Title: Information & Communication Technology (ICT) in Physical Education

Credits: 04
Max. Marks: 100
Sessional Marks: 30
Exam. Marks: 70
Paper Code: PEM-4001
Duration: 2:30 Hours

Unit – I

Communication & Classroom Interaction
1.1 Concept, Elements, Process of Communication
1.2 Forms of Communication.
1.3 Communicative Skills of English - Listening, Speaking, Reading & Writing
1.4 Scope and Concept of ICT in Physical Education

Unit – II

Fundamentals of Computers
2.1 Characteristics & Applications of Computers
2.2 Types of Computers, Hardware & Software of Computers.
2.3 Computer Memory and Viruses & its Management
2.4 Legal & Ethical Issues of Web Browsing & Search Engines

Unit – III

Applications & Software Used in Physical Education
3.1 Software in Sports Psychology
3.2 Software in Exercise Physiology
3.3 Software in Sports Training and Evaluation.
3.4 Software in Sports Biomechanics

Unit – IV

Integration of ICT in Teaching Learning Process
4.1 Approaches to Integrating ICT in Teaching Learning Process
4.2 Project Based Learning; Co-Operative and Collaborative Learning
4.3 Concept, Trends, & Applications of Web Based & e-Learning
4.4 Virtual and Smart Classrooms

References:
3) The Internet Book, by Douglas E. Comer, Purdue University, West Lafayette (2005)
5) Introduction to Information Technology, by ITL Education Solution Ltd. Research and Development Wing (2006)
7) Power Point for Windows, by Rebecca Bridges, Altman Peach Pit Press, 1999

Updated on 04.10.2018
Title: Sports Psychology

Unit – I

Introduction
1.1 History and Present Status of Sports Psychology in India.
1.2 Motor Learning: Basic Considerations in Motor Learning
1.3 Personality: Theories of personality, Measurement of personality
1.4 Psychological preparation of competitor: Need, Short-term Preparation Period and
   Pre-game Preparation

Unit – II

Motivation
2.1 Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic, Achievement
   Motivation.
2.2 Anxiety: Meaning and Definition, Nature, Causes, Competitive Anxiety and
   Sports Performance.
2.3 Stress: Meaning and Definition, Causes, Stress and Sports Performance.
2.4 Aggression: Meaning and Definition, Aggression and Sports Performance.

Unit – III

Goal Setting
3.1 Meaning and Definition, Process of Goal Setting in Physical Education and Sports.
3.2 Relaxation: Meaning and Definition, types and methods of psychological relaxation.
3.3 Self-Concept: Meaning and Definition, Methods of Measurement.
3.4 Self Confidence, concentration, effects of self confidence and concentration on sports
   performance.

Unit – IV

Sports Sociology
4.1 Meaning and Definition – Sports and Socialization of Individual Sports as Social
   Institution.
4.2 National Integration through Sports.
4.3 Fans and Spectators: Meaning and definition, Advantages and disadvantages on
   Sports Performance.
4.4 Group Cohesion: Definition and Meaning, Group Size, Group Interaction, Group
   Dynamics.

References:
   (NLEPT)
2. Catalogue of Tests, New Delhi: National Council of Educational Research and
   Training Publication.

Updated on 04.10.2018
Title: Education Technology in Physical Education and Sports

Unit – I

Introduction
1.1 Concept of Educational technology.
1.2 Approaches of Educational technology.
1.3 Educational technology: teaching technology, instructional technology and behavior technology.
1.4 Programmed Learning.

Unit – II

Systems Approach to Physical Education and Communication
2.1 Systems Approach to Education and it’s Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation Strategies.
2.2 Types & parameters of system approach.
2.3 Effectiveness of Communication in instructional system.
2.4 Strengths and Limitations, criteria for selection of instructional units.

Unit – III

Instructional Design
3.1 Education and Training: Face-to-Face, Distance and other alternative modes.
3.2 Instructional Design: Concept, Views, Process and Stages of Development of Instructional Design.
3.3 Overview of Models of Instructional Design – ADDIE Model; Instructional Design for Competency Based Teaching: Models for Development of Self Learning Material
3.4 Review of Researches on Instructional Design.

Unit – IV

New Horizons of Educational Technology in Physical Education
4.1 Information and Communication Technologies in Teaching Learning.
4.3 Recent innovations in the area of ET (interactive video – Hypertext, video-texts, optical fiber technology – laser disc, computer conferencing, etc.
4.4 Recent trends of Research in Educational Technology and its future with reference to education.

References:
7) Essentials of Educational Technology, Madan Lal, Anmol Publications

Updated on 04.10.2018