERS: Direction to Campers.

CAMP FIRE OPENING CEREMONY: Camp Fire opening programme

CAMP FIRE LIGHTING CEREMONY: Spirit of Health- Spirit of Democracy - Spirit of
friendship - Spirit of fun and happiness

CCC

Course Code: 75219SE6

**COMMUNITY ENGAGEMENTS
CO - CURRICULAR COURSE**

L	T	P	C
			2

30 hours in (5 Days)

Community engagements (Village Placement Programme). The programme includes teaching indigenous activities, basic skills in sports and games giving exposure to teachers in the teaching-learning process.

For the Community engagements (Village Placement programme) the students shall visit the neighboring village for a minimum period of five days and organize the programmes such as

1. Physical Education/ Physical Exercise related programmes
2. Awareness Programmes related to health and fitness
3. Cleaning, creation of place for physical activities, sports and games.
4. Survey related to health and fitness of the public.

The Community engagements (Village Placement programme) record with details of programmes organized and photo graphs shall be submitted at the time of the University practical examinations for the evaluation of external examiners.

CCP – GROUP C

Course Code: 75219P01

**MARCHING, INDIGENOUS ACTIVITIES, YOGIC PRACTICES AND MINOR GAMES
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

MARCHING

Attention - Stand – at – ease - Right Turn - Left Turn - Above Turn - Marching

INDIGENOUS ACTIVITIES

Dumbbells/ Wands/ Hoop/Umbrella/Tipri: Fundamentalsskills

Apparatus/ Light apparatus Grip - Attention with apparatus/ Lightapparatus - Stand – at – ease with apparatus/ lightapparatus - Exercise with verbal command, drum, whistle and music – Two count, four count, eight count and sixteen count. Standing Exercise – Jumping Exercise - Moving Exercise - Combination of above all.

YOGIC PRACTICES

Surya Namaskara – Pranayams – Corrective Asanas – Kriyas - Asanas
Sitting – Standing - Laying Prone Position - Laying Spine Position

MINOR GAMES:

Relay Games - Circle Games - Tag Games - Goal/Point Scoring Games -
Miscellaneous Games.

**CALISTHENICS, LIGHT APPARATUS, RHYTHMIC ACTIVITIES AND
GYMNASTICS
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

CALISTHENICS

Attention - Stand – at – ease - Off Right Turn - Exercise with verbal command, drum, whistle and music – Two count, four count, eight count and sixteen count – Standing Exercise - Sitting Exercise - Launching Exercise – Jumping Exercise – Moving Exercise - Clapping Exercise - Combination of above all

LIGHT APPARATUS AND RHYTHMIC ACTIVITIES

Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises – Ghati Lezuim-Aath Aawaaz, Bethak awaaz, Aage Paon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadamtaal, Pavitra, Uchhakpavitra, Kadampavitra.

Mass P.T. Exercises-Two count, four count and eight count exercises.

Hindustani Lezuim - Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.

Drill and Marching

GYMNASTICS: Tumbling and Pyramids

Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.

Vaulting Horse: Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

**GAMES AND SPORTS & MINOR GAMES
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

Games and Sports – I:**Basketball: Fundamental Skills**

- Player stance and ball handling
- Passing-Two Hand chest pass, two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, one hand receiving, receiving in stationary position, Receiving while jumping, Receiving while running.
- Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, one hand jump shot, Hook shot, Free throw.
- Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.
- Individual Defensive-Guarding the man with the ball and without the ball.
- Pivoting.
- Rules and their interpretations and duties of the officials.

Football: Fundamental Skills

- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
- Trapping-trapping rolling the ball, trapping bouncing ball with sole
- Dribbling-With instep, inside and outer instep of the foot.
- Heading-From standing, running and jumping.
- Throw in
- Feinting-With the lower limb and upper part of the body.
- Tackling-Simple tackling, Slide tackling.
- Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

Hand Ball: Fundamental Skills

- Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and Centre, Blocking, Goal keeping, Defense.
- Rules and their interpretations and duties of officials.

Kho Kho: Fundamental Skills

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgment in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Ground Marking
- Rules and their interpretations and duties of officials.

Volleyball: Fundamental Skills

- Players Stance-Receiving the ball and passing to the teammates,
- The Volley (Over head pass),
- The Dig(Under hand pass).
- Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- Blocking, Attacking, Setting.
- Rules and their interpretations and duties of officials.

