

DAV University, Jalandhar
Scheme of Post Graduate Course B.P.Ed Professional (Program ID-90)
(2 year Course)
Semester 1

| S.No | Paper Code | Course Title | L | T | P | Cr | A | B | C | D | E |
|---------------------------------|------------|--|-----------|----------|-----------|-----------|----|----|----|----|------------|
| Core Courses | | | | | | | | | | | |
| 1 | PHE-401 | Foundation, History & Principles of Physical Education | 4 | 0 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 2 | PHE-504 | Anatomy and Exercise Physiology | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 3 | PHE-522 | Health Education and Environmental Studies | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| Core (Practical) Course | | | | | | | | | | | |
| 4 | PHE-524 | Athletics – I (Running Events) | 0 | 0 | 8 | 4 | | | | | 100 |
| 5 | PHE-507 | Callisthenics and Drills-I | 0 | 0 | 8 | 4 | | | | | 100 |
| Elective Course(Any One) | | | | | | | | | | | |
| 6 | PHE-509 | Olympic Movement | 4 | 0 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 7 | PHE-525 | Officiating and Coaching | 4 | 0 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| | | | 16 | 2 | 16 | 24 | | | | | 600 |

Practical Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

Semester 2

| S. No | Paper Code | Course Title | L | T | P | Cr | A | B | C | D | E |
|---------------------------------|------------|--|-----------|----------|-----------|-----------|----|----|----|----|------------|
| Core Courses | | | | | | | | | | | |
| 1 | PHE-523 | Yoga Education | 2 | 1 | 4 | 4 | 25 | 25 | 25 | 25 | 100 |
| 2 | PHE-532 | Educational Technology and Methods of Teaching in Physical Education | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 3 | PHE-513 | Organization and Administration | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| Core (Practical) Courses | | | | | | | | | | | |
| 3 | PHE-518 | Game Specialization-I | 0 | 0 | 8 | 4 | | | | | 100 |
| 4 | PHE-519 | Callisthenics and Drills-II | 0 | 0 | 8 | 4 | | | | | 100 |
| 5 | PHE-515 | Teaching Practice(Classroom and outdoor) | 0 | 0 | 8 | 4 | | | | | 100 |
| Elective Course(Any One) | | | | | | | | | | | |
| 6 | PHE-533 | Contemporary Issues in Physical Education, fitness and wellness | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 7 | PHE-511 | Sports Nutrition and Weight Management | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| | | | 14 | 4 | 28 | 28 | | | | | 700 |

Practical Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation

Teaching Practice will be based on Theory & Practical classes conducted by the student teacher.

- A: Continuous Assessment: Based on objective/Practical Type Tests
B: Mid-Term Test-1: Based on Objective Type and Subjective Type Test
C: Mid-Term Test-2: Based on Objective Type and Subjective Type Test
D: End-Term Exam (Final): Based on Objective/practical Type Tests
E: Total Marks

L: Lectures T: Tutorial P: Practical Cr: Credits
Scheme of Post Graduate Course B.P.Ed Professional (Program ID-90)
(2 year Course)
Semester 3

| S.No | Paper Code | Course Title | L | T | P | Cr | A | B | C | D | E |
|---------------------------------|------------|---|-----------|----------|-----------|-----------|----|----|----|----|------------|
| Core Courses | | | | | | | | | | | |
| 1 | PHE-412 | Sports Training | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 2 | CSA-104 | Computer Applications in Physical Education | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 3 | PHE - 514 | Sports Psychology and Sociology | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| Core (Practical) Courses | | | | | | | | | | | |
| 3 | PHE - 534 | Athletics - II | 0 | 0 | 8 | 4 | | | | | 100 |
| 4 | PHE-535 | Game Specialization-II | 0 | 0 | 8 | 4 | | | | | 100 |
| 5 | PHE - 536 | Teaching Practice(Teaching Lesson Plans for various games and sports) | 0 | 0 | 8 | 4 | | | | | 100 |
| Elective Course(Any One) | | | | | | | | | | | |
| 6 | PHE - 537 | Sports Medicine, Physiotherapy and Rehabilitation | 4 | 0 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 7 | PHE - 538 | Curriculum Design | 4 | 0 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| | | | 16 | 3 | 24 | 28 | | | | | 700 |

Practical Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation
Teaching Practice will be based on Theory & Practical classes conducted by the student teacher.

