

Semester I

Paper Code: 7520121

Credit: 4

Hours: 75

HISTORY, PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION

Aim

Optimum and wholesome development of Individual for complete living.

UNIT I

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. Development of Teacher Education in Physical Education.

UNIT II

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

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 Regency, Law of Frequency. Types of Learning: Primary, Associate, Concomitant; Transfer of Learning – Learning Curve.

UNIT IV

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 – Common Wealth Games. National Day.

UNIT V

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 – National Federations – RDG-BDG-RDS. Awards: Arjuna award - Dronacharya award - Rajiv Gandhi Khel Rathna award.

TEST BOOKS

1. M.L. Kamalesh “History and principles of Physical Education, Tandon Publication
2. Sanjay A Rawat, Sytil Lega, etc (2015), B.P.Ed Guide Part - I, Sports Publication, New Delhi.

REFERENCE BOOKS

1. Bucher, Charles A. and Wuest, Deborch A. (1992), Foundations of Physical education and sport (11th edn) New Delhi: B1 publication Private limited.
2. Jackson Sharma, “Modern principles of physical education” A. Barnes & co, New York.
3. SitaramSharam& Anil kr. Vanaik.(2003). Principles of Physical Education. New Delhi: Friends Publication.
4. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetics.
5. Vandalen, D., & Bennett, B. (1971). World History of Physical Education. New Jersey: Prentice Hall Inc.

ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION

Aim

The aim of this lesson is to learn structure of the body and function of the body. Allot it's various cells and tissues communicate with each other and other activities are precisely coordinated.

UNIT I

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 Skelton Joints: Definition - Classification of Joints, Types of Muscles.

UNIT II

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. Cause for Coronary artery disease.

UNIT III

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

UNIT IV

Nervous System: Structure and functions of Nerve. 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 Skin. Structure and functions of Eye and Ear. Central Nervous System Depressants in Effect of Alcohol.

UNIT V

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 of Malaria - Filaria - Typhoid – Measles- Whooping Cough- Cholera – Chicken pox – Small Pox, Dysentery and Mumps. Personal Hygiene - School Health Programme- Health instruction – Health services – Health supervision.

TEST BOOKS

1. Sanjay A Rawat, Sytil Lega, etc (2015), B.P.Ed Guide Part – II & III, Sports Publication, New Delhi.
2. Ranganathan. T.S. (1983). A Textbook of Human Anatomy. New Delhi: S Chand and Company.

REFERENCE BOOKS

1. Authors Guide, (2013) Standards for Assessing, Measuring and Monitoring Vital Signs in Infants, Children and Young People , London: Royal College of Nursing Publication
2. Babsky. E., & Khodorov, B. (1970). Human Physiology. Moacow: MIR Publications.
3. Chatterjee. & Chandicharan. (1980). Human Physiology. Calcutta: Medical Allied Agency.
4. Chaurasia, B. D. (1995). Human Anatomy. Delhi: CBS publishers.
5. Evelyn, C. Pearce. (1993). Anatomy and Physiology for Nurses. New Delhi: Jay Pee Brothers.
6. Ram Mohun Mojumdar. (2009). Anatomy and Physiology. New Delhi: Sports Publication.
7. Sivaramakrishnan. S. (2002). Anatomy and Physiology. New Delhi: Friends publication.
8. The Encyclopedic Atlas of the Human Body. (2005). Gordon Cheers Publication. Global Book Publishing House.

SPORTS MANAGEMENT, RECREATION AND CAMPING

Aim

The sports management programs are for students who are passionate about sports, management, finance and leadership.

UNIT-I

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

UNIT-II

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

UNIT-III

Sports Management in Schools, colleges and Universities. Factors affecting planning, Planning a school or college sports programme. Directing of school or college sports programme. Controlling a school, college and university sports programme. · Developing performance standard. Establishing a reporting system · Evaluation, The reward/punishment system. Financial management in Physical Education & sports in schools, Colleges and Universities. Budget – Importance, Criteria of good budget, Steps of Budget making, Principles of budgeting.

UNIT-IV

Recreation – Meaning, Definition, Aim, Scope and Significance of recreation – Aim and objectives of recreation – Recreation of play. Agencies offering recreation – Home, Governmental, Voluntary, Private – Commercial Agencies – Rural Urban, Community and Industrial Recreation – Areas Facilities, Equipment and their maintenance.

UNIT-V

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.

TEST BOOKS

1. Authors Guide (1986) Organization, Administration and Recreation in Physical Education, Parkash Brother, Educational Publishers, Ludhiana
2. Bonnie, L. (1991). The Management of Sports. St.Louis: Mosby Publishing Company, Park House.