**TRACK AND FIELD EVENTS PART I
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

Track and Field Events Part I:**Running Event: Sprint, Middle and Long Distance Running**

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug.
- Ground Marking, Rules and Officiating
- Hurdles:
 - Fundamental Skills- Starting, Clearance and Landing Techniques.
 - Types of Hurdles
 - Ground Marking and Officiating.

Relays: Fundamental Skills

- Various patterns of Baton Exchange
- Understanding of Relay Zones
- Ground Marking
- Interpretation of Rules and Officiating.

Track and fields (Throwing Events)

- Discus Throw, Javelin, Hammer throw, shot-put
- Basic Skills and techniques of the Throwing events
- Ground Marking / Sector Marking
- Interpretation of Rules and Officiating.
- Grip
- Stance
- Release
- Reserve/ (Follow through action)
- Rules and their interpretations and duties of officials

**CORE COURSE – PRACTICUM
GAMES AND SPORTS – II**

L	T	P	C
0	0	6	4

GAMES AND SPORTS – II**Cricket: Fundamental Skills**

- Batting-Forward and backward defensive stroke
- Bowling-Simple bowling techniques
- Fielding-Defensive and offensive fielding
- Catching-High catching and Slip catching
- Stopping and throwing techniques
- Wicket keeping techniques

Kabaddi: Fundamental Skills

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variations formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
- Ground Marking, Rules and Officiating

Throw ball: Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, low shoulder, underarm,);
- Footwork: landing; pivot; standing.
- Shooting: one hand throw; forward step shot; backward step shot.
- Service-Under Arm Service
- Ground Marking, Rules and Officiating

Ball Badminton: Fundamental Skills

- Racket parts, Racket grips, ball Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Rules and their interpretations and duties of officials.

Hockey: Fundamental Skills

- Player stance & Grip
- Rolling the ball
- Dribbling
- Push, Stopping
- Hit, Flick, Scoop
- Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,
- Reverse hit, Dodging
- Goal keeping – Hand defense, foot defense
- Positional play in attack and defense.
- Rules and their interpretations and duties of officials.
- Rules and their interpretations and duties of officials.
- Ground Marking.

CCP – GROUP C

Course Code: 75219P06

**SCHOOL INTERNSHIP/ TEACHING PRACTICE GENERAL & PARTICULAR
LESSONS**

CORE COURSE – PRACTICUM

L	T	P	C	
0	0	6	4	

While the Internship shall be put in by student-teachers in designated schools, the rest of the Two weeks shall be spread over other semesters and involve activities like school visit, classroom observation, individual and group assignments.

CCP – GROUP C

Course Code: 75219P07

CORE COURSE – PRACTICUM

Teaching Practices: I (General Lesson Plan)

L	T	P	C
0	0	6	4

Teaching practices:

10 teaching lesson plans for Racket Sport/ Team Games/ Indigenous Sports out of which 5 lessons internal and 5 lessons external at school.

CCP – GROUP C

Course Code: 75219P08

CORE COURSE – PRACTICUM

Teaching Practices: I (General Lesson Plan)

L	T	P	C
0	0	6	4

Teaching practices:

10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.Ed course.

**CORE COURSE – PRACTICUM
TRACK AND FIELD EVENTS PART II**

L	T	P	C
0	0	6	4

Jumping Events: Triple Jump, Long Jump, Pole Vault, High Jump,

- High Jump (Straddle Roll)
- Approach Run,
- Takeoff
- Clearance over the bar.
- Landing
- Basic Skills and techniques of the Jumping events
- Ground Marking / Sector Marking
- Interpretation of Rules and Officiating.

Hurdles

- Start and Approach to first Hurdles
- Take off
- Lead Leg
- Trail Leg
- Clearance stride
- Running between the Hurdle
- Last Hurdle to Finish line

Combined Events:

Event	Track				Field					
Men's decathlon	100 m	400 m	1500 m	110 m hurdles	Long jump	High jump	Pole vault	Shot put	Discus throw	Javelin throw
Women's heptathlon		200 m	800 m	100 m hurdles	Long jump	High jump		Shot put		Javelin throw
Men's heptathlon (indoor)	60 m		1000 m	60 m hurdles	Long jump	High jump	Pole vault	Shot put		
Women's pentathlon (indoor)			800 m	60 m hurdles	Long jump	High jump		Shot put		