Semester 4

| S.No | Paper Code | Course Title | L | T | P | Cr | A | B | C | D | E |
|---------------------------------|------------|---|-----------|----------|-----------|-----------|----|----|----|----|------------|
| Core Courses | | | | | | | | | | | |
| 1 | PHE-503 | Measurement and Evaluation in Physical Education | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 2 | PHE-508 | Kinesiology and Biomechanics | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 3 | PHE-539 | Research and Statistics in Physical Education | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| Core (Practical) Courses | | | | | | | | | | | |
| 3 | PHE-540 | Athletics - III | 0 | 0 | 8 | 4 | | | | | 100 |
| 4 | PHE-541 | Game Specialization-III | 0 | 0 | 8 | 4 | | | | | 100 |
| 5 | PHE-542 | Sports Specialization: Coaching Lesson Plans | 0 | 0 | 8 | 4 | | | | | 100 |
| 6 | PHE-543 | Games Specialization Coaching lessons | 0 | 0 | 8 | 4 | | | | | 100 |
| Elective Course(Any One) | | | | | | | | | | | |
| 7 | PHE - 544 | Theory of Sports and Games(Specifically for specialisation sports/game) | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| 8 | PHE - 545 | Sports Management | 4 | 1 | 0 | 4 | 25 | 25 | 25 | 25 | 100 |
| | | | 16 | 4 | 32 | 32 | | | | | 800 |

Practical Courses will be evaluated on the basis of 30% Internal Evaluation and 70% External Evaluation
Teaching Practice will be based on Theory & Practical classes conducted by the student teacher.

- A: Continuous Assessment: Based on objective/Practical Type Tests
B: Mid-Term Test-1: Based on Objective Type and Subjective Type Test
C: Mid-Term Test-2: Based on Objective Type and Subjective Type Test
D: End-Term Exam (Final): Based on Objective/practical Type Tests
E: Total Marks

L: Lectures T: Tutorial P: Practical Cr: Credits

Semester- I

Course Title: History, Principles and foundation of Physical Education

Paper Code: PHE401

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 0 | 0 | 4 | 100 |

UNIT – I

Meaning, Definition and Scope of Physical Education. Aims and Objective of Physical Education. Importance of Physical Education in present era. Misconceptions about Physical Education. Relationship of Physical Education with General Education. Physical Education as an Art and Science.

Principles of Physical Education. Biological: Growth and development, Age and gender characteristics, Body Types, Anthropometric differences.

UNIT- II

Psychological: Learning types, learning curve, Laws and principles of learning, Attitude, interest, cognition, emotions and sentiments. Sociological: Society and culture, Social acceptance and recognition, Leadership, Social integration and cohesiveness. Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture

UNIT- III

Historical Development of Physical Education in India. Indus Valley Civilization Period. (3250 BC – 2500 BC) Vedic Period (2500 BC – 600 BC) Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD) Medieval Period (1000 AD – 1757 AD) British Period (Before 1947) Physical Education in India (After 1947) Contribution of Akhadas and Vyayamshalas .Y.M.C.A. and its contributions.

UNIT-IV

Historical perspectives of Greece, Rome, Sweden, Denmark and Germany.

Modern perspectives: USA, UK and China.

Career Avenues, National awards and Honours

References:

- Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande,
- S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
- Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
- Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
- Obertuffer, (1970). Delbert physical education. New York: Harper & Brothers Publisher.
- Sharman, J. R. (1964). Introduction to physical education. New York: A.S. Barnes & Co.
- William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

Course Title: Anatomy and Exercise Physiology
Paper Code: PHE 504

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT-I

Brief Introduction of Anatomy and physiology in the field of Physical Education. Introduction of Cell and Tissue. The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities – joints of the body and their types. Gender differences in the skeleton. Types of muscles.