REFERENCE BOOKS

1. Aggarwal, J.C (1990). Curriculum Reform in India- World overviews, Doaba World Education Series-3 Delhi: Doaba House, Book seller and Publisher.
2. Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
3. Ashton, D. (1968). *Administration of physical education for women*. New York: The Ronal Press Cl.
4. Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company.
5. Carl, E, Willgoose. (1982). Curriculum in Physical Education, London: Prentice Hall.
6. Chakraborty & Samiran. (1998). Sports Management. New Delhi: Sports Publication.
7. Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St.Louis Mosby Publishing Company.
8. Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.

OLYMPIC MOVEMENT

Aim

The goal of the Olympic movement is to contribute to building a peaceful and better world by educating youth through sport practical without discrimination of any kind in a spirit of friendship solidarity and fair.

UNIT I

Origin of Olympic Movement: Philosophy of Olympic movement, Goals of Olympic Movement, The Olympic Spirit. Ancient Olympic Games: The early history of the Olympic movement.- Significance of Ancient Olympics- Rules of Eligibility for Competition- Conduct of Games, Awards- Decline and termination of the ancient Olympics. Educational and cultural values of Olympic movement

UNIT II

Modern Olympic Games: Significance of Olympic Ideals, Olympic Rings, Olympic Flag. Olympic Protocol for member countries. Olympic Code of Ethics. Modern Olympic Games: The Renaissance and Beyond- Review of Modern Olympic Games-1986- Rules of Eligibility for Competition- Conduct of Games.

UNIT III

Different Olympic Games: The organizational structure, aim objectives and functions of Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games.

UNIT IV

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

UNIT V

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.

TEST BOOKS

1. Osim Mohamond (2015) Olympic Movement, Sports Publication, New Delhi.
2. Ajmer Singh, Jagdish Baiet (2008) , Essentials of Physical Education, Kalyani Publication, Ludhiana

REFERENCE BOOKS

1. 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.
2. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner
3. Ajmeer Sing, Jagdish Bans, Jagtar Sing Gill , Rachpal Singh Brar and Nirmaljit Kaur Rathee (2004) Essentials of Physical Education, New Delhi: Kalyani Publisheres.

ENVIRONMENTAL STUDIES AND GENDER STUDIES**Aim**

The aim of environmental education is clearly to show the economic, social, political and ecological interdependence of the modern world, in which decisions and actions by different countries can have international repercussions. Environmental education should, in this regard, help to develop a sense of responsibility and solidarity among countries and regions as the foundation for a new international order which will guarantee the conservation and improvement of the environment. Trains specialists in gender and development, Increases gender awareness among technology, management and development professionals.

UNIT – I 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 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: 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: 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: 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

1. Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi Publishers Ltd.
2. Desai, Neera and M. Krishnaraj. 1987 Women and Society in India, Delhi: Ajanta

REFERENCE BOOKS

1. Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
2. Nemir, A. (n.d.). The school health education. New York: Harber and Brothers.
3. Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.
4. Chodrow, Nancy. 1978. The Reproduction of Mothering. Berkeley: University of California Press.

SPORTS TRAINING**Aim**

The aim of sports training is to improve rapidly the sports performance of a sports person particularly in sports competitions which is mainly based on his physical psychological intellectual and technical capacities and capabilities. The aim of sports training in competitive sports is to prepare the sportspersons for the attainment of higher possible sports performance in competitions.

UNIT I

Meaning and Aim of Sports Training, Principles and Characteristics of Sports training. Training load: External load - Internal load - Principles of training load. Intensity. Overload: Symptoms of overload - Tackling of overload. Periodisation: Types of periodisation - Aims and content of various periods: Preparatory, Competition and Transition period short term plan and long term plan.

UNIT II

Warming up: Types of Warming up - Importance of warming up. Types of Sports Training and their purpose: Weight Training (Free Weights and Machine Weights) - Circuit Training – Interval Training- Fartlek Training - Swiss ball Training – Medicine Ball Training – Cross Training.

UNIT III

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

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

UNIT V

Endurance - Definition of endurance - types of endurance - importance of endurance - training methods for improving endurance. Definition of Coordinative Abilities. Types and training Methods for improving Coordinative Abilities. Definition of Flexibility - Types of Flexibility - Methods of Improving Flexibility.

TEST BOOKS

1. Mahaboobjan.A & Viswejan. U (2013). Sports Training, Khel Sathiya Kendra Publication, Delhi
2. Hardayal Sine (2005). Sports Training, General Theory and Methods, NSNIS, Patiala.

