

SRI GURU GRANTH SAHIB WORLD UNIVERSITY

FATEHGARH SAHIB

SYLABUS FOR PAPER II (Physical Education)

Unit- I

Introduction to and definition, aim and objective of physical education and other terms-health education and recreation.

Philosophies of education as applied to Physical Education-Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism.

Biological basis of Physical activity, benefit of exercises, growth and exercise, exercise and well being sex and age characteristics of adolescent, body type.

Psychological basis of physical education- play and play theories, general principles of growth and development, principle of motor skill acquisition, transfer of training effect.

Sociological basis of physical education-socialization process, social nature of men and physical activity, sports and cultural heritage of mankind, customs, traditions and sports, competition and cooperation.

Physical Education in ancient Greece, Rome and contemporary Germany, Sweden, Denmark and Russia.

Olympic movement - Historical development of Ancient and Modern Olympic Games.

Physical education in India.

Unit-II

Physiology of muscular activity, Neurotransmission and movement mechanism.

Physiology of respiration.

Physiology of blood circulation.

Factor influencing performance in sports.

Bioenergetic and recovery process.

Athletic- injuries - their management and rehabilitation.

Therapeutic modalities.

Ergogenic aid and doping.

Unit-III

Joint and their movements – planes and axis.

Kinetic, kinematics-linear and angular, levers.

Law of motion, principles of equilibrium and force, spin and elasticity.

Posture, postural deformities and their correction.

Muscular analysis of motor movement.

Mechanical analysis of various sports activities.

Mechanical analysis of fundamental movements (running, throwing, walking, pulling and pushing).

Massage manipulation and therapeutic exercise.

Unit-IV

Learning –process theories and law of learning.

Motivation, theories and dynamics of motivation in sports.

Psychological factor effecting sports performance-viz stress, anxiety, tension and aggression.

Personality, its dimension, theories, personality and performance.

Individual differences and their impact on skill learning and performance.

Group dynamics,team cohesion and leadership in sports

Sociometrics,economics and politics in sports

Media and sports

Unit V

Development of teacher education in physical education.

Professional courses in sports and physical education in India.

Professional ethics.

Qualities and qualifications of physical educational personnel.

Principles of curriculum planning.

Course content of academic and professional courses.

Age, characteristics of pupils and selection of activity.

Construction of class and school physical education time table.

Unit VI

Health - guiding principles of health and health education.

Nutrition and dietary manipulation.

Health related fitness, obesity and its management.

Environmental and occupational hazards and first aid.

Communicable diseases – their preventive therapeutic aspects

School health program and personal hygiene.

Theories and principles of recreation.

Recreation program for various categories of people.

Unit VII

Characteristics and principles of sports training.

Training load and periodisation.

Training methods and specific training program for development of various motor qualities.

Technical and tactical preparation for sports

Short term and long term training plans.

Sports talent identification- process and procedure

Preparing for competition (build up competition, main competition, competition frequency, psychological preparation)

Rule of games and sports and their interpretation

Unit VIII

Nature, sports and type of research.

Formulation and selection of research problem.

Sampling process and techniques.

Methods of research.

Data collection, tools and techniques.

Statistical techniques of Meta analysis-measures of central tendency and variability, correlation, normal probability-test and F-test, Chi-square, Z-test.

Hypothesis- formulation, types, and testing.

Writing research report.

Unit IX

Concept of test, measurement and evaluation.

Principles of measurements and evaluation.

Construction and classification of test.

Criteria of test evaluation.

Concept and assessment of physical fitness, motor fitness, motor ability and motor educability.

Skill test for badminton, basketball, hockey, lawn tennis, soccer, volleyball.

Testing psychological variables- competitive anxiety, aggression, team cohesion, motivation, self concept.

Anthropometric measurements and body composition.

Unit X

Concept and principles of management.

Organization and functions of sports bodies.

Intramurals and extramural.

Management of infrastructure, equipments and finance.

Methods and techniques of teaching.

Principles of planning physical education lesson.

Pupil, teacher interaction and relationship.

Concept of techniques of supervision.