UNIT-II

Blood and circulatory system: Constituents of blood and their function –Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Cardiac output.

The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration).

Respiratory volumes - Technical terms for lung function.Gaseous exchange in the lungs - How oxygen gets into the blood.VO₂ Max - VO₂ Max explained.Respiration introduction - aerobic, anaerobic.

UNIT-III

Definition of physiology and its importance in the field of physical education and sports. Structure, Composition, Properties and functions of skeletal muscles. Sliding filament theory. Nerve control of muscular activity:neuromuscular junction. Transmission of nerve impulse across it. Fuel for muscular activity o Role of oxygen- physical training, oxygen debt, second wind, vital capacity. Oxygen debt and recovery and Lactic acid.

UNIT-IV

Types of muscle contractions - Istokinetic, isotonic, isometric. Motor units and nerves - How a nerve makes a muscle move. Short term and long terms effect of exercise and training on: cardiovascular system, respiratory system, muscular system.

Diet before, during and after competition. Energy system: Carbohydrate, Fats, Vitamins, Proteins.

References:

- Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). Anatomy physiology and health education.Karaikudi: Madalayam Publications. Morehouse,
- L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications

Course Title: Health Education and Environmental Studies
Paper Code: PHE 522

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT – I

Health Education: Concept, Dimensions, Spectrum and Determinants of Health. Definition of Health, Health Education, Health Instruction, Health Supervision. Aim, objective and Principles of Health Education. Health Service and guidance instruction in personal hygiene

UNIT – II

Health Problems in India: Communicable and Non Communicable Diseases. Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, Personal and Environmental Hygiene for schools. Objective of school health service, Role of health education in schools. Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

UNIT – III

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 – IV

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.

References:

- Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
- Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
- Nemir, A. (n.d.). The school health education. New York: Harber and Brothers.
- Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.

Course Title: Olympic Movement
Paper Code: PHE 509

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 0 | 0 | 4 | 100 |

UNIT – I

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

UNIT – II

Modern Olympic Games o Significance of Olympic Ideals, Olympic Rings, Olympic Flag. Olympic Protocol for member countries. Olympic Code of Ethics. Olympism in action. Sports for All

UNIT – III

Different Olympic Games. Para Olympic Games. Summer Olympics. Winter Olympics. Youth Olympic Games

UNIT – IV

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

References:

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

Course Title: Officiating and Coaching

Paper Code: PHE 525

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 0 | 0 | 4 | 100 |

UNIT- I

Introduction of Officiating and coaching: Concept of officiating and coaching. Importance and principles of officiating. Relation of official and coach with management, players and spectators. Measures of improving the standards of officiating and coaching.

UNIT- II

Coach as a Mentor. Duties of coach in general, pre, during and post-game. Philosophy of coaching o Responsibilities of a coach on and off the field. Psychology of competition and **coaching**

UNIT- III

Duties of Official: Duties of official in general, pre, during and post-game. Philosophy of officiating o Mechanics of officiating – position, singles and movement etc. Ethics of officiating

UNIT- IV

Qualities and Qualifications of Coach and Official. Qualities and qualification of coach and official. General rules of games and sports o Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills. Integrity and values of sports.

References:

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
- Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Course Title: Athletics – I (Running Events)
Paper Code: PHE 524

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 0 | 0 | 8 | 4 | 100 |

Track and Field:

Running Event

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.

Course Title: Callisthenics and Drills-I
Paper Code: PHE 507

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 0 | 0 | 8 | 4 | 100 |

Free Hand Exercise(Calisthenics)

Exercise on verbal command with drum and music

Light Apparatus

Exercise with dumbbells, lazium on verbal command with drum.

