

YMCA COLLEGE OF PHYSICAL EDUCATION

(An Autonomous College Affiliated to the Tamil Nadu Physical Education & Sports University)

NANDANAM, CHENNAI - 600 035.

Accredited by NAAC with "A" Grade

SYLLABUS



Bachelor of Physical Education (B.P.Ed.)

(One Year)

2014 – 2015

YMCA COLLEGE OF PHYSICAL EDUCATION
(An Autonomous College Affiliated to Tamil Nadu Physical Education and Sports University)
NANDANAM, CHENNAI - 600 035.

BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)
(ONE YEAR)

Physical education is an inter-disciplinary science involving fields related to education, human behavior, sports and social sciences. Physical education is an integral part of the educational structure and its programme provides suitable physical activities based on need, age, ability and aptitude of the participants.

REGULATIONS

1. Eligibility for Admission to the Course:

No candidates shall be eligible for admission to the Bachelor of Physical Education course unless he/she has obtained a degree of arts or science from this University or any other university accepted by the Syndicate of Tamil Nadu Physical Education and Sport University as equivalent thereto. The candidate must have represented the college or district in at least any one sport/game.

2. Course of Study:

(a) The duration of the Course of Study is for one academic year consisting of two semesters. The total working days for the two semesters shall not be less than 200 days (each Semester consisting of not less than 100 working days, excluding examination days). Each working day consists of 4 hours of practical work and 3 hours of theory.

(b) The course study shall consist of four parts, viz. Part I, Part II, Part III and Part IV.

(c) The course of study shall be as follows:

3. Examination:

The performance of a student in each course will be evaluated by:

3.1 Written Examination (20 Marks)

Each student will be graded by the subject teacher/s. Two sessional tests and one performance assessment will be conducted for each paper. Each test carries a maximum of 20 marks and the average of best two tests will be considered. However, in the case of students who miss the tests for any valid reason **with prior permission** from the subject, teacher/s and the Principal, may be granted special permission to write the sessional test **before the commencement of semester examinations.**

3.2 Assignment (5 Marks)

The student will be given marks for assignments. This may be in the form of Seminars, Projects, Written Materials, Records, etc. A student should submit a minimum of two assignments for each course.

3.3 Pre-Semester (75 Marks)

The Pre Semester examinations will be held at the end of each semester before the final semester examinations, covering all portions and 75 marks are awarded for this examination. Each paper will be evaluated for 75 marks and this will be converted into 25 marks.

All the examinations will be conducted by the Controller of Examinations. The dates and test portions will be intimated to the students in advance by the staff concerned. **The Pre-Semester Examination is Mandatory.**

Weightage for Sessional Tests

First sessional Test	–	20 Marks
Second sessional Test	–	20 Marks
Third sessional Test / Performance Assessment	–	20 Marks
I. Average of the above best two tests	–	20 Marks
II. Assignment	–	05 Marks
III. Pre- Semester 75/3	–	25 Marks
Total	–	$\frac{50}{2} = 25$ Marks

3.4 Pre-Semester Examination is Compulsory

3.5 The minimum for passing in each paper is 50% in internal.

The minimum for passing in each paper is 50 percent after combining internal and external marks.

3.6 A student who fails in any one or more papers in the semester examination, will be permitted to rewrite the paper or papers in the subsequent semester examinations.

4. EVALUATION:

THEORY

Evaluation shall be based on 20 % sessional assessment and 5% Assignment and 75 % in the semester assessment.

The semester examinations shall be of 3 hours duration.

The procedure for evaluation is as follows:

- 4.1 The answer scripts are evaluated by both internal and external examiners (Double Valuation)
- 4.2 If there is 10% difference between two examiners, a third revaluation is conducted, which will be final.
- 4.3 Question Papers for each examination will follow the regulation and syllabus in force at that time.
- 4.4 There is no revaluation, but retotaling could be conducted with a prescribed fee.
- 4.5 The question paper pattern under CBS will include 2 marks, 5 marks and 10 marks questions, where 10 questions no choice, 5 questions out of 7 questions, and 3 questions out of 5 questions.

Section A: 10 Questions x 2 Marks	=	20 Marks
Section B: 5 Questions x 5 Marks	=	25 Marks
Section C : 3 Questions x 10 Marks	=	30 Marks
Total	=	<u>75 Marks</u>

5. ATTENDANCE:

A Student must have 90 percent attendance of the total number of working days in theory and practical classes to write the Semester Examinations. If a student gets less than 50% in attendance he/she should REDO the semester.

6. PASSING OF RESULTS :

Results will be passed by the board of examiners of each course and will be submitted to the Academic Council of the college to recommend the students eligible for the award of the degree to the Tamil Nadu Physical Education and Sports University.