REFERENCE BOOKS

1. Arnhem, D., & William, E Prentice. (1991). Principles of Athletic Training. St.Louis: Mosby Year
2. Authors Guide (2014) IAAF Competition Rules 2014-2015, Monaco Cedex: IAAF Publishing.
3. Authors Guide (2002) Rules of Games and Sports, New Delhi: YMCA Publishing House.
4. Authors Guide (2000) FIBA Official Basket Rules: Munich.
5. Cart E. Klafs., & D, Arnhem. (2000), Modern Principles of Athletic Training. C. V. Mosphy Company.
6. Gangopaddhayoy, S. R. (2008). Encyclopaedia of Sports Training. New Delhi: Sport Publication.
7. George Immanuel. (1997). Track and Field Event Layout and Marking. Chennai: Krishnamurthy
8. Hardayal Singh. (2005). Sports Training - General Theory and Methods. Patiala: NSNIS.
9. Josse, P, Moprtsen., & John, M,Copper. (1998). Track and Field for Coach and Athlete. St.Louis: C.V.Mosphy Company.
10. Krishna Murthy, J. (2007). Training of Physical Education Students. New Delhi: Verma Publication.
11. Yograj Thani. (2003). Sports Training. New Delhi: Sports Publication.

ORGANIZATION, ADMINISTRATION AND METHODS IN PHYSICAL EDUCATION

Aim

An organizer should aim to develop the wholesome personality of every student in the school. He should aim to develop the general physical fitness.

UNIT I

Meaning of organization and administration. Importance of organization, administration, guiding principles of organization. Organisation scheme and physical education in schools, Colleges, Universities, Districts, States, National and International. Teaching-load and teacher pupil ratio. Types and preparation of time table. Types of physical education periods. Types of records, registers and reports.

UNIT II

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

UNIT III

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 IV

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 - Games tour.

UNIT V

Supervision – Guiding principles of supervision: Qualities and qualification of a supervisor – supervisor's relationship with the administrator and the physical education teacher. Techniques of Supervision: Visitation – Periodical – Surprise – Request- Social, Visitation procedure – Report on the visit – Individual and Group Meeting – Demonstration for individual / Group. Role of Primary school teachers towards physical education programmes. Function of DTERR/ DIET/ Nehru Yuva Kendra.

TEST BOOKS

1. Nash, J.B. (1969) Organisation and Administration of Physical Education, A.S. Bamers & Co.
2. Bevinson Perinbaraj (2010), Methods in Physical Education, Vinsi Agencies, Karaikudi.

REFERENCE BOOKS

1. Authors Guide (1986) Organization, Administration and Recreation in Physical Education. Ludhiana: Parkash Brothers Educational Publishers.
2. Cosmin. H.Rosalind, C. & Jackson, C. (1960) Methods in Physical Education, London: W.B. Saunders Co.
3. Dheer. S.and Radhika Kamal (1991) Organization and Administration of Physical Education. New Delhi: Friends Publication.
4. Education, Appleton: Century Crafts.
5. Greyson Daughtrey. (1969). Methods in Physical Education and Health for Secondary Schools. London: W. B. Saunders Company.
6. Hughes, L.W. and French, E. (1990) The Administration of Physical Education, Ronald Press Co.,
7. Joseph, P.M. (1985) Organisation of Physical Education, Bombay: Old students Association TIPE.
8. Michael W. Metzler. (2000). Instructional Models for Physical Education. London: Allyn and Bacon.
9. Thomas, J.P. (1969) Organisation and Administration of Physical Education, Chennai: Gnanodaya.

YOGA EDUCATION AND SPORTS NUTRITION

Aim

Aim of yoga is control over the mind. A happy man is who knows how to distinguish the real from the unreal, the eternal from the transient and the good from the bad by his discrimination and wisdom. It's bringing the different bodily function into perfect coordination.

UNIT I

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

UNIT II

Suryanamaskar - Meaning of Asana and Classification - Guidelines for practicing asanas, Difference between asanas and physical exercise- -Techniques and benefits - Standing Asana: Vrksasana, Trikonasana, Padmahastasana. Sitting Asana: siddhasana, Padmasana, Pachimottasana. Supine position: Navasana, Suptavajrasana, Prone position: Mayurasana, Sirasanana. Inverted position: Sarvangasana, Halasana. Back bend asana: Bujangasana. Dhanurasana, Salabasanana, Ushtrasana. Twisting asana: Vakrasana, Ardhamatsyendrasana.

UNIT III

Pranayama: Definition. – Types and Benefits: Nadi Suddhi, Kapalabhati, Bhastrika, Sitakari, Sitali, Bhramari, Ujjai. Nadi: Ida, Pingala, Sushumna. Techniques and Benefits of Shat kriyas: Neti (Jala, Sutra) Dhauti (Varmana, vastra) Bhasti, Nauli, Trataka, Kapalabhati. Bandhas and Mudras: Meaning and benefits Meditation: Meaning and benefits

UNIT IV

Effect of yoga on various systems of body: 1. Muscular System 2. Circulatory System 3. Respiratory System 4. Nervous System 5. Endocrine System: Yoga for disease, Yoga for health & Wellness – Yogic Practices for health living

UNIT V

Sports Nutrition:

Classification of Foods– Roles of various Vitamins and Minerals, Balanced diet, Elements of Balanced Diet, Factors Affecting Diet, Daily Energy Requirements, Energy Fuel, Malnutrition, Food Additives, Adulteration of Food.