Mass P.T Exercises

March Past

Drum Beat, Side drum

Commands, Attention, Stand-at-Ease, Left turn, Right turn, About turn, March time, March, Eyes Right

Flag hoisting, salute, eyes left

Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri

Apparatus/ Light apparatus Grip. Attention with apparatus/ Light apparatus . Stand – at – ease with apparatus/ light apparatus. Exercise with verbal command,drum, whistle and music – Two count, Four count, Eight count and Sixteen count. o Standing Exercise o Jumping Exercise o Moving Exercise Combination of above all

Semester- II

Course Title: Yoga Education

Paper Code: PHE 523

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 2 | 1 | 4 | 4 | 100 |

UNIT – I

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

UNIT – II

Foundation of Yoga o The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi o Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

UNIT - III

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

UNIT – IV

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

References:

- Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala: Kaixyдахmoe.
- Rajjan, S. M. (1985). Yoga strentheningofrelexation for sports man. New Delhi:Allied Publishers.
- Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.
- Shekar,K. C. (2003). Yoga for health. Delhi: KhelSahitya Kendra.

Course Title: Educational Technology and Methods of Teaching in Physical Education
Paper Code: PHE 532

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT – I

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

UNIT – II

Teaching Technique o Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc. o Teaching Procedure – Whole method, whole – part – whole method, part – whole method. o Presentation Technique – Personal and technical preparation o Command- Meaning, Types and its uses in different situations.

UNIT – III

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

UNIT – IV

Lesson Planning and Teaching Innovations o Lesson Planning – Meaning, Type and principles of lesson plan. o General and specific lesson plan. o Micro Teaching – Meaning, Types and steps of micro teaching. o Simulation Teaching - Meaning, Types and steps of simulation teaching.

Reference:

- Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons.
- Bhatia, & Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House.
- Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd.
- Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.
- Walia, J.S. (1999). Principles and methods of education. Jullandhar: Paul Publishers.

Course Title: Organization and Administration
Paper Code: PHE 513

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT – I

Organization and administration. Meaning and importance of Organization and Administration in physical education
Qualification and Responsibilities of Physical Education teacher and pupil leader. Planning and their basic principles, Program planning: Meaning, Importance, Principles of program planning in physical education. o Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

UNIT- II

Office Management, Record, Register & Budget o Office Management: Meaning, definition, functions and kinds of office management o Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record. o Budget: Meaning, Importance of Budget making, o Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

UNIT-III

Facilities, & Time-Table Management o Facilities and equipment management: Types of facilities Infrastructure-indoor, out door. o Care of school building, Gymnasium, swimming pool, Play fields, Play grounds o Equipment: Need, importance, purchase, care and maintenance. o Time Table Management: Meaning, Need, Importance and Factor affecting time table.

UNIT-IV

Competition Organization o Importance of Tournament, o Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament. o Organization structure of Athletic Meet o Sports Event Intramurals & Extramural Tournament planning

References:

- Broyles, F. J. &Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
- Bucher, C. A. (1983). Administration of Physical Education and Athletic programme.St. Lolis: The C.V. Hosby Co.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960).Methods in Physical Education. London: W.B. Saunders Co. Pandy, L.K. (1977). Methods in Physical Education.Delhe: Metropolitan Book Depo.
- Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
- Thomas, J. P.(1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
- Tirunarayanan, C. &Hariharan, S. (1969). Methods in Physical Education.Karaikudi: South India Press. Voltmer,
- E. F. &Esslinger, A. A. (1979).The organization and administration of Physical Education. New York: Prentice Hall Inc.

