UNIT-I PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION

Origin and development of ancient and modern Olympic games - Physical education in ancient Greece - Sparta - Athens - Physical Education in ancient Rome - Rajkumari Amrith Kaur - National Institute of sports - Sports authority of India - National Physical fitness Corps - National Physical efficiency Drive (NPED), National cadet corps (NCC), Auxiliary cadet Corps (ACC) Bharat Scouts and Guides (Boys and Girls) - Inter University sports Board - National and inter national tournament in various games - World cup in various games - Davis cup Wimbledon - National School Games Federation - India Olympic Association, National and State level association.

Meaning, definition, aim objective and scope of Physical Education, Physical Training, Physical Culture and Physical Education.

- Biological Foundation of Physical Education - Hereditary traits - Muscle tone athletic heart - Unsynchronised development - Reciprocal innovation - reflex arc - Vital capacity -

Sex difference, Somatotype, classification according to Sheldon and Kretchmer, infancy and adolescent Period - body mechanics - posture -

Theories of play gregarious instinct - leadership - National integration - Sociological Foundations of Physical Education.

UNIT-II ANATOMY AND PHYSIOLOGY

Classification of bones, muscles and joints, Factors maintaining integrity of the joint-effects of immobilization on tissues - Blood, Plasma and Cellular elements - RBC structure and function, WBC types and functional platlets - heart position and structure - Systole and diastole - Cardiac Cycle/circulation - Cardiac Cycle/circulation - (Systemic, pulmonary and coronary) Blood pressure arteries, veins and capillaries/lymph and its function. Respiratory passage. Mechanism of respiration - External and internal respiration, nervous control of respiration, lung volumes - Structure of digestive system - Secretion and function of salivary glands, liver, gall bladder and pancreas secretion and functions of stomach, small intestine - part of the urinary system. Urine - normal contents, normal Urine formation with basic structure of nephron - Neuron, receptor, Synapse, Sensory and motor nerves, Spinal cord - Cerebrum - Motor and sensory areas - Cerebellum and co-ordination brief study of sympathetic and para sympathetic/nervous system.
UNIT - III SPORTS MANAGEMENT

Meaning, definition and concept of management - need and scope of sports management - level of management - Principles of management - Hierarchy/span of control and unity of command - meaning and importance of methods in Physical Education - Factors influencing methods - Presentation technique lesson plan - general and particular - Class management commands - Classification of Pupils - Need and importance of classification - age-height and weight Macloys classification - Competition and tournament - Fixtures- intramural and extramural Sports meet and play day festival-Incentives and award -Meaning of organisation and administration/guiding principles of/ organisation -Scheme of Physical Education programme in schools, Colleges, Universities, District, State and nationals-Organisation chart for school, College/ University, District, State and nation-Pre work and post work for organisation of conference - Clinic-workshop-Seminar in Physical Education Games budget-Sources of income-source of Expenditure-approved items of expenditure-rule for utilisation of games fund of for Physical Education pregame-budget preparation and planning- accounting- records and registers.

UNIT- IV SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY

SPORTS SOCIOLOGY


Meaning and definition of sports -Sociology - Sport as a social phenomena - Sociology of sports - separate discipline, sports and socialization of the individual -Culture-sports and culture -Basic concepts of culture -Elements of culture-Function and culture-Relationship of sports with other elements of culture- Social planning and physical culture-work, free time and physical culture-physical culture as a requirement of social development-Development of socialistic production and physical culture, Social institutions, Economic, Political Religious Relationship of sports with other social institutions -Emergence and growth of commercial sports-effects of commercialization on sports. Status and incom of athletes in commercial sports-sports and solidarity-Political consequences of international sports events-Reasons for combining sports and religion-similarities and difference between sport and religion woman in sports-the sportswoman in our society-Participation patterns among women gender in equation issues-women sports in future-Place of game and sports in difference periods. (ancient middle and modern)

UNIT-V RULES OF GAMES AND SPORTS

Theory and officiating the following games and sports:-
Track and field, Kabaddi, Khokho, Baskerball, Volleyball and Cricket, Handball, Hoickey, Soccer, Softball, Table tennis, Ball badminton and badminton.