PART - I

I SEMESTER

THEORY

- 02101** Principles of Physical Education, Educational Psychology and Introduction to Guidance and Counselling.
- 02102** Human Anatomy, Physiology and Health Education.
- 02103** Organisation, Administration, Methods and Supervision in Physical Education
- 02104** Principles and Techniques of Officiating and Coaching – I
- 02105E** Test Measurement and Evaluation
- 02106E** Sports Journalism and Sports Tourism
- 02107E** Fundamentals in Biomechanics and Introduction to Kinesiology

II SEMESTER

- 02201** History of Physical Education, Recreation and Camping
- 02202** Foundation of Sports Trauma and Physiotherapy
- 02203** Exercise Physiology
- 02204** Principles and Techniques of Officiating and Coaching – II
- 02205E** Sports Psychology
- 02206E** Sports Information Science
- 02207E** Personality Development and Communication Skills

PART – II

02208 TP : PRACTICE TEACHING

Students are required to complete 10 general and 10 particular lessons under the supervision of assigned staff. In addition to this the students have to undergo intensive teaching practice for two weeks.

PART – III

02209 P : PRACTICAL WORK

Participation, learning and teaching the various methods and techniques of the following activities.

- 1) Major games (Cricket, Tennis, Football, Hockey, Basketball, Volleyball, Softball, Kabaddi, Kho-Kho, Ball Badminton, Handball, Badminton).
- 2) Track and Field events
- 3) Swimming
- 4) Gymnastics and Tumbling
- 5) Indigenous activities (Dhands, Baithaks, Asanas, Suryanamaskars and Lezium).
- 6) Conditioning exercise (General and Specific exercises)
- 7) Marching and Calisthenics.
- 8) Light apparatus (Clubs and Dumbbells, Wands, Hoops and Pole).
- 9) Minor Games (Recreation games)
- 10) Defensive arts (Kalari, Karate, Kung-fu)
- 11) Organisation and conduct of competition, tournaments, and recreational projects.
- 12) Camping and Hiking.
- 13) Visits of recreational centres.
- 14) Laboratory work in care of athletic injuries and first-aid
- 15) Officiating

SCHEME OF EXAMINATION

PART-1 : WRITTEN EXAMINATION

SEMESTER	External Marks	Internal Marks	Total Marks
<u>I SEMESTER</u>			
02101 Principles of Physical Education, Educational Psychology and Introduction to Guidance and Counselling.	75	25	100
02102 Human Anatomy, Physiology and Health Education.	75	25	100
02103 Organisation, Administration, Methods and Supervision in Physical Education	75	25	100
02104 Principles and Techniques of Officiating and Coaching – I	75	25	100
02105E Test Measurement and Evaluation	75	25	100
02106E Sports Journalism and Sports Tourism	75	25	100
02107E Fundamentals in Biomechanics and Introduction to Kinesiology	75	25	100
<u>SEMESTER</u>			
SEMESTER	External Marks	Internal Marks	Total Marks
<u>II SEMESTER</u>			
02201 History of Physical Education, Recreation and Camping	75	25	100
02202 Foundation of Sports Trauma and Physiotherapy	75	25	100
02203 Exercise Physiology	75	25	100
02204 Principles and Techniques of Officiating and Coaching – II	75	25	100
02205E Sports Psychology	75	25	100
02206E Sports Information Science	75	25	100
02207E Personality Development and Communication Skills	75	25	100
Total Marks			1000

SCHEME OF PRACTICAL EXAMINATIONS

PART – II

02208 TP : TEACHING PRACTICE

A. Teaching Practice (Internal)		
1. General Lesson	100	– 2 Credits
2. Particular lesson	100	– 2 Credits
3. Intensive Teaching Practice	100	– 2 Credits
Total	<u>300</u>	<u>– 6 Credits</u>
B. Teaching Practice (Internal & External)		
1. General lesson	100	– 2 Credits
2. Particular Lesson	100	– 2 Credits
Total	<u>200</u>	<u>– 4 Credits</u>

Average of the internal & external will be considered.

Grand Total (A+B) = **500** **10 credits**

Note: For the practice teaching conducted by the college there shall be at least one external and one internal examiner. The practice teaching work book should be submitted to the examiner conducting the final examination.

A candidate who fails in practice teaching examination may present himself at a subsequent examination at which time the supervising examiner shall examine the candidate. The internal assessment marks awarded by the college and schools will be counted as such for the private candidate also.

PART – III

02209P PRACTICALS

Practical (Internal)

Game / Activity

Sl.No.	Activities	Marks	One Credit each
	I Semester (Morning Activities)		
1.	Minor Games	25	13x1 = 13 Credits
2.	Dands & Baithaks	25	
3.	Aerobics	25	
4.	Calisthenics	25	
5.	Light Apparatus	25	
6.	Drill & Marching	25	
7.	Yoga	25	
8.	Gymnastics	25	
9.	Lezium	25	
10.	Kho-Kho	25	

11.	Throwball	25	
12.	Tennikoit	25	
13.	Pyramid & Malkhamb	25	
Track & Field (Only on Fridays)			Half credit each
14.	Sprint	10	0.5 x 8 = 4 Credits
15.	Long Jump	10	
16.	Shot Put	10	
17.	Discus	10	
18.	Javelin	10	
19.	High Jump	10	
20.	Hurdles	10	
21.	Relay	10	
Evening Activities (I and II Semesters)			
SL.No.	Activities	Marks	Two credit each
22.	Ball Badminton	50	8 x 2 = 16 credits
23.	Basketball	50	
24.	Cricket	50	
25.	Handball	50	
26.	Hockey	50	
27.	Football	50	
28.	Swimming	50	
29.	Volleyball	50	
30.	Officiating (Specialization Game)	75	3 credits
Second Semester (Morning Activities)			1 credit each
31.	Kabaddi	25	8 x 1 = 8 credits
32.	First Aid	25	
33.	Baseball	25	
34.	Table Tennis	25	
35.	Weight Training	25	
36.	Core Board Training	25	
37.	Swissball Training	25	
38.	Circuit Training	25	
Track & Field - II Semester (Only on Fridays)			Half credit each
39.	Triple Jump	10	0.5 x 4 = 2 credits
40.	Hammer Throw	10	
41.	Pole Vault	10	
42.	Long Distance & Middle Distance	10	
43.	Intramural I Semester	40	1 credit
	II Semester	40	1 credit
Total Credits			48 credits