Course Title: Contemporary Issues in Physical Education, fitness and wellness
Paper Code: PHE 533

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT – I

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

UNIT – II

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

UNIT – III

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

UNIT – IV

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

References:

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

Course Title: Sports Nutrition and Weight Management
Paper Code: PHE 511

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT – I

Introduction to Sports Nutrition o Meaning and Definition of Sports Nutrition o Basic Nutrition guidelines o Role of nutrition in sports o Factor to consider for developing nutrition plan

UNIT – II

Nutrients: Ingestion to energy metabolism o Carbohydrates, Protein, Fat – Meaning, classification and its function o Role of carbohydrates, Fat and protein during exercise o Vitamins, Minerals, Water – Meaning, classification and its function o Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

UNIT – III

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

UNIT – IV

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

References:

- Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab*.93(6), 2027-2034.
- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity* (Silver Spring). 15(12), 3091- 3096.
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

Course Title: Game Specialization-I
Paper Code: PHE 518

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 0 | 0 | 8 | 4 | 100 |

UNIT-I

Historical Development of the sports at National and International level. Important Tournament/Competition held at National and International level

UNIT-II

Fundamental Skills of the sport. Warming Up–General, Specific, Cooling Down, Physiological basis of warming up and cooling down.

UNIT-III

Tactical Preparation for sports. Strategies and their Applications. Importance of Psychological preparation and its methods.

UNIT-IV

Sports Specific Skill Test. Knowledge of rules and regulations. Duties of official & conduct of official match.

Practical:

1. Draft preparation, supplementary to improve fundamental skills.
2. Sport Specific skill test.
3. Test for Motor components.
4. Filling up score sheets.
5. Officiating in competition.(rules and signals)

Course Title: Callisthenics and Drills
Paper Code: PHE 519

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 0 | 0 | 8 | 4 | 100 |

Free Hand Exercise(Calisthenics)

Exercise on verbal command with drum and music

Light Apparatus

Exercise with dumbbells, lazium on verbal command with drum.

Mass P.T Exercises

March Past

Drum Beat, Side drum

Commands, Attention, Stand-at-Ease, Left turn, Right turn, About turn, March time, March, Eyes Right

Flag hoisting, salute, eyes left

Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri

Apparatus/ Light apparatus Grip. Attention with apparatus/ Light apparatus . Stand – at – ease with apparatus/ light apparatus. Exercise with verbal command,drum, whistle and music – Two count, Four count, Eight count and Sixteen count. o Standing Exercise o Jumping Exercise o Moving Exercise Combination of above all

Semester-III

Course Title: Sports Training
Paper Code: PHE 412

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT – I

Introduction to Sports Training o Meaning and Definition of Sports Training o Aim and Objective of Sports Training o Principles of Sports Training o System of Sports Training – Basic Performance, Good Performance and High Performance Training

UNIT – II

Training Components o Strength – Mean and Methods of Strength Development o Speed – Mean and Methods of Speed Development o Endurance - Mean and Methods of Endurance Development o Coordination – Mean and Methods of coordination Development o Flexibility – Mean and Methods of Flexibility Development

UNIT – III

Training Process o Training Load- Definition and Types of Training Load o Principles of Intensity and Volume of stimulus o Technical Training – Meaning and Methods of Technique Training o Tactical Training – Meaning and Methods of Tactical Training

UNIT – IV

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

Reference:

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

Course Title: Computer Applications in Physical Education
Paper Code: CSA 104

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT – I

Introduction to Computer o Meaning, need and importance of information and communication technology (ICT).
Application of Computers in Physical Education o Components of computer, input and output device o Application software used in Physical Education and sports

UNIT – II

MS Word o Introduction to MS Word o Creating, saving and opening a document o Formatting Editing features
Drawing table , o page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

UNIT – III

MS Excel o Introduction to MS Excel o Creating, saving and opening spreadsheet o creating formulas o Format and editing features adjusting columns width and row height understanding charts.

UNIT – IV

MS Power Point o Introduction to MS Power Point o Creating, saving and opening a ppt. file o format and editing features slide show,design, inserting slide number opicture, graph, table o Preparation of Power point presentations

References:

- Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
- Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.
- Milke, M.(2007). Absolute beginner’s guide to computer basics. Pearson Education Asia.
- Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.