Each game or sport to be dealt under the following heads history and development of game or sports-ground dimensions and markings; standards equipments. Rules and interpretation of rules, duties of officials-Systems of officiating-position, signals etc.

PAPER-II

UNIT-I

RESEARCH METHOD, STATISTICS, TEST MEASUREMENT AND EVALUATION


Definition of Historical Research - Stops in Historical Research-sources of Historical Research-Primary Data-Secondary Data-Historical Criticism-Internal criticism -External Criticism.


Statistics-meaning, Definition, Function, need and importance-uses, types of statistics, meaning of the terms-Population sample data, kinds of data, variables, discrete continuous parametric, Non-parametric-Statistics-Frequency table, meaning uses and construction of frequency table. Measures of central tendency-calculation of mean, median and mode.

Definition of measures of variability and their uses-Range Calculation of Range-Quantile Deviation-Mean Deviation-Standard Deviation from ungrouped and grouped data meaning of measurement and Evaluation-Nature and scope -Need and importance of evaluation in the field of physical education - Principles of evaluation-Criteria of Test selection-factors affecting scientific Authenticity-Classification of tests-Standarrised and teacher made test (objective and subjective)-Construction of knowledge skill tests- Administration of testing programme its procedure and follow up.

Cardiavascular and Respiratory Function Tests:- Cooper's 12 minutes continuous ran walk and modifications-12 minutes cycling test (Coopers)-Harvesed step test and modification (High School, andcollege level). Oregon Motor Fitness test-JCR Test-Canadian fitness test AAHPER Youth fitness test-

UNIT-II KINESIOLOGY AND BIOMECHANICS:


Familiarising with the structure and function of shoulder, hip, elbow, knee wrist and ankle joints. Origin and insertion of muscles-movements referring to physical exercise and basic skills in sports and games-pectoralis major and minor deltoid, trapezes, quadriceps, gastrocnemius, sartu anterior and posterior, biceps, triceps-rectus femoris, Sartorius, rectus abdominus. Human movement in relation to joints /bones and muscles locomotive skills-walking, running training for locomotive skills-body projection skills, stationary take off, moving take off. Throwing patterns, pushing patterns, striking patterns, performance in water buoyancy flats, locomotion in water.


UNIT-III EXERCISE PHYSIOLOGY AND SPORTS MEDICINE

Structure of the skeleton muscle-muscle fibre-the contractile agent of a muscle fibre-red and white muscle-muscle spindle-blood supply to the muscles-the chemical composition of muscles-Muscular contraction-

UNIT IV TRAINING METHOD AND COACHING:


Definition of tactics-individual and team tactics-defensive and offensice tactics-Strategy and its meaning Types of periodisation-aims and content of various periods(Preparatory, competition and transition short term plan and long term plan).

UNIT -V CURRICULAM DEVELOPMENT IN PHYSICAL EDUCATION

Definition and meaning of curriculum-Old and modern concepts.Definition and meaning of curriculum design-patterns of curriculum-Subject based-activity based and environment based patterns-factors that affect curriculum basic principles for planning curriculum-Design.

Major steps in curriculum development-formulating aims and objective selecting curriculum content-Criteria for curriculum content-Organisation and intergration of content preparing instructional materials-
evaluation of curriculum. Introduction-materials-for curriculum activities - experiences-teaching method-
curriculum design curriculum content-sources of curriculum materials-text books, journals, dictionaries,
encyclopedia magazines etc. Physical education and other facilities-integration of physical education with
Philosophy, Psychology, sociology, history, physical chemistry, statistics, anatomy and physiology, sports
medicine, physiotherapy & Anthropology. Definition of research-curriculum research, objects of
curriculum research, curriculum and basic research curriculum and applied research, curriculum and
action research, historical study and curriculum, experimental research and curriculum, importance of
curriculum research. Definition, meaning and concept of evaluation-Characteristics of evaluation-methods
of evaluation, importance of evaluation-traditional evaluation.