Practicals	48 credits
Theory	
Each course 4 credits (8 x 4)	32 credits
Electives 2 credits each (2 x 2 semester)	4 credits
Teaching Practice	10 credits
Total	94 credits

Additional credits

Extramurals	
International Representation (each)	3 credits
State, University representation (each)	2 credits
Inter collegiate representation (each)	1 credit
Add on course	1 credit
Optional course	1 credit
For qualifying each officiating examination	1 credit each

PART -IV (OPTIONALS)

A Student must select anyone of the following activities as optional:

1. Gym Instructor
2. Taichi
3. Bharathiyam
4. Orientation and Mobility
5. Yogasana
6. Boxing
7. Judo
8. Silambam

The students will be graded as Excellent - A, Good - B and Fair - C.

SEMESTER - I (THEORY)

02101 - PRINCIPLES OF PHYSICAL EDUCATION, EDUCATIONAL PSYCHOLOGY AND INTRODUCTION TO GUIDANCE AND COUNSELLING

PRINCIPLES OF PHYSICAL EDUCATION

Unit I : Physical Training, Physical Culture and physical Education

Meaning, definition, aim, objectives and scope of physical education, physical training, physical culture and physical education, meaning of the term "principles" and sources of principles of physical education with related subjects.

Unit II : Biological Foundations

Biological foundations of physical education - Hereditary traits - Muscle tone -Athletic heart -Unsynchronised development - Reciprocal innervations- Reflex arc - Vital capacity.

Unit III : Classification

Sex difference, somato type classification according to Sheldon and Kretchmer, Infancy and Adolescent period - Body mechanics – Posture.

Unit IV : Sociological Foundations

Theories of play - Gregarious instinct - Leadership - National integration - Sociological foundations of physical education - Individual and society - Desire for recognition and response, social groups and their significance - Family, community, school, state and nation.

EDUCATIONAL PSYCHOLOGY

Unit V : Definition and Meaning of Educational Psychology

Meaning, definition, aims and objectives of education - Meaning, definition of psychology, heredity and environment - Types of personality - Intelligence - Morons - Imbeciles and Idiots.

Unit VI : Laws and Theories of Learning

Instinct and emotions, theories of learning - Imitation - Trial and error - Conditioned response - Insight -Laws of learning viz., Readiness, effect and exercise.

Unit VII : Learning

Types of learning - Primary, associate and concomitant learning - Learning curve - Transfer of learning.

GUIDANCE AND COUNSELLING

Unit VIII : Guidance

History, Need and Scope of Guidance - Basic Principles - Types - Educational and Vocational Guidance - Guidance for Gifted, Slow Learners, the disadvantaged, under achievers, exceptional, Juvenile Developments, Mentally retarded and Physically handicapped children - Organisation of a guidance programme.

Unit IX : Counselling

Meaning, Definition, Nature and Scope of Counselling - Types of Counselling Crisis, School, Individual, Individual, peer and small group Counselling - Approaches to counseling, Role of Counsellor and the teacher in Counselling.

REFERENCES

- Boaz, G.D. Educational Psychology Gunalaya, Madras, 1958.
Bucher, C.A. Foundation of Physical Education. The C.N. Mosby Company 1984.
Crowe and Crowe, Guidance and Counselling.
Garrison, Psychology of Adolescence Prentice Hall Inc., New Delhi.
Gate, et.al. Educational Psychology The Macmillan Co., New York.
Jones, B. and Simpson, Educational Psychology, The Macmillan Co., New York.
Jonny, J.H. Physical Education, Health Education and Recreation, The Macmillan Co., New York.
Longfield, B. Foundation of Psychology, W.J. Wiley and Sons Inc., New York.
McFarch, H.S. N. Psychology and Teaching, George G. Harrp & Co., Ltd. 182, High Holborn, London.
Mugher, P.H. Guidance and Counselling in School-A Response to Change, Pergamon Press Ltd, Hedington Hill Hall, Oxford.
Nixon & Cozen, An Introduction to Education, The W.B. Saunders Co., Philadelphia, London.
Soreson, A. Psychology of Education, Mc Graw-Hill Book Co., Inc., New York Toronto, London.
Tibbie, J.W. Studies in Education Physical Education Physical Education and the Educative Process Evans Brothers Ltd., London.
Turner, The Child Within the Group, Standford University Press, Standford, California.
Chauhan. S.S. Principles and Techniques of Guidance, Vikas Publishing issue, 2006.
Kochhar, S.E. Educational and Vocational Guidance in Secondary Schools, Sterling Publishers, New Delhi, 2004.
Gokila Thangasamy, Guidance and Counselling Mahila, Madurai 2006.

