

BCC201

**HISTORY OF PHYSICAL EDUCATION, RECREATION,
CAMPING, GUIDANCE & COUNSELING**

Unit I: Historical Development of Physical Education in India

Indus Valley Civilization Period - Vedic Period - Epic Period - Historic Period - Nalandha Period - Rajput Period - Muslim Period - British Period - Post Independent Development - Contribution of Akhadash and Vyayamsals - YMCA and its contribution to Physical Education

Unit II: Awards and Association

National and International tournament in various games, world cup in various games - Grand slam - Interuniversity sports board - National School Games Federation of India - Indian Olympic Association - National and state level associations - Civilian awards, Arjuna, Dhoranacharya and Rajiv Gandhi Khel Ratna Award.

Unit III: Olympic games, Asian Games, Commonwealth Games and SAF games Sports bodies, tournaments and national awards

Origin and development of Olympic, Asian, commonwealth and SAF games
Ancient Olympics and Modern Olympics
Physical education in Greece, Ancient Rome and Germany

Unit IV: Recreation & Camping

Meaning, Definition, aim, scope and significance of recreation
Essential characteristics of recreation Objectives 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
Organization and Administration of recreation
Types of Recreation
Recreation providing Agencies
Meaning definition aim, objectives and types of camp
Selection, layout, scope and significance of camp
Organization and administration of camp
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.

Unit V: Guidance and Counselling

Meaning, Definition of Guidance and Counselling
Educational and Vocational Guidance
Guidance for gifted, slow learners, the disadvantaged, under achievers, exceptional, juvenile

developments, differentially abled

Types of counselling-crisis, school, individual, peer and small group

Role of counselor and the teacher in counseling

References:

1. Anderson JM (1955). Industrial Recreation, McGraw-Hill Book Company, Inc, London
2. Butler GD (1-949). Introduction of Company Recreation, McGraw-Hill Book Company, Inc, New York.
3. Danford HG (1953). Recreation in the American Community, Harper and Brothers Publishers, New York
4. Jensen CR (1977). Leisure and Recreation, Introduction and Overview, Lea and F ebiger, Philadelphia.
5. Kamalesh ML (1991). Principles and History of Physical Education, Prakash Bros., Patiala
6. Nixon EJ and Lyrn VC (1968). The World Today in Health, Physical Education and Recreation, Englewood Cliffs, Prentice Hall, New Jersey.
7. Rayappa-DJ and Govindarajulu LK (1949). Camping and Education, Jupiter Press Private Ltd, Madras.
8. Torkildsen G (1986). Recreation Management, E & FN Spon Ltd., New York.
9. Vandalen D and Bernett BLA (1971). World History of Physical Education, Prentice Hall,., Englewood Cliffs, Prentice Hall Inc., New Jersey.
10. Englewood Cliffs, Prentice Hall Inc., New Jersey.
11. Witt and Goodale (1985). Recreation and Leisure, Venture Publishing, Pennsylvania.