Title: Sports Training

Unit – I
Introduction to Sports Training
1.1 Meaning and Definition of Sports Training
1.2 Aim and Objective of Sports Training
1.3 Principles of Sports Training
1.4 Characteristics of Sports Training

Unit – II
Training Components
2.1 Strength–Mean and its type
2.2 Methods of Strength Development
2.3 Endurance - Mean and its types
2.4 Methods of Endurance Development

Unit – III
Talent Identification, Performance & Training Methods
3.1 Principles of Talent Identification and its Development.
3.2 Means and Model of Sports Performance.
3.3 Application of knowledge of Sports Performance.
3.4 Means of Weight Training and Circuit Training.

Unit – IV
Training programming and planning
4.1 Periodization: Meaning and types of Periodization.
4.2 Aim and Content of Periods–Preparatory, Competition, Transitional etc.
4.3 Planning: Meaning and types.
4.4 Principles of Planning.

Reference:
- SchlichMonfred (2003), Circuit Training for all sports, sports book publisher Toronto.
- Dr. Sharad Chandra Mishra 92006), Sports Training, Sports Publication.

Updated on 04.10.2018
Title: Computer Applications in Physical Education

Unit - I
Information and communication technology (ICT) - An overview.
Application of Computers in Physical Education
Components of computer, input and output device
Application software used in Physical Education and sports

Unit - II
Getting started with Microsoft 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 and Footnote.

Unit - III
Getting started with Microsoft Excel
Creating, saving and opening spreadsheet
Creating formulas
Format and editing features for charting data.

Unit - IV
Getting started with Microsoft Power Point
Creating, saving and opening a ppt. file
Format and editing features slide show, design, inserting slide number
Enhancing of Picture, Graph, Table
Finalizing of a presentations

References:

Updated on 04.10.2018
Title: Sports Psychology and Sociology

Unit – I
Introduction of Sports Psychology:
1.1 Meaning, Definition of Sports Psychology.
1.2 Historical Evolution of Sports Psychology
1.3 Importance of Sports Psychology to Physical Education Teacher and Coaches.
1.4 Psychological factors affecting sports performances.

Unit – II
Personality and Sports:
2.1 Meaning and Definition of Personality.
2.2 Theory of personality in sports (Psychoanalytic)
2.3 Dimensions of personality.
2.4 Motivation, Achievement motivation, Types of motivation and condition of developing achievement motivation.

Unit – III
Learning and stress management
2.1 Meaning and Definition of Learning, Types of Learning.
2.2 Laws of learning
2.3 Relationship between arousal and athletic performance
2.4 Preferred state and determine the level of arousal?

Unit – IV
Sports Sociology and Leadership:
4.1 Definition and concept of Sports Sociology.
4.2 Importance of Sports Sociology in Physical Education.
4.3 Socialization and value education through Physical Education.
4.4 Socialization in Home, Community, School and Sports.
References:
2) Taylor, Jim, (2018), Assessment in Applied Sport Psychology, Human kinetics

Updated: 04/10/18
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2019-20)   
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)  
Semester- IIIrd  

Title: Curriculum Design (Elective)  
Credits: 04  
Max. Marks: 100  
Sessional Marks: 30  
Exam. Marks: 70  
Paper Code: PEB-3012  
Duration: 2:30 Hours  

Learning Outcomes- At the end of the course the student will be able to-  
- Identify the scientific rationale of the academic activities carried out at schools as a teacher trainee.  
- Choose an appropriate model while designing/implementing the curriculum of physical education at schools.  
- Recognize the issues related to curriculum development in Indian physical education at school level.  
- Apply the curriculum evaluation techniques to assess the worth of implemented curriculum.  
- Design a strategic and need base curriculum for Indian physical education, at schools level.  

Unit – I  
1.1 Concept and Types of Curriculum  
1.2 Introduction of Curriculum Design  
1.3 Principle of Curriculum Design  
1.4 Factors affecting Curriculum Design (Reference to Physical Education)  
1.5 Importance of Curriculum Design for the Physical Education Professionals (From School Perspectives).  

Unit - II  
2.1 Approaches to Curriculum Development- Models of Curriculum (Ralph Tyler Model, Hilda Taba Model, Learner-Centered, Subject-Centered, Problem-Centered Models); Product Vs Process Model.  
2.2 Backward Design in Curriculum Development  
2.3 Importance of Model-Based Approach in Physical Education  
2.4 Curriculum Models in Physical Education- Developmental, Humanistic, Fitness, Movement Education, Games, Health Optimizing, Sport Education, Cooperative learning in PE, TGFU (Teaching Game for Understanding) Model.  
2.5 Critical Evaluation of the Recommendations Regarding Physical Education Curriculum by government agencies in India  

Unit - III  
3.1 Curriculum Issues in Physical Education  
3.2 Long-Term Planning of the Physical Education Curriculum  
3.3 Medium- and Short-Term Planning of the Physical Education Curriculum  
3.4 Understanding the Issues of Progression and Continuity in Physical Education from Primary to Secondary Level of Education  
3.5 Maintaining Breadth and Balance in the Physical Education Curriculum
Unit - IV

4.1 Influences on the Curriculum Frame Work
4.2 Curriculum Development-Stages/Elements
4.3 Teacher Involvement in Curriculum Development
4.4 Implementing the Curriculum
4.5 Monitoring and Evaluating the Curriculum

Suggested Readings:
http://www.thenewpe.com/Curriculum/curr-models.htm
http://www.edc.gov/physicalactivity/basics/adding-pe/barriers.html
https://lovepe.me/2016/02/01/my-physical-education-solo-taxonomy-journey-continues/
http://www.wikihow.com/Develop-a-Curriculum
https://prezi.com/l7tpnlnb9a2/steps-in-curriculum-design/
http://www.slideshare.net/msmaybelle/Curriculum-organization?from_action=save
http://medicine.osu.edu/education/Documents/Curriculum_design_2010.pdf
https://eboard.eboardsolutions.com/evaluation/TempFolder/evaluation/Rigorous%20Curriculum%20Design%20Overview%20copy_6944palayq5ss5kjm0vvezdgyogx.pdf
http://www.sparkpe.org/blog/10-ideas-to-improve-your-schools-pe-program/
http://www.ncbi.nlm.nih.gov/books/NBK21493/
Institutional Strategies for Promoting Physical Activity http://www.nap.edu/read/21802/chapter/8
Fit Kid Fit Future http://www.fitkidsfitfuture.com/
http://cd1.edb.hkedcity.net/cc/pd/TC/rr/FM_e.pdf

Updated on 04.10.2018