02102 - HUMAN ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION

HUMAN ANATOMY AND PHYSIOLOGY

Unit I : Cytology

Cell structure and different organelles - Cell division - Mitosis in detail - Meiosis in brief (haploid and diploid cells) tissues - Classification (Epithelial, Connective, Muscular and Nervous). Special reference to microscopic structure of bone. Structure of the skin and function.

Unit II : Musculoskeletal System

Classification of bones, muscles and joints, factors maintaining integrity of the joint - Effects of immobilization on tissues (bone, muscle, ligament and tendon).

Unit III : Cardiorespiratory System

Blood, plasma and cellular elements - RBC Structure and Function, WBC types and function platelets - Heart position and structure - Systole and diastole - Cardiac cycle. Circulation (Systemic, Pulmonary and Coronary)- Blood pressure arteries, Veins and capillaries. Respiratory passage, mechanism of respiration, external and internal respiration, nervous control of respiration, lung volumes.

Unit IV : Digestive System

Structure of the digestive system - Secretion and function of salivary glands, liver, gall-bladder and pancreas. Secretion and functions of stomach, small intestine.

Unit V : Excretory System

Parts of the urinary system - Urine-Normal contents, normal urine formation with basic structure of nephron.

Unit VI : Nervous System

Basic Structure and function - Central Nervous System - Cerebrum, Cerebellum, Medulla Oblongata - Spinal Cord - Reflex action - Autonomic Nervous System - (Sympathetic and Parasympathetic).

HEALTH EDUCATION

Unit VII : Concepts in Community Health

WHO definition, physical health, mental health, social health, spiritual health, position health, determinants of health, indicators of health. Health situation in India, natural history of disease, disease cycle concepts of prevention & control, computers and health.

Unit VIII : Pollution and Waste Disposal

Water, sources of water and water pollution, purification. Bacterial and chemical analysis. Air, Temperature Humidity, Air pollution and its effects. Ventilation, Lighting, Noise, Radiation, Solid wastes and disposal.

Unit IX : Disease Transmission

Immunity, disease control and prevention, disinfection communicable diseases, intestinal infestation arthropod -borne infections, noncommunicable diseases, AIDS.

REFERENCES

- Evans, L. Principles of Human Physiology.
Johnson, Health in Action, Holt Rinehart Winston 1977.
Johnson, Healthful living, Mc Graw Hill.
Meachec, A joint Course in Human Physiology.
Muruges, L. Anatomy, Physiology and Health Education, 1990
Park, J.E. and Park, ie. Preventive and Social Medicine 1977.
Roper, N. Man's Anatomy, Physiology and Health.
Williams, T.R. A Test Book of Anatomy and Physiology.

02103 - ORGANISATION, METHODS AND SUPERVISION IN PHYSICAL EDUCATION

Unit I : Organization and Administration

Meaning and Definition of organization and administration, Significance of Organisation and Administration -Guiding principles of organization.

Unit II : Scheme of Organization

Scheme of physical education programme in schools, colleges, universities, district, state and national-Organisation chart for school, college, university, district, state and national.

Unit III : Physical Education facilities

Facilities and standards for outdoor and indoor activities - Gymnasium, Swimming pool, Play ground -equipment and allied facilities - Care and maintenance.

Unit IV : Budget

Games budget - Sources of income - Sources of expenditure - Approved items for expenditure - Rules for utilization of games fund for physical education programme - Budget preparation and planning - Accounting -Records and registers.

Unit V : Methods and Presentation Techniques

Meaning and Importance of methods in physical education - Factors influencing methods - Various methods of Teaching Physical Activities - Presentation technique - Lesson plan - General and particular

Unit VI : Classification and Class Management

Class management - Commands - Classification of pupils - Need and importance of classification - Different methods of classification - Age, height and weight - Macloys classification.

Unit VII : Tournaments

Competition, and tournament - Fixture - Intramural and extramural - Sports meet and play day festival Incentives and awards.

Unit VIII : Supervision in Physical Education

Meaning - Need of supervision - Guiding principles of Supervision - Function, services and

scope of supervision- Supervisor responsibilities - Scope of supervisory responsibilities differentiated from administrative aspects - Curriculum construction - Special activities, community responsibilities - Professional growth of teachers.

Unit IX : Functions of Supervisor

Co-ordinate efforts to improve instruction, joint participation by teachers and supervisor in total process of planning, evaluation and improvement- Co-operative relationship, inter- relationship in organization, Re-direction of objectives, human relationship, Co-operative leadership, flexibility in teaching methods, evaluation services of supervisor, visitations, conferences, seminars, workshops, clinics, bulletin, surveys, meetings, demonstrations, evaluation.

REFERENCES

- Bucher, C.A. Administration of School, Health and Physical Education C.V.Mosy & Co, 1987.
Bucher, C.A., Koenig and Chelladurai, B. Method and Material for Secondary Schools Physical Education.
Cowl and Huzeltow, Curriculum Design in Physical Education, Prentice Hall Inc.
Joseph, P.M. Organisation of Physical Education, Old student, Association TIPE, Kandivilli, Bombay.
Thirunarayanan, C.& Harikaran, S. Methods in Physical Education, South India Press, Karaikudi-1.
Thomas, J.P. Organisation of physical Education, Gnanodaya Press, Madras 1, 1972.
Thomas J.P. Physical Education Lessons, Gnanodaya Press, Sports Management, C.V. Mosby & Co.