TEST BOOKS

1. Moorthy .A.M & Alagesan. S. (2004). Yoga Therapy. Coimbatore: Teachers Publication House.
2. Sathyanarayana. V (2015). Sports Nutrition and Weight Management, Sports Publication, New Delhi,
3. Tark Nath Pramanik (2015). Yoga Education, Sports Publication, New Delhi

REFERENCE BOOKS

1. George Feuerstein. (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
2. Gore. (1990). Anatomy and Physiology of Yogic Practices. Lonavala: Kanchan Prakashan.
3. Iyengar, B. K. S. (2000). Light on Yoga. New Delhi: Harper Collins Publishers.
4. Kuvalyananda Swami & S.L. Vinekar. (1963). Yogic Therapy – Its Basic Principles Methods. New Delhi: Govt of India, Central Health Education and Bureau.
5. Kenghe. C.T. (1976). Yoga as Depth-Psychology and Para-Psychology (Vol-I): Historical Background. Varanasi: Bharata Manishai.
6. Swami Satyananda Saraswathi. (1984). Kundalini and Tantra. Bihar: Yoga Publications Trust.
7. Swami Kuvalayananda. (1998). Asanas. Lonavla: Kaivalyadhama.
8. Swami Satyananda Sarasvati. (1989). Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga,
9. Swami Sivananda. (1971). The Science of Pranayama. Chennai: A Divine Life Society Publication.

**EDUCATION TECHNOLOGY AND COMPUTER APPLICATION
IN PHYSICAL EDUCATION**

Aim

Educational technology aims to improve education. Technology should facilitate learning processes and increase performance of the educational system(s) as it regards to effectiveness and/or efficiency.

UNIT I 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 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 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: Introduction to Computer and MS Word:

Meaning, need and importance of information and communication technology (ICT). Application of Computers in Physical Education. MS Word: Introduction to MS Word - Creating, saving and opening a document - Formatting Editing features Drawing table-Page setup, Paragraph alignment- Spelling and grammar check -Printing option. Inserting: Page number- Graph, Footnote and Notes.

UNIT V: 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.

TEST BOOKS

1. Satyanarayana. V (2015) Educational Technology & Methods Of Teaching I Physical Education, Sports / Lakshay Publications
2. Sinha, P. K. & Sinha, P. (n.d.). Computer fundamentals. 4th edition, BPB Publication.

REFERENCE BOOKS

1. Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
2. Gill Manmeet, Kanwar Sonia Brar R.S. (2008) Teaching Methods and Educational Technology in Physical Education, Kalyani Publishers
3. Marilyn, M. & Roberta, B.(n.d.). Computers in your future. 2nd edition, India: Prentice Hall.
4. Milke, M. (2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
5. Sinha, P. K. & Sinha, P. (n.d.). Computer fundamentals. 6th edition, BPB Publication.

DISABILITY MANAGEMENT AND INCLUSIVE GAMES

Aim

To develop the knowledge and support the work of organization by disabled people.

UNIT I

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

UNIT II

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

UNIT III

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

UNIT IV

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

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.

TEST BOOKS

1. Ajmer Singh Jaydish Bains (2008), Kalyani Publication, Ludhiana
2. Jain, A. (2003). Adapted Physical Education. Delhi: Sports Publication.
3. Thind, M. N. (2010), Special Olympics Bharat Trainer Manual. New Delhi: Special Olympics Bharat.

REFERENCE BOOKS

1. Auxter, D. (1993). Principles and Methods of Adapted Physical Education. Mosby Publications.
2. Chapman, F. M. (1960). Recreation Activities for the Handicapped. New York: The Ronald Press Company.
3. Daniel, R. C. (1982). Games Sports and Exercises for the Physically Handicapped. Philadelphia
4. Jaimitra, S. (1990) Physical Education for the Blind Chennai: Grace Printer,
5. Jain, A. (2003). Adapted Physical Education. Delhi: Sports Publication.
6. Kassir, Susan (1995). Inclusive Games. Human Kinetics Champaign, IL.
7. Lau, D. S. (2001). Physical Education for the Physically Handicapped. Delhi: Khel Sahitya Kendra.
8. Schiffer, M. (1971). The Therapeutic Play Group. London: George Allen and Unwin Ltd.
9. Sharma, D. (2006), Adapted Physical Education. New Delhi: Friends Publication.
10. Sullivan, G. M. (1982), Teaching Physical Activities to Impaired Youth: An Approach to Mainstreaming. USA: John Wiley and Sons.

MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Aim

The aim of this lesson is to learn about health related and performance valuable variable.

UNIT I

Meaning and Definition of test, measurement and Evaluation. Need and importance of test and measurement in physical education.

UNIT II

Criteria and administration of test: Criteria of test: Scientific authenticity -reliability, objectivity, validity, availability of norms. Administrative feasibility and educational application. Administration of test: advance preparation - Duties during testing - Duties after testing.

