

Syllabus for Physical Education (PGQP43)

- 1. Historical Perspective:** Physical Education and Sports in Ancient Greece, Rome and India. Ancient Olympics Games.
- 2. Philosophical Perspective:** Philosophies of Education as applied to Physical Education- Idealism, Pragmatism, Naturalism and Realism
- 3. Psychological Perspective:** Psycho-physical unity of human organism, laws of learning, their application to sports situations. Theories of play, Learning stages, Motor Skill Learning, Learning Curve, Transfer of Training. Sports Psychology Theories. Personality and its types. Concepts of Motivation, Stress and Anxiety. Leadership. Group Cohesion.
- 4. Sociological Perspective:** Orthodoxy, Customs, Religion, Festivals, Traditions and Physical Education. Socialization through Physical Education & Sports, Social Conglomeration and Social group, Primary group and Remote group. Features and Importance of Culture. Impact of Culture on life style.
- 5. Anatomy and Physiology:** Levels of Structural Organization of Human Body. Growth and Development. Various Systems of the Human Body. Skeleton System, Circulatory System and Blood, Respiratory System, Muscular System, Digestive System, Excretory System, Endocrine System, Energy System, Nervous System. Structural Classification and the functions of Muscles. Movements of Muscles.
- 6. Health Education:** Nutrition. Balanced Diet. Proteins, Carbohydrates, Fats, Vitamins, and Minerals. Sources of Nutrition and Micro-nutrients. Personal Hygiene. Environment and Health. Communicable Disease.
- 7. Sports Training:** Methods of Sports Training. Periodization. Environmental factors and Sports Performance. Effect of Exercise on Body Systems. Drugs and Doping in Sports.
- 8. Kinesiology & Sports Bio-Mechanics:** Terminology of fundamental Movements; Planes and Axis. Body levers. Centre of Gravity. Equilibrium. Newton's Laws of Motion. Force; direction and application. Speed, Acceleration, Velocity and Momentum. Postural Deformities. Common Sports Injuries. First Aid.

9. **Introduction to Research:** Types of Research. Research Problem. Review of Literature. Hypothesis. Sampling Methods. Data Collection. Data Analysis and Evaluation. Research Report Writing.
10. **Test, Measurement and Evaluation in Physical Education:** Formative and summative evaluation; Classification of Test: Knowledge test, Criterion for the selection test: Validity, reliability, objectivity, norms and standard. Physical Fitness Tests: AAHPER Youth Fitness Tests, National Physical Fitness Tests, Indiana Motor Fitness Tests, JCR Tests. Skill Tests for various games and sports.
11. **Sports Management:** Organization and Administration of Games and Sports. Intramural, Extramural and competitions. Sports Facilities.
12. **Major Sports Competitions and Awards:** Modern Olympics Games, Asian Games, Common Wealth Games, National Games. Recent Events in Sports.
13. **Rules, Regulations and Records of Games and Sports:** Athletics, Swimming, Tennis, Basketball, Football, Hockey, Cricket, Kabaddi, Wrestling, Kho-Kho, Handball, Volleyball, Badminton, Boxing, Yoga.
14. **National Sports Scheme and Policy, Administrative and Academic Institutes of Excellence:** Sports Authority of India, N.S. National Institute of Sports, N.C.T.E., N.C.E.R.T., U.G.C., L.N.I.P.E. Institute of Sports, National Education Policy. National Sports Association/Federation their Composition and functions. Recent Developments in Physical Education.