02104 - PRINCIPLES AND TECHNIQUES OF OFFICIATING AND COACHING - I

OFFICIATING

Unit I : Rules and Officiating

Theory and officiating on the following games and sports:- Track and Field, Kabaddi, Khokho, Basketball, Volleyball and Cricket.

Unit II : Demography of Games or Sports

Each game or sport to be dealt under the following heads - History and development of game or sports - - Ground dimension and markings, standard equipment.

Unit III : Mechanism of Officiating

Rules and interpretation of rules, duties of officials - Systems of officiating - Positions, signals etc.

COACHING

Unit IV : Coaching Teaching and Training

Coaching - Definition and meaning of Teaching. Teaching, Training and Coaching - Philosophy of coaching- - Qualification and Qualities of a coach.

Unit V : Sports Training and Warming up

Sports training - Meaning and aims of sports training.

Warming up - Types of Warming up - Importance of warming up.

Unit VI : Forms of Sports Training

Sports training - Forms of sports training - Characteristics of sports training.

Unit VII : Concepts of Sports Training

Basic concepts of sports training - Principles of sports training.

Unit VIII : Training Load

Training load, External load - Internal load - Principles of training load - Intensity - Density of stimuli - Subjective and objective judgement of load - Overload - Symptoms of overload - Tackling of overload.

Unit IX : Physical Fitness

Physical Fitness - Meaning, Definition - Components of Physical Fitness - Importance of Physical Fitness - Developments of traits basic to performance.

ELECTIVES

02105E – TEST, MEASUREMENT AND EVALUATION

Unit I : Introduction Test, Measurement and Evaluation

Meaning and Definition of Test – Measurement and evaluation – Difference between ‘Test’ and ‘Examination’ – Need and importance of test – Measurement and Evaluation.

Unit II : Criteria for a Good Test

Criteria for a test, scientific Authenticity (Reliability, validity, objectivity and norms), Administrative feasibility and Educational Application.

Unit III : Test Administration and Organisation procedure in Physical Education

Advance preparation – Duties during testing and duties after testing.

Meaning and Definition of classification

Unit IV : Physical Fitness Test

Physical Fitness, Cardio Vascular Test – (2 minutes Run and Walk Test, Harvard Step test, Roger’s Physical Fitness Test, Kraus Weber Test, AAHPER Youth Fitness Test, Barrow Motor Ability Test, JCR Test, Oregon Motor Fitness Test.

Unit V : Sports Skill Test

Johnson Basketball Ability Test - McDonald Soccer Test - Russell Lange Volleyball Test - Lockhart McPherson Badminton Test - Broer Miller Tennis Test – Schmithals-French Field Hockey Test.

REFERENCES :

- Wilgoose, Carl, E., “Evaluation in Health Education and Physical Education, New York, McGraw Hill Book Company Inc.
- Cureton, Thomas, K, Physical Fitness Appraisal and Guidance. St.Louis, The C. Mosby Company, 147. Philadelphia, W.B. Saunders Company, 1941.
- Banow, M.McGee, Rosemary, A Practical Approach to Measurements in Physical Education, Philadelphia, Lea and Febiger, 1964.
- Meyers, Carlton R. and beish, Erwin T., Measurement in Physical Education, New York, The Ronald Press Company, 1962.

02106 E - SPORTS JOURNALISM AND SPORTS TOURISM

UNIT I - FUNDAMENTALS OF JOURNALISM

1. Ethics of Journalism
2. Cannon's of Journalism
3. Definition of Journalism

UNIT II - SPORTS BULLETINS

1. Journalism and Sports Education
2. Structure of Sports Bulletin
3. Types of Bulletin
4. Compiling a Bulletin

UNIT III - SPORTS REPORTING

1. Nature of Sports Reporting
2. General News Reporting
3. Types of Sports Reporting
4. Sports Ethics and Sportsmanship

UNIT IV - TOURISM IN INDIA

1. Needs and Scope of Tourism in India
2. Ethics of Tourism
3. Structure of Tourism Planning

UNIT V - SPORTS TOURISM

1. Analysis and field trip of Sports in India
2. Technological upgrading through field visits
3. On the spot study and material collection of sport visits.

References:-

1. Ahiya, B.N. Theory and Practices of Journalism; Surjeet pilo
2. Ahiya & Choabra, Concise course in Reporting, Horward Publications
3. Verma, A.K. Advanced Journalism - Haranand Publications, Delhi.

02107 E – FUNDAMENTALS OF BIO-MECHANICS AND INTRODUCTION TO KINESIOLOGY

Unit I : Introduction to Biomechanics

Meaning and Definition of Biomechanics – Role of Biomechanics in Physical Education and Sports – Vectors and Scalars, kinetics and kinematics.

Unit II : Concepts of Motion

Meaning and Definition of Motion, Types of Motion, Laws of Motion, Relationship of linear and angular motion, speed, acceleration, velocity.

Unit III : Work, Power, Force and Equilibrium

Meaning and Definition of work, power, force, Principles of application of force, equilibrium, factors influencing equilibrium, Types of equilibrium.