Course Title: Sports Psychology and Sociology
Paper Code: PHE 514

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

Unit -I

Introduction o Meaning, Importance and scope of Educational and Sports Psychology o General characteristics of Various Stages of growth and development o Types and nature of individual differences; Factors responsible - Heredity And environment o Psycho-sociological aspects of Human behaviour in relation to physical education and sports

Unit-II

Sports Psychology o Nature of learning, theories of learning, Laws of learning, o Plateau in Learning; & transfer of training o Meaning and definition of personality, characteristics of personality, o Dimension of personality, Personality and Sports performance o Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance. o Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary. o Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety o Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

Unit-III

Relation between Social Science and Physical Education. o Orthodoxy, customs, Tradition and Physical Education. o Festivals and Physical Education. o Socialization through Physical Education. o Social Group life, Social conglomeration and Social group, Primary group and Remote group.

Unit-IV

Culture : Meaning and Importance. o Features of culture, o Importance of culture. o Effects of culture on people life style. o Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method

References:

- Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.
- Blair, J. & Simpson, R. (1962). Educational psychology, New York: McMillan Co. Cratty, B. J. (1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
- Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society. Philadelphia:
- Lea & Febiger. Mathur, S.S., (1962). Educational psychology. Agra. Vinod Pustak Mandir.
- Skinner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India.
- William, F. O. & Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing House Pvt Ltd.

Course Title: Sports Medicine, Physiotherapy and Rehabilitation
Paper Code: PHE 537

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 0 | 0 | 4 | 100 |

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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

References:

- Christine, M. D., (1999). Physiology of sports and exercise.USA: Human Kinetics.
- T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
- David, R. M. (2005). Drugs in sports, (4th Ed).
- Routledge Taylor and Francis Group. Hunter, M. D. (1979). A dictionary for physical educators.
- In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., (1990). Exercise physiology & sports medicine. Delhi:Lucky Enterprises.
- Mathew, D.K. & Fox, E.L, (1971). Physiological basis of physical education and athletics.
- Philadelphia:W.B. Saunders Co. Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

Course Title: Curriculum Design
Paper Code: PHE 538

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 0 | 0 | 4 | 100 |

UNIT-I

Modern concept of the curriculum o Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development. o Factors affecting curriculum - Social factors - Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours. o National and Professional policies, Research finding

UNIT-II

Basic Guide line for curriculum construction; contest (selection and expansion). o Focalization o Socialization o Individualization o Sequence and operation o Steps in curriculum construction.

UNIT-III

Curriculum-Old and new concepts, Mechanics of curriculum planning. o Basic principles of curriculum construction. o Curriculum Design, Meaning, Importance and factors affecting curriculum design. o Principles of Curriculum design according to the needs of the students and state and national level policies. o Role of Teachers

UNIT-IV

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

Reference:

- Barrow, H. M. (1983). Man and movement: principles of physical education. Philadelphia:
- Lea and Febiger. Bucher, C. A. (1986). Foundation of physical education: St. Louis: The C. V. Mosby & Company.
- Cassidy, R. (1986). Curriculum development in physical education. New York: Harper & Company.
- Cowell, C.C. & Hazelton, H.W. (1965). Curriculum designs in physical education. Englewood Cliffs: N.J. prentice Hall Inc.
- Larson, L.A. (n.d.). Curriculum foundation in physical education. Englewood Cliffs: N.J. Prentice Hall Inc.
- Underwood, G. L. (1983). The physical education curriculum in secondary school: planning and implementation.England: Taylor and Francis Ltd.
- Willgoose, C.E. (1979). Curriculum in physical education. 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.

Course Title: Athletics-II
Paper Code: PHE 534

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 0 | 0 | 8 | 4 | 100 |

Athletics: Jumping Events

o High Jump (Straddle Roll) o Approach Run, o Take off o Clearance over the bar. o Landing

Introduction of events, Brief History

Rules and Regulations: Rules according to IAAF

Equipment's Required and Marking

Conditioning: Specific exercises for conditioning

Techniques: Hang Style.