UNIT III

Physical Fitness Test: AAHPERD Health-Related Fitness Battery (revised in 1984) - Roger's physical fitness Index. Cardio Vascular Test: Harvard step test, 12 Minutes Run 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 VI, VII & VIII Standard School Boys and Girls)

UNIT IV

Sports Skill Test: Badminton: Miller wall volley test – French short service test. Basketball: Johnson Basket ball test – Leilich Basketball test. Hockey: Friedal field Hockey test, Schmithal French Field Hockey Test.

UNIT V

Sports Skill Test: Football: Johnson Soccer Test – McDonald Soccer Test. Tennis: Dyer Tennis test. Volleyball: Brady volley ball test – Russell Lange Volleyball test.

TEST BOOKS

1. Bovard, J.F., Cozens, F., W. and Hagman, P.E. (1949) Test and Measurements in Physical Education, W.B. Saunders Company, Philadelphia.
2. Mahaboobjan. A (2013), Test, Measurement and Evaluation in Physical Education, Kalpaz Publication, Delhi.

REFERENCE BOOKS

1. Barrow, H.M., and McGee, R.A (1964.) Practical Approach to Measurement in Physical Education, Lea and Febiger, Philadelphia.
2. Campbell, W.R. and Tucker, N.M. (1967) An Introduction in Physical Education, G.Bell and Sons Ltd., London.
3. Getchell B. Physical Fitness (1979): A Way of Life, 2nd Ed. New York: John Wiley and Sons, Inc.
4. Cureton, T.K. (1947) Physical Fitness Appraisal and Guidance, The C.Mosby Company, St.Louis.
5. Hunsicker, P.A. and Montoye, H.J. (1953) Applied Test and Measurements in Physical Education, Prentice Hall Inc., New York.
6. Luc Leger (1983), Testing Physical Fitness, Eurofit Experimental Battery Provisional Handbook, Strasbourg: UK
7. Meyers, C.R. and Belsh, E.T. (1962) Measurement in physical Education, The Ronald press Company. New York.
8. Wilgoose, C.E (1967) Evaluation in Health Education and physical Education, McGraw Hill Book Company, Inc, New York.

RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Aim

The aim of research is to find out the truth which is hidden and which has not been discovered as yet. To develop students ability to reason logically and their capacity for statistical thinking.

UNIT I

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

Meaning and Definition of Hypothesis. Formulation of Hypothesis. Experimental Methods of Research: Meaning of variable - Types of Variables - Nature and meaning 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

Report Writing: Front Materials, Body of Thesis- Back materials. Method of Writing Research proposal, Thesis/ Dissertation: Method of writing abstract and full paper for presenting in a conference and to publish in journals - Mechanics of writing Research Report - Footnote and Bibliography writing.

UNIT IV

Meaning and Definition of Statistics. Function, 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

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.

TEST BOOKS

1. Mahaboobjan.A (2010). Research Methodology in Physical Education, Kalpaz Publication, New Delhi
2. Verma. J.P. (2015) A Text Book on Sports Statistics , Vishal Kaushik Printers, New Delhi

REFERENCE BOOKS

1. Best, J.W. (1971) Research in Education, Englewood Cliffs,: Prentice Hall.
2. Clark, D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs:Prentice Hall,
3. Clarke David.H & Clarke H, Harrison (1984) Research processes in Physical Education. New Jersey: Prentice Hall Inc.
4. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science. London: Routledge Press.
5. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities, Illinois: Human Kinetics.
6. Kamlesh, M.L. (1999) Research Methodology in Physical Education and Sports. New
7. Moses, A.K. (1995) Thesis Writing Format. Chennai: Poompugar Pathippagam. Publications.
8. Rothstain, A. (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc.
9. Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi: Friends
10. Subramanian.R, Thirumalai Kumar S & Arumugam.C (2010) Research Methods in Health, Physical Education and Sports. New Delhi: Friends Publication.
11. Thirumalaisamy (1998), Statistics in Physical Education. Karaikudi: Senthilkumar

THEORIES OF SPORTS AND GAMES, OFFICIATING AND COACHING - PART I

Aim

To develop students ability to officiating methods of marking and measured of track and field, Kabaddi, Kho-kho, Basketball, Volleyball and cricket.

UNIT I

History of Athletics: World and India. Marking and measurements of standard equipment for the Non Standard Track (200m, 400m) and Field events.

UNIT II

Marking and measurements of standard equipment for the Standard Track (200m, 400m), Cross Country, Road Running and Mountain Running.

UNIT III

Rules and interpretation of Track and Field events. Types of Officials and their Duties of officials of Track and Field. Score Sheets. Methods of arranging Seeding and Heats in Track and Field. Combined Events.

UNIT IV

World and Indian History, Marking and measurements of Play fields and standard equipment for the following games and sports: Kabaddi, Kho-Kho, Basketball, Volleyball and Cricket.