Unit IV : Introduction to Kinesiology

Meaning, Definition and Nature of Kinesiology, History and Development of Kinesiology, Role of Kinesiology in Physical Education.

Unit V : Joints and Muscles

Meaning, Definition of Joint, Types of joints, Fundamental Movement of major segments of the body. Meaning, Definition of muscles – Classification of muscles – Structural classification and functional classification of muscles – Muscular contraction – Types of muscular contraction.

REFERENCES

- Jenson, C. G. Fisher A.G., Scientific Basis of Athletic Conditioning, 2nd Ed, Philadelphia, Lea and Febiger 1972.
- Jones, B.J. and et.al., Guide to Effective Coaching Principles and Practices, Allyn and Bacon, Inc, 1982.
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- Singh, H., Sports Training General Theory and Physical Fitness, NIS, Patiala, 1984.
- Thomas, J.P. Let us Coach Soccer, YMCA Publishing House, New Delhi, 1964.
- Thomas, J.P. Scientific Weight Training for Games and Sports, Gnanodaya Press, Madras - 1, 1971.
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- Ahiya & Choabra, Concise course in Reporting, Horward Publications
- Verma, A.K. Advanced Journalism - Haranand Publications, Delhi.

SEMESTER - II

02201 - HISTORY OF PHYSICAL EDUCATION, RECREATION AND CAMPING

HISTORY OF PHYSICAL EDUCATION

Unit I : Origin and Development of Olympic Games and Physical Education

Origin and Development of ancient and modern Olympic games - Physical education in ancient Greece - Sparta - Athens - Physical education in ancient Rome.

Unit II : Origin and Development of Physical Education in India

History of Physical Education during Vedic, Epic, Historical, Rajput, Muslim, British periods and Post Independence period.

Unit III : Physical Education and Sport Promotion

YMCA and its Contribution - All India Council of Sports - Coaching Schemes - RajKumari Amrit Kaur - National Institute of Sports - Sports Authority of India - National Physical Fitness Corps - National Physical Efficiency Drive (NPED), National Cadet Corps (NCC), Auxiliary Cadet Corps (ACC), Bharat Scouts and Guides (Boys and Girls)

Unit IV : Sports Bodies and Tournaments

Inter University Sports Board - National and International tournament in various games - World cup in various games- Davis Cup - Grand Slam tournament in Tennis - National School Games Federation - Indian Olympic Association, national and state level associations.

Unit V : National Sports Awards

Civilian Awards - Arjuna Award - Dronacharya Award - Rajiv Khel Ratna Award - Eminent Sports Personalities. Review of Sports Performances - Olympic Games, Asian Games, Common Wealth Games, World Cups and World Records.

RECREATION

Unit VI : Meaning and Definition of Recreation

Meaning, definition, aim, scope and significance of recreation - Essential characteristics of Recreation - Objectives of Recreation.

Unit VII : Development of Recreation

Philosophy, Objectives and relationship of play, leisure and recreation - Historical development of recreation – Recreation primitive culture - Greek Period - Roman period and middle age. - Recreation in U.S.A. and India. Organisation and administration of recreation - Types of Recreation - Recreation providing Agencies.

CAMPING

Unit VIII : Meaning and Definition of Camp

Meaning, definition, aim, objectives and types of camp - Selection, layout, Scope and significance of camp - Organisation, and administration of camp.

Unit IX : Camp Activities

Types of camp activities - Indoor and outdoor Games, art and crafts, drama, music, dance, nature study, aquatics, hiking, hobbies, stunt and contest - Evaluation of camp work.

REFERENCES :

- Anderson, J.M. Industrial Recreation, McGraw-Hill Book Company, Inc., London, 1955.
- Butler G.D. Introduction of Company Recreation McGraw-Hill Book Company., Inc., New Yode, 1949.
- Danford, H.G. Recreation in the American Community, Harper & Brothers Publishers, New York, 1953.
- Jensen, C.R. Leisure and Recreation, Introduction and Overview, Lea & Febiger, Philadelphia, 1977.
- Kamalesh, M.L. Principles and History of Physical Education, Prakash Bros., Patiala, 1991.
- Nixon, E.J. and Lynn V.C. The World Today in Health, Physical Education and Recreation, Englewood Cliffs, Prentice Hallmc., New Jersey, 1968.
- Rayappa, D.J. and Govindarajulu, L.K. Camping and Education, Jupiter Press Private Ltd, Madras, 1973.
- Rubin, R. Book of Camping, N.V. Assn Press, 1949.
- Torkildsen, G. Leisure and Recreation Management, E. & F.N. Spon Ltd., New York, 1986.
- Vandalen, D. and Bernett, B.L. A World History of Physical Education Prentice Hall, Englewood Cliffs, Prentice Hall Inc., New Jersey, 1971.
- Witt, and Goodale, Recreation and Leisure, Venture Publishing, Pennsylvania, 1985.

02202 - FOUNDATION OF SPORTS TRAUMA AND PHYSIOTHERAPY

Unit I : Introduction to Sports Trauma

Surveillance of sports injuries - Extrinsic and intrinsic factors related to sports injuries - Definition of Accident - Injury - Collision - Contact and non contact.

