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.

BOS held on 19.08.2019
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2019-20 )
BECHOLAR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IIIrd

Title: Computer Applications in Physical Education

Credits: 04
Max. Marks: 100
Sessional Marks: 30
Examination Marks: 70
Paper Code: PEB-3002
Duration: 2:30 Hours

Unit – I

Introduction to Computer
1.1 Information and communication technology (ICT) - An overview.
1.2 Application of Computers in Physical Education
1.3 Components of computer, input and output device
1.4 Application software used in Physical Education and sports

Unit – II

Word Processing
2.1 Getting started with Microsoft Word
2.2 Creating, saving and opening a document
2.3 Formatting Editing features Drawing table.
2.4 Page Setup, Paragraph Alignment, Spelling and Grammar Check, Printing Option, Inserting Page Number, Graph and Footnote.

Unit – III

Spreadsheet Program
3.1 Getting started with Microsoft Excel
3.2 Creating, saving and opening spreadsheet
3.3 Creating formulas
3.4 Format and editing features for charting data.

Unit – IV

Presentation Software
4.1 Getting started with Microsoft Power Point
4.2 Creating, saving and opening a ppt. file
4.3 Format and editing features slide show, design, inserting slide number
4.4 Enhancing of Picture, Graph, Table
4.5 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
Title: CURRICULUM DESIGN (Elective)

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-based curriculum for Indian physical education at schools level.

Unit 1

1.1 Introduction to curriculum and curriculum design (concept of curriculum and curriculum design, types of curriculum).
1.2 Understanding school teacher related curricular demands and challenges in contemporary time.
1.3 Principle of curriculum design
1.4 Factors affecting curriculum design (Reference to physical education)

Unit 2

2.1 Popular thinker’s and models of curriculum development: Product, Process and Praxis Models (Ralph Tyler, Hilda Taba, Wheeler’s, Kerr’s, Laurence Stenhouse, Kelly Models).
2.2 Popular curriculum designs their advantages and limitations: Student or Learner-Centered, Subject-Centered, and Problem-Centered.
2.3 Curriculum Models in Physical Education- Developmental, Humanistic, Fitness, Movement Education, Games, Health Optimizing, Sport Education, Cooperative learning in PE, TGPU (Teaching Game for Understanding) Model.

Unit 3

3.1 Long-term planning for physical education curriculum.
3.2 Medium- and short-term planning for physical education curriculum.
3.3 Maintaining Breadth and Balance in 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 Identifying the curriculum issues of physical education in schools of India.

Unit 4

4.1 Understanding and implementing the National Curriculum Framework recommendations in physical education curriculum.
4.2 Curriculum Development-Stages/Elements
4.3 Designing study programme course learning outcomes.
4.4 Implementing the Curriculum.
4.5 Monitoring and Evaluating the Curriculum.

Suggested Readings:
http://www.therecvpe.com/Curriculum/curn-models.htm
http://www.cdc.gov/physicalactivity/basics/adapting-pa/barriers.html
http://www.supportedteachers.org/exercise-promotion-and-adherence.html
https://www.pcesp.org/2015/01/mv-physical-education-solo-taxonomy-journey-continues/
http://www.wikihow.com/Develop-a-Curriculum/
https://prezi.com/7bhpnahlni/2-steps-in-curriculum-design/
http://www.slideshare.net/manyae/belle/Curriculum-organization?from_action=save
http://medicine.osu.edu/education/Documents/Curriculum_design_2010.pdf
https://www.gov.hk/la_02/ch/curr_guide/Maladjustedemma.htm
https://eboard.educationsolutions.com/evaluation/TempFolder/evaluation/Rigorous%20Curriculum%20Design%20Overview%20copy_6944palayv5s53kmj0vz5syvyc.pdf
http://www.sparkpe.org/blog/10-ideas-to-improve-your-schools-pe-program/
http://www.farmington.k12.mn.us/Curriculum/physical_education/elementary_curriculum.pdf
Institutional Strategies for Promoting Physical Activity http://www.nap.edu/read/21802/chapter/8
Fit Kid Fit Future http://www.bikkidsfitfuture.com/
http://ed1.edb.bkedtsey.net/ed/pe/TC/TFM_e.pdf

BOS held on 19.08.2019