UNIT V

Rules and interpretation, duties of officials, Methods of Breaking Ties, Mechanism and Systems of officiating, official signals of the following games and sports: Track and Field, Kabaddi, Kho-Kho, Basketball, Volleyball and Cricket. Coaching – Meaning and Definition. Teaching, Training and Coaching. - Qualification and Qualities of a Coach.

TEST BOOKS

1. Balwinder Kaur (2015) Officiating and Coaching, Sports Publication, New Delhi
2. Vinod marotrao Bali (2015), Officiating and Coaching, Sports Publication, New Delhi.

REFERENCE BOOKS

1. Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.
2. Arnheim, D., & William, E Prentice. (1991). Principles of athletic training. St. Louis: Mosby Year Book.
3. Arnheim D., & William E Prentice. (1978). Athletic Training. St. Louis: Mosby YearBook.
4. Authors Guide (2014) IAAF Competition Rules 2014-2015, Monaco Cedex:IAAF Publishing .
5. Authors Guide (2002) Rules of Games and Sports, New Delhi: YMCA Publishing House.
6. Authors Guide (2000) FIBA Official Basket Rules: Munich..
7. Bonder, J.B (1984). How to be a Successful Coach. New York: Prentice Hall, Inc.
8. Breshahan, Tuttle. & Cretzmeyer. (1997). Track and Field Athletics. New Jersey: Prentice Hall, Inc.
9. Bunn, J. W (1951) The Art of Officiating Sports, Englewood Cliff.: Prentice Hall,
10. Cart E. Klafs., & D, Arnheim. (2000), Modern Principles of Athletic Training. St.Louis: C. V. Mosphy Company.
11. Chelliah, S.N (1990), Vilayattu Vithi Muraihal, Chennai: Raj Mohan Pathipagam.
12. Gangopaddhayoy, S. R. (2008). Encyclopaedia of Sports Training. New Delhi: Sport Publication.
13. George Immanuel. (1997). Track and Field Event layout and Marking. Chennai: Krishnamurthy and Co.
14. Hardayal Singh. (2005). Sports Training - General Theory and Methods. Patiala: NSNIS.
15. Josse, P, Moprtensen., & John, M,Copper. (1998). Track and Field for Coach and Athlete. St.Louis: C.V.Mosphy Company.

SPORTS MEDICINE, PHYSIOTHERAPY AND FIRST AID

Aim

Aim of sports medicine, physiotherapy & rehabilitation concerns all those medical problems that may affect the athletes, professional and amateur. It is help to analyzing injuries occurring during sports and introduced preventive measures.

UNIT I:

- a. Sports Medicine: Meaning, Definition, Aims, Objectives, Modern concepts & Importance.
- b. Athletes Care and Rehabilitation; Contribution of physical Education Teachers & Coaches.
- c. Sports Injuries: Meaning, Importance, and Prevention of injuries in sports.
- d. Common Sports injuries – Diagnosis of Abrasion, Laceration, Blisters, Strain, Sprain, Contusion.

UNIT II:

- a. Fracture and its type
- b. Physiotherapy-Meaning, Definition & Importance of Physiotherapy
- c. Guiding Principles of Physiotherapy,
- d. Role of physiotherapy in protection for sports person

UNIT III:

- a. Electrotherapy –meaning, treatment method- precaution
- b. Hydrotherapy- meaning, treatment method- precaution
- c. Thermotherapy- meaning, treatment method- precaution.
- d. Therapeutic Exercises & its type

UNIT IV:

- a. Massage- history-meaning-definition
- b. Physiological benefits of massage
- c. Classification of massage manipulation
- d. Doping- Anabolic steroids, Caffeine, Beta blockers, Diuretics

UNIT V

- a. First aid-meaning ,definition ,types of first aid,
- b. first aid box articles required by first aider,
- c. First aid and emergency treatment for Electric shock, Poison, Fracture, burns, Animal bites (dog, bee, scorpion and snake)
- d. Bandages – Kinds of Bandages & Dressing –Trapping and Supports

TEST BOOKS

1. David, R. M. (2005).Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
2. Jain (2005), Sports Medicine, Khel Sathiya Kendra Publication, New Delhi

REFERENCE BOOKS

1. Christine, M. D., (1999). Physiology of sports and exercise.USA: Human Kinetics.
2. Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.),
3. Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: HumanKinetics.
4. 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.

CONTEMPORARY ISSUES IN PHYSICAL EDUCATION: FITNESS AND WELLNESS

Aim

Aim of physical education is the optimum development of the physically, socially and mentally integrated and adjusted individual through guided instruction and participation in selected total-body sports, rhythmic and gymnastic activities. And also be to make every child fit and develop in him such personal and social qualities to live happily with other and good citizen.

UNIT I

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

Fitness, Wellness and Lifestyle; Fitness – Types of Fitness and Components of Fitness. Understanding of Wellness. Modern Lifestyle and Hypokinetic Diseases – Prevention and Management. Physical Activity and Health Benefits

UNIT III

Principles of Exercise Program: 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 program for different age group.