Unit II : Injury Assessment

Pre-participation examination - Maturity assessment - Disqualifying conditions of sports injuries - Eyes, respiratory - Cardiorespiratory - Cardio vascular, Liver, skin, spleen, Hernia, Musculo-skeletal Neurological renal genitalia.

Unit III : Muscle Strain

Muscle soreness, (acute and delayed onset) muscle stiffness, muscle tone and clonic.

Unit IV : Muscle & Joint Injuries and their Management

Muscle spasm, cramps, tendon - Tendinitis - Myositis - Ossificans - Atrophy and contracture of ligament - Sprain-Joint dislocation.

Unit V : Emergency care and Athletic First Aid

Emergency care - Life threatening situation - cardiopulmonary emergencies - shock - obstruction of foreign objects - Injuries - Internal injuries, External bleeding - fractures - guidelines for emergency - splinting of fractures - Dislocation - Soft tissue injuries.

Unit VI : Heat Injuries

Heat injuries - Heat cramp - Heat fatigue - Heat exhaustion - Mixed heat injury symptoms - heat stroke.

Unit VII : Skin Injuries and their Management

Primary and Secondary injuries, skin wounds - Blisters, abrasions, contusion, Laceration, Incision Puncture.

PHYSIOTHERAPY

Unit VIII : Massage

Massage, basic strokes and combination of techniques, connective tissue massage, thermotherapy - Moist, and dry heat cryotherapy.

Unit IX : Treatment Modalities

Hydrotherapy, Exercise therapy, whirlpool bath, electrical therapy, short wave diathermy, ultra sound - interferential therapy and their application in sports.

REFERENCES

- Johnson, W.R. Science and Medicine of Exercise & Sports and 200 Edition New York.
Reilly, T. Sports Fitness and Sports Injuries, Faber and Faber, London.
Scott, N., Nisonson B. and Nicholos, J, Principles of Sports Medicine, Williams and Walkins, Baltimore, London.
Stull, G.A. and Cureton, T.K. Encyclopedia of physical Education, Fitness and Sports - Training Environment, Nutrition and Fitness, Brighton Publishing Company, Salt Lake City.

02203 - EXERCISE PHYSIOLOGY

Unit I : Skeletal Muscle:

Structure of the skeletal muscle - Muscle fibre - The contractile agent of a muscle fibre - Red and white muscle fibre - Muscle spindles - Blood supply to the muscles - The chemical composition of the muscles

Unit II : Muscular Contraction

Muscular contraction - effect of temperature and warming up - Staircase phenomenon - The chemistry of muscular contraction.

Unit III : Nerve Control of Muscular Activity:

Basic structure of the nerve - Reflex arc - Synapse - Motor unit - Neuro - muscular junction - Transmission of the nerve impulses.

Unit IV : Energy Sources:

Metabolism - Sources of ATP - Anaerobic metabolism - Aerobic metabolism of carbohydrates, proteins and fats intensity of Exercise and Energy Delivery.

Unit V : Respiration

Internal and external respiration - Pulmonary ventilation - Minute ventilation - Minute ventilation during exercise - Tidal and other lung volumes.

Unit VI : Heart and Circulation of Blood

Stroke volume, Heart rate and Cardiac output during exercise.

Unit VII : The Blood Pressure:

Diastolic and systolic blood pressure - Blood pressure changes during exercise.

Unit VIII : Fatigue:

Types of fatigue - Symptoms of fatigue - Causes of fatigue - Sites of fatigue.

Unit IX : Physiological Effects of Training

Effect of training on various system of the body, viz., Muscular, Circulatory, Respiratory and Nervous systems.

REFERENCES

- Fox, E.L. and Mathew, D.K. Physiological Basis of Physical Education and Athletics Saunders College Publishing Co., Philadelphia, 1992.
- Karpovich, P.V. Physiology of Muscular Activity - W.B.Saunders College Publishing Co., Philadelphia, 1972.
- Lamb, D. Physiology of Exercise - Response and Adaptations - Macmillan Publishing Co., 1988.
- McArdle, W.D., Katch, V. and Katch, L. Exercise Physiology Lea and Febiger, Philadelphia, 1984.
- Morehouse and Miller, physiology of Exercise C.V. Mosby Co., Philadelphia, 1974.
- Moses, A.K. Introduction to exercise Physiology, Poompugar Pathippagam, Chennai, 1995.
- Shaver, L.G. Physiology of Exercise Surjeet publication, New Delhi, 1982.

Unit I : Rules and Officiating

Theory and officiating on the following games and sports: Handball, Hockey, Football, Softball, Table Tennis, Ball Badminton and Badminton.

Unit II : Demography of Games or Sport

Each game or sport to be dealt under the following heads - History and development of the game or sports - Ground dimension and markings - Standard equipment - Rules and interpretation of Rules - Duties of officials - Systems of officiating - position, signals etc.

Unit III : Strength

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 and loading procedure for strength training.

Unit IV : Speed

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

Unit V : Endurance

Endurance - Definition of endurance - types of endurance - importance of endurance - factors determining endurance - training methods for improving endurance.

Unit VI : Flexibility and Co-ordinative Abilities

Meaning of co-ordinative Abilities. Types of Training Methods for improving co-ordinative Abilities - Definition of Flexibility - Types of Flexibility- Factors determining Flexibility - Methods of Improving Flexibility.