Teaching stages: Approach Run, Take-off, Position in Air Landing and Follow through

Officiating: Total number of officials required, Position of officials, Officiating signals and Preparation and filling of Score sheet Marking of 25 meters track with 5mtrs straight (in pair). Marking of standard athletics track

References

- Shrivastva A.K. How to Coach Discus Throw, Sports Publication,(2006), New Delhi.
- Thani Y R. Athletics, KhelSahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, KhelSahitya Kendra,(2005),New Delhi.
- SayalMeenu, Teach Yourself Running, PrernaPrakashan,(2005),Delhi.
- NarangPriyanka, Teach Yourself Jumping, PrernaPrakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi

Course Title: Game Specialization-II
Paper Code: PHE 535

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 0 | 0 | 8 | 4 | 100 |

UNIT-I

Historical Development of the sports at National and International level. Important Tournament/Competition held at National and International level

UNIT-II

Fundamental Skills of the sport. Warming Up–General, Specific, Cooling Down, Physiological basis of warming up and cooling down.

UNIT-III

Tactical Preparation for sports. Strategies and their Applications. Importance of Psychological preparation and its methods.

UNIT-IV

Sports Specific Skill Test. Knowledge of rules and regulations. Duties of official & conduct of official match.

Practical:

1. Draft preparation, supplementary to improve fundamental skills.
2. Sport Specific skill test.
3. Test for Motor components.
4. Filling up score sheets.
5. Officiating in competition.(rules and signals)

Semester – IV

Course Title: Measurement and Evaluation in Physical Education
Paper Code: PHE 503

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT- I

Introduction to Test & Measurement & Evaluation o Meaning of Test & Measurement & Evaluation in Physical Education o Need & Importance of Test & Measurement & Evaluation in Physical Education o Principles of Evaluation

UNIT- II

Criteria; Classification and Administration of test o Criteria of good Test o Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms) o Type and classification of Test o Administration of test, advance preparation – Duties during testing – Duties after testing.

UNIT- III

Physical Fitness Tests o AAHPER youth fitness test o National physical Fitness Test o Indiana Motor Fitness Test o JCR test o U.S Army Physical Fitness Test

UNIT- IV

Sports Skill Tests o Lockhart and McPherson badminton test o Johnson basketball test o McDonald soccer test o S.A.I volleyball test o S.A.I Hockey test

References:

- Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: Ho+Storm.
- Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
- Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B. Saunders Company.
- Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York.
- Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Wiley and Sons.
- Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.

Course Title: Kinesiology and Biomechanics
Paper Code: PHE 508

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT – I

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

UNIT – II

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

UNIT – III

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

UNIT – IV

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

Reference:

- Bunn, J. W. (1972).Scientific principles of coaching. Englewood Cliffs, N.J.: Prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1982).The anatomical and mechanical basis of human motion. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1988).Anatomy, mechanics and human motion. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. (1970).The biomechanics of sports techniques. Englewood Cliffs, N.J.: Prentice Hall, Inc.
- Simonian, C.(1911).Fundamentals of sport biomechanics. Englewood Cliffs, N.J.: Prentice Hall Inc.

Course Title: Research and Statistics in Physical Education
Paper Code: PHE 539

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT-I

Introduction to Research o Definition of Research o Need and importance of Research in Physical Education and Sports. o Scope of Research in Physical Education & Sports. o Classification of Research o Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

UNIT-II

Survey of Related Literature o Need for surveying related literature. o Literature Sources, Library Reading o Research Proposal, Meaning and Significance of Research Proposal. o Preparation of Research proposal / project. o Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

UNIT-III

Basics of Statistical Analysis o Statistics: Meaning, Definition, Nature and Importance o Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables o Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

UNIT-IV

Statistical Models in Physical Education and Sports o Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data o Measures of Variability: Meaning, importance, computing from group and ungroup data o Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

- Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall. Bomp,
- T. O. &Haff, G. G. (2009). Periodization: theory and methodology of training, 5th ed. Champaign, IL: Human Kinetics.
- Brown, L. E., &Ferrigno, V. A. (2005). Training for speed, agility and quickness, 2nd ed. Champaign, IL: Human Kinetics.
- Brown, L.E. & Miller, J., (2005). How the training work. In: Training Speed, Agility, and Quickness Champaign, IL: Human Kinetics.
- Carl, E. K., & Daniel, D. A. (1969). Modern principles of athletes training. St. Louis: St. Louis's Mosby Company.
- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). Statistics in psychology and education. New York: VakilsFeffer and Simon Ltd.
- Oyster, C. K., Hanten, W. P., &Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
- Thomas, J.R., & Nelson J.K. (2005). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). Research method in physical activity. U.S.A: Champaign, IL: Human Kinetics Books.
- Uppal, A. K. (1990). Physical fitness: how to develop. New Delhi: Friends Publication.
- Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications.

Course Title: Theory of Sports and Games(Specifically for specialisationsports/game)
Paper Code: PHE 544

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT-I

General Introduction of specilized games and sports– o Athletics, o Badminton, o Basketball, o Cricket, o Football, o Gymnastic, o Hockey, o Handball, o Kabaddi, o Kho-Kho, o Tennis, o Volleyball and o Yoga. Each game or sports to be dealt under the following heads o History and development of the Game and Sports o Ground preparation, dimensions and marking o Standard equipment and their specifications o Ethics of sports and sportsmanship

UNIT-II

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

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

UNIT-III

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

UNIT-IV

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

References:

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic &psychology. New York: M.C. Graw Hill.

Course Title: Sports Management
Paper Code: PHE 545

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 4 | 1 | 0 | 4 | 100 |

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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

References:

- Ashton, D. (1968).Administration of physical education for women. New York: The Ronal Press Cl.
- Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The C.V. Mosby Co.
- Daughtrey, G. & Woods, J.B. (1976). Physical education and intramural programmes, organisation and administration. Philadelphia U.S.A. : W.B. Saunders Cp.
- Earl, F. Z,& Gary, W. B. (1963).Management competency development in sports and physical education. Philadelphia: W. Lea and Febiger.

Course Title: Athletics-III
Paper Code: PHE 540

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 0 | 0 | 8 | 4 | 100 |

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

Introduction of events, Brief History

Rules and Regulations: Rules according to IAAF

Equipment's Required and Marking

Conditioning: Specific exercises for conditioning

Techniques: Parry O Brain and Rotation

Teaching stages: Initial Stance, Placement of the shot, T-position, Glide, Power position, Release and Follow through

Officiating: Total number of officials required, Position of officials, Officiating signals and Preparation and filling of Score sheet

References

- Shrivastva A.K. How to Coach Discus Throw, Sports Publication,(2006), New Delhi.
- Thani Y R. Athletics, KhelSahitya Kendra (2005),New Delhi,(Hindi version).
- Balayan D. Play and Learn Throwing, KhelSahitya Kendra,(2005),New Delhi.
- SayalMeenu, Teach Yourself Running, PrernaPrakashan,(2005),Delhi.
- NarangPriyanka, Teach Yourself Jumping, PrernaPrakashan,(2004),Delhi
- Shrivastva A.K. How to Coach Long jump, Sports Publication,(2006),New Delhi

Course Title: Game Specialization-III
Paper Code: PHE 541

| L | T | P | Credits | Marks |
|---|---|---|---------|-------|
| 0 | 0 | 8 | 4 | 100 |

UNIT-I

Historical Development of the sports at National and International level. Important Tournament/Competition held at National and International level

UNIT-II

Fundamental Skills of the sport. Warming Up–General, Specific, Cooling Down, Physiological basis of warming up and cooling down.

UNIT-III

Tactical Preparation for sports. Strategies and their Applications. Importance of Psychological preparation and its methods.

UNIT-IV

Sports Specific Skill Test. Knowledge of rules and regulations. Duties of official & conduct of official match.

Practical:

1. Draft preparation, supplementary to improve fundamental skills.
2. Sport Specific skill test.
3. Test for Motor components.
4. Filling up score sheets.
5. Officiating in competition.(rules and signals)