UNIT IV

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 Hypokinetic Disease –Prevention and Management

UNIT V Sports Nutrition:

Diet for sports competition- supplement 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.

TEST BOOKS

1. Ken Hardman, (2011), Contemporary Issues in Physical Education, Meyer & Meyer Sport
2. Compton Jenkins, (2007) Dynamics of Fitness & Health, Kendall/Hut Publishing

REFERENCE BOOKS

1. Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black,
2. Giam, C.K & the, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
3. McGlynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
4. Sharkey, B. J. (1990). Physiology of fitness, Human Kinetics Book.
5. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams Company.
6. Williams, S. & Rod, W. (2001) Nutrition and Diet, Therapy 2nd Edition, London: W.B. Saunder College Publishing.

THEORIES OF SPORTS AND GAMES, OFFICIATING AND COACHING - PART II

Aim

To develop students ability to officiating method of marking and measured of Handball, Hockey, Football and Softball

UNIT I

World and Indian History, Marking and measurements of Play fields and standard equipment for the following games and sports: Handball, Hockey, Football and Softball.

UNIT II

World and Indian History, Marking and measurements of Play fields and standard equipment for the following games and sports: Table Tennis, Ball Badminton and Badminton.

UNIT III

Rules and interpretation, duties of officials, Methods of Breaking Ties, Mechanism and Systems of officiating, official signals **of** the following games and sports: Handball, Hockey, Football and softball. Eligibility rules for Inter University Tournaments.

UNIT IV

Rules and interpretation, duties of officials, Methods of Breaking Ties, Mechanism and Systems of officiating, official signals **of** the following games: Table Tennis, Ball Badminton and Badminton. Eligibility rules for Inter- School Tournaments: RDG, BDG, RDS and SGFI Tournaments.

UNIT V

Rules and interpretation, duties of officials, Methods of Breaking Ties, Mechanism and Systems of officiating, official signals **of** the following: Netball, Swimming, Lawn Tennis, Tennikoit and Throwball.

TEST BOOKS

1. Balwinder Kaur (2015) Officiating and Coaching, Sports Publication, New Delhi
2. Vinod marotrao Bali (2015), Officiating and Coaching, Sports Publication, New Delhi.

REFERENCE BOOKS

1. Anand, R.L (1987) Play Field Manual, Patiala: NIS Publication.
2. Arnheim, D., & William, E Prentice. (1991). Principles of athletic training. St. Louis: Mosby Year Book.
3. Arnheim D., & William E Prentice. (1978). Athletic Training. St. Louis: Mosby YearBook.
4. Authors Guide (2014) IAAF Competition Rules 2014-2015, Monaco Cedex:IAAF Publishing .
5. Authors Guide (2002) Rules of Games and Sports, New Delhi: YMCA Publishing House.
6. Authors Guide (2000) FIBA Official Basket Rules: Munich.
7. Bonder, J.B (1984). How to be a Successful Coach. New York: Prentice Hall, Inc.
8. Breshahan, Tuttle. & Cretzmeyer. (1997). Track and Field Athletics. New Jersey: Prentice Hall, Inc.
9. Bunn, J. W (1951) The Art of Officiating Sports, Englewood Cliff.: Prentice Hall,
10. Cart E. Klafs., & D, Arnheim. (2000), Modern Principles of Athletic Training. St.Louis: C. V. Mosphy Company.
11. Chelliah, S.N (1990), Vilayattu Vithi Muraihal, Chennai: Raj Mohan Pathipagam.
12. Gangopaddhayoy, S. R. (2008). Encyclopaedia of Sports Training. New Delhi: Sport Publication.
13. George Immanuel. (1997). Track and Field Event layout and Marking. Chennai: Krishnamurthy and Co.
14. Hardayal Singh. (2005). Sports Training - General Theory and Methods. Patiala: NSNIS.
15. Josse, P, Moprtensen., & John, M,Copper. (1998). Track and Field for Coach and Athlete. St.Louis: C.V.Mosphy Company.

KINESIOLOGY AND BIO-MECHANICS

Aim

To achieve these aims, research in kinesiology requires the use of a variety of scientific knowledge and research techniques from such field as biology, chemistry, history, physics, psychology and sociology. The areas of investigation within kinesiology are quite extensive because the response of the human body to physical activity can be examined at many levels.