Unit VII : Skill and Technique

Definition of skill and technique - importance of skill and technique - Method for improving skill and techniques - Drills - Lead up games.

Unit VIII : Team Tactics and Strategies

Definition of tactics - Individual and team tactics - Defensive and offensive tactics - strategy and its meaning.

Unit IX : Periodisation

Types of periodisation - Aims and content of various periods (Preparatory, Competition and Transition period short term plan and long term plan).

REFERENCES :

- Jenson, G. and Fisher, A.G., Scientific Basis of Athletic conditioning, 2nd Ed., Lea and Febiger, Philadelphia, 1972.
- Jones, R.J. and et al., Guide to Effective Coaching Principles and Practices, Allyn and Bacon, Inc, 1982.
- Lawther J.D. Psychology of Coaching, Prentice Hall, Inc., Englewood Cliffs., New Jersey, 1951: Rules of Games Published by Respective Association in Different Games.
- Singh. H. Sports training, General Theory and Physical Fitness, NIS, Patiala, 1984.
- Thomas. J.P., Let us Coach Soccer, YMCA Publishing House, New Delhi, 1964.
- Thomas, J.P., Scientific Weight Training for Games and Sports, Gnanodaya Press, Madras, 1971.

ELECTIVES

02205 E - SPORTS PSYCHOLOGY

Unit I : Meaning & Definition

Meaning and Definition of Sports psychology – Branches of psychology related to Sport – Need, importance and scope of sport psychology.

Unit II : Personality and Motivation

Meaning, Definition of Personality – Athletic versus non Athletic Personality – Effects of Sports on Personality.

Definition and Types of motivation – Motivation and sports – Guidelines for coaches to Motivate athletes – Pep talk.

Unit III : Emotion

Definitions and Types of Anxiety, Factors causing anxiety - Stress, Symptoms of Stress, Aggression, types - Causes of aggression – Remedial measures.

Unit IV : Group Dynamics

Types of Audience – Effects of audience on performance – Components of cohesion – Factors influencing Group cohesion.

Unit V : Psychological skills training

PST Programme – Benefits – Procedure – Autogenic Training, Progressive relaxation – Transcendental meditation - Bio feedback

REFERENCES :

1. Cratty Bryant J. Psychology in Contemporary Sport, New Jersey, Prentice Hall, Inc, 1973.
2. Gill, Diane L. Psychological dynamics of Sport, Illinois, Human Kinetics, 1986.
3. Singer, Robert N. Myths and Truths in Sports Psychology, New York, Harper & Rao, 1975.
4. Williams Williams Jean on Applied Sport Psychology - (2nd ed). May field publishing company, Mountain New, California, 1992.

02206 E - SPORTS INFORMATION SCIENCE

Unit I - Sports Institutions

Sports Organisations in Indian Sports

Awards and Personalities

Structure and Functions of SAI

Unit II - Nature of Information Technology

Information Technology : an overview - meaning - definition - generation of computers

Computer Technology : Input - output - storage - devices - client - server architecture - www, internet, intranet - web browser - search engines - e-mail - multimedia.

Developments of Information Technology

Unit III - Information Technology in Sports

Development of information Technology

Introduction to Information Technology

Problems in the use of Information Technology.

Unit IV - Principles of Information

Characters of Information

Types of Information

Qualities of Information : Concepts of data - information and knowledge - Types of information resources (primary, secondary territory)

Unit V - Information Techniques

Electronic information sources: Meaning - characteristics - Types - e-books - e-journals - database - Information transfer cycle - search strategies.

REFERENCES:

1. Ajoy Saxena, A first course in computers
2. Fundamentals of Information Science - P.S..G. Kumar, S.Chand
3. Information & Society - 4 Author - Esless Publication, New Delhi.

02207E – PERSONALITY DEVELOPMENT AND COMMUNICATION SKILLS

Unit I : Personality Development

1. The concept of Personality
2. Self esteem
3. Guidelines on Personality
4. Developing Good Personality

Unit II : Fundamentals of Career Rules

1. Psychological position
2. Better human relations
3. Time management
4. Qualities of leaders

Unit III : Concept and Scope of Communication Skills

1. What is communication?
2. Basics of communication
3. Theories of motivation
4. Communication goals

Unit IV : Principles of Communication and Barriers

1. Principles of Communication
2. Barriers of Communication
3. Real communication
4. Listening

Unit V : Preparation

1. Outline of tone, modulation speech
2. Pleasant voice.
3. Analysing the Occasion
4. The Audience and their Psychology

Unit VI : Presentation

1. Speech plan 1 - performance
2. Speech plan 2 - content
3. Art of Speaking
4. Presentation Techniques

REFERENCES :

- Abraham, R Personality Development, Communication Skills and Public Speaking, Saint Chatherine Press, Chennai, 1995.
- Dale Carnegie, Public Speaking, (New york: Pocket Books Publication, 1956)
- Anthony D' Souza, Being & Leader, (Singapore: Haggai Institute Publication 1985)
- Eric Watson, Teach Yourself The Art of Conversation (3rd 00) (Delhi : Hindi Pocket Books, 1980)
- Guilford J.P. Personality, (New York: MC. Grow Hill. 1959)