- Basic Skills and techniques of the events
- Ground Marking / Sector Marking
- Interpretation of Rules and Officiating
- Grip
- Stance
- Release
- Reserve/ (Follow through action)
- Rules and their interpretations and duties of officials

**CARE AND MAINTENANCE OF PLAY FIELDS & FITNESS TRAINING
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

Care and Maintenance of Playground

- Loosen and level with a rake and replenish on a regularly established basis. Remove any foreign objects or debris to prevent compaction.
- Check under any platforms for loose-fill surface to either remove or spread to main areas of impact.
- Check to ensure the surface is not compacted and does not have reduced depth in heavy use areas (such as under swings or at slide exits) to ensure it still meets recommended compacted depth.
- Ensure there are no trip hazards or foreign objects, such as rocks or debris.

Intramural Sports Participants

These programs provide various structured sport opportunities for our participants. There are participation opportunities for men’s, women’s, and co-recreational play. Leagues, and tournaments will be offered following games volleyball, Kabaddi, Kho-Kho, Football, handball.

Extramural Sports Participants

These programs are designed to give both full-time and part-time students the opportunity to represent the Barrie Campus on “intramural all-star teams” in tournament play against students from other college campuses. Extramural sports offer competitive recreation opportunities for skilled players who are either not competing at a varsity level or who are playing a sport which is not offered at a varsity level.

Educational Tour,

Stadium Visit,

Organizing Project Sports Meet

GAMES AND SPORTS – III
CORE COURSE – PRACTICUM

L	T	P	C
0	0	6	4

Games and Sports – III:**Badminton: Fundamental Skills**

- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

Netball: Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials.

Softball: Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials.

Swimming: Fundamental Skills

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.

- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Coordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

Tennis: Fundamental Skills.

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- Stance and Footwork.
- Basic Ground strokes-Forehand drive, Back hand drive.
- Basic service.
- Basic Volley.
- Over-head Volley.
- Chop
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

Table Tennis: Fundamental Skills

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick, Loop Drive.
- Stance and Ready position and footwork.
- Rules and their interpretations and duties of officials

Malkhamb

- Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka,Landing.
- Rope Malkhamb-Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana,Landing.

CCP – GROUP C

Course Code: 75219P12

**FIRST AID AND MANAGEMENT OF ATHLETIC INJURIES
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

Prevention and management of injuries:

- Warm-up
- cool-down and stretch
- Physical conditioning
- Technique
- Fair play
- Protective equipment
- Hydration and nutrition
- Environment
- Injury management.

Physiotherapy treatments

- Range of Motion (ROM) Exercises
- Electrotherapy
- Cryotherapy and Heat Therapy
- Ultrasound

Rehabilitative processes and massage.

- Swedish massage
- Therapeutic massage
- Deep tissue massage
- Sports massage

CCP – GROUP C

Course Code: 75219P13

**FITNESS TRAINING
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

Fitness Training

Conditioning Exercises: General & Specific.

Training Methods : Weight Training (Free Weights and Machine Weights)- Circuit Training – Interval Training- Fartlek Training - Plyometric, Swiss ball Training – Medicine Ball Training.

CC – GROUP C

Course Code: 75219P14

**SCHOOL INTERNSHIP/ INTENSIVE TEACHING PRACTICE- COACHING
LESSON (TRACK AND FIELD AND TEAM GAMES)
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

While the Internship shall be put in by student-teachers in designated schools, the rest of the Two weeks shall be spread over other semesters and involve activities like school visit, classroom observation, individual and group assignments.

CC – GROUP C

Course Code: 75219P15

**TRACK AND FIELD SPECIALIZATION
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

TRACK AND FIELD SPECIALIZATION

Track Events (100mts, 200mts, 400mts, 800mts, 1500mts, 5000mts, 10000mts, 20000mts, Race Walk, Half Marathon, Full Marathon)

Throwing Events (Shot put, Discuss, Javelin, Hammer)

Jumping Events (Long Jump, Triple Jump, High Jump, Pole vault)

4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.

CC – GROUP C

Course Code: 75219P16

**GAMES SPECIALIZATION
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

GAMES SPECIALIZATION

Kabaddi, Kho-kho, Cricket, Football, Hockey, Volleyball, Handball, Basketball

(4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.)