Unit I

Introduction

- a. History, Meaning and Definition kinesiology.
- b. Importance of Kinesiology in Physical Education and sports
- c. Role of Kinesiology in Physical Education and sports
- d. Centre of gravity, Line gravity

Unit II

- a. Muscle -Joints and Its classification.
- b. Terminology of Fundamental movement.
- c. Axis and Plane-definition, types.
- d. Fundamental concepts of following terms-Angle of Pull, All or None Law, Reciprocal innervations

Unit III

- a. Meaning, Definition and Need and importance of Bio-mechanics in the field of Physical Education and Sports.
- b. Linear Kinematics – Distance and Displacement – Speed and Velocity- Acceleration
- c. Angular Kinematics - Angular Distance and Displacement – Angular Speed and Velocity- Angular Acceleration
- d. Linear Kinetics – Inertia, Mass, Momentum of inertia, Couple, Stability

Unit IV

- a. Lever-classification-its parts
- b. Newton's Laws of Motion.
- c. Equilibrium and its Types.
- d. Projectile - Factors influencing projectile trajectory

Unit V

Biomechanical Analysis of Fundamental Movements

Track and Field -Running, Jumping, Throwing, Pushing and skills of major games.

TEST BOOKS

1. Mahaboobjan.A (2010), Kinesiology and Bio-Mechanics, Khel Sathiya Kendra, Publication, New Delhi
2. Joseph Hamill Kathleen, Jhutzen (1995), Bio-Mechanical Basic of Human Movement, Lipping Cott Williman& Wilking, New York.

REFERENCE BOOKS

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

SPORTS PSYCHOLOGY AND SOCIOLOGY

Aim

Sports psychology is a science in which principles of psychology are applied in sport setting to enhance performance.

UNIT I

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

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

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

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 on Sports Performance. Leadership: Meaning, Definition, types. Leadership and Sports Performance.

UNIT V

Group: Definition and Meaning, 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.

TEST BOOKS

1. Hemant J Varma & Amit Arjuna Budha (2015), B.P.Ed Guide, Part – III, Sports Publication, New Delhi.
2. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.

REFERENCE BOOKS

1. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
2. Jay Coakley. (2001). Sports in Society - Issues and Controversies in International Education, Mc-Craw 7th Ed.
3. John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc.
4. Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
5. John D.Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
6. Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
7. Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
8. Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
9. Robert N. Singer. (1989), The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
10. Whiting, K, Karman. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.
11. Authors Guide (2013) National Library of Educational and Psychological Tes (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.

PRINCIPLES OF MOTOR DEVELOPMENT

Aim

Develop the motor skills necessary to participate successfully in a variety of physical activities.

UNIT I

Introduction

- a. Definition-Motor Development, Motor Learning, Motor Control,
- b. Definition-Physical growth, Maturation and Aging-
- c. Newell's Model of Motor Development
- d. Classification of Motor Activities.

UNIT II

Principles of motion and stability

- a. Moving against gravity
- b. Stability and Balance
- c. Using the Principles of motion and stability to detect errors and correct errors
- d. The open kinetic chain

UNIT III

Physical Growth and Aging

- a. Prenatal and Postnatal Development
- b. Development of the Skeletal System
- c. Development of Muscular System
- d. Development of Nervous System

Motor Development

- a. Early Motor Development
- b. Movement of Infant
- c. Motor Milestones
- d. Development of Postural control and balance in Infancy

Unit-IV

Development of Motor Skills

- a. Development of human Locomotion: Creeping, Crawling, Walking and Running
- b. Development of Ballistic Skills: Throwing, Kicking, Punting and Striking
- c. Development of Manipulative Skills: Grasping, Reaching, catching and anticipation.
- d. Development of Postural control and Balance

Unit-V

Exercise and Motor Development

- a. Development of cardio respiratory endurance
- b. Development of Strength
- c. Development of Flexibility
- d. Development of Body Composition

TEST BOOKS

1. Kathleen M.Haywood and Nancy Getchell., **Life Span motor Development** (5th Ed.), Champaign, IL: Human Kinetics, 2009.

REFERENCE BOOKS

1. Robert M. Malina., Claude Bouchard and David Bar-Or., **Growth, Maturity and Physical Activity** (2nd Ed.), Champaign, IL: Human Kinetics, 2004.
2. NAPSE. **Physical Education for Lifelong Fitness** (2nd Ed.), Champaign, IL: Human Kinetics, 2005.
3. Allen W.Jackson., James R. Morrow., Jr.David W. Hill & Rod K. Dishman., **Physical Activity for Health and Fitness**, Champaign, IL: Human Kinetics, 2004.
4. Cratty Bryant, J. **Movement Behaviour and Motor Learning**. Philadelphia Lea & Febiger, 1975.

Semester IV

Paper Code: 7520425

Credit: 4

Hours: 75

RESEARCH PROJECT

Aim

To develop the research knowledge at UG level in Physical Education health assessment programme evaluation, physical, physiological, psychological status of the students, staff and other stakeholders in school level.

Research Project Area

A project is to be undertaken by the student under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, physical, physiological, psychological status of the students, staff and other stakeholders etc. and submit the report to the institution.

Research Project Submission

The research report must be submitted on or before the last theory examination of the IV Semester through Guide and Head of Department/ Principal of the College. The Prescribed format of the University must be followed.