

Physical Education

DIPLOMA STANDARD

1 Aims and objectives of Physical Education.

2 History-Origin-Development of Major Games VolleyBall, FootBall, Hockey, Cricket, Basket Ball and Kabadi.

3 Measurements-Rules-officiating coaching-Playing equipments about Foot Ball,Volley Ball, Basket Ball,Kabadi, Hockey, Cricket, Ball Badminton, Shuttle Badminton, Tennis, Kho-Kho-Carrom,Chess,Table Tennis and all the athletic events (Running, Jumping and throwing events) and Swimming.

4 Human Anatomy and Physiology Study of Muscular System, Respiratory System, Digestive System, Urogenital system, Cardio Vascular system, Nervous system and sense organs (Nose, Tongue, Skin, Eyes and Ears).

5 Effects of exercise on the various systems of the body.(Includes Ordinary exercises,exercise with weights, and Gymnastic exercises).

6 Competition (Sports and Games) (Including Intramural, District Level, StateLevel, Nationaland International level). Drawal of fixtures of different types of tournaments.

7 Yogic exercises and its benefits (Health related Yogic exercises).

8 First Aid, Physiotherapy and personal Health and Environments Hygiene.

First Aid: Includes various types of First Aid method adopted during sports and games activities and also differnet types of Bandages

Physiotherapy: Includes exercise therapy, water therapy,and Electrical therapy.

9 Physical Education set up in India and Tamil Nadu.

10 General knowledge in Sports and Games (including Karate and Judo).