Title: (PEB-1001) HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Examination Marks: 60
Paper Code: PEB-1001
Duration: 2:00 Hours

Unit – I

Introduction
1.1 Meaning, Definition and Scope of Physical Education
1.2 Aims and Objective of Physical Education
1.3 Importance of Physical Education in present era.
1.4 Misconceptions about Physical Education.
1.5 Relationship of Physical Education with General Education.
1.6 Physical Education as an Art and Science.

Unit- II

Historical Development of Physical Education in India
2.1 Vedic Period (2500 BC – 600 BC)
2.2 Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
2.3 British Period (Before 1947)
2.4 Physical Education in India (After 1947)
2.5 Y.M.C.A. and its contributions.
2.6 The early history of the Olympic movement
2.7 The significant stages in the development of the modern Olympic movement
2.8 Educational and cultural values of Olympic movement

Unit- III

Foundation of Physical Education
3.1 Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism,
3.2 Philosophy and Culture.
3.3 Fitness and wellness movement in the contemporary perspectives
3.4 Sports for all and its role in the maintenance and promotion of fitness.

Unit-IV

Principles of Physical Education
4.1 Biological
   4.1.1 Growth and development
   4.1.2 Age and gender characteristics
   4.1.3 Body Types
   4.1.4 Anthropometric differences
4.2 Psychological
   4.2.1 Learning types, learning curve
   4.2.2 Laws and principles of learning
   4.2.3 Attitude, interest, cognition, emotions and sentiments
4.3 Sociological
   4.3.1 Society and culture
   4.3.2 Social acceptance and recognition
   4.3.3 Leadership
   4.3.4 Social integration and cohesiveness
References:

Title: (PEB-1002) ANATOMY & PHYSIOLOGY

Objectives:

- To understand the basic structures and functions of human body.
- To understand the role of exercise on body systems and its relation to well being.
- To inculcate the art of anatomy and physiology teaching (for kids) through the application of critical and creative thinking.

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Examination Marks: 60
Paper Code: PEB-1002
Duration: 2:00 Hours

Unit 1
1.1 Introduction of role of Anatomy and Physiology and their role in the field of Physical Education
1.2 Structural and functional introduction to human cell
1.3 Anatomical terms related to body movements
1.4 Types of Bones and Joints in human body
1.5 Skeletal System- Classification and functions; Effects of exercise on Skeletal System

Unit 2
2.1 Definition, structure and function of Muscle
2.2 Structural classification of Muscle
2.3 Types of muscular contraction – Isotonic, Isometric, Isokinetic
2.4 Concept of agonist and antagonist muscles
2.5 Sliding Filament Theory of Muscular Contraction; Effect of exercise on Muscular System

Unit 3
3.1 Structural and functional introduction to Circulatory System
3.2 Stroke Volume, Cardiac Output and Cardiac Index; Effect of exercise on Circulatory System
3.3 Respiratory System (structural overview); Mechanism of respiration (External and Internal Respiration)
3.4 Lung volumes and Capacities, concept of Oxygen Debt, Second Wind
3.5 Effects of exercise on Respiratory System

Unit 4
4.1 Structural and functional overview of –
   4.1.1 Digestive System
   4.1.2 Excretory System (Kidney)
4.2 Effect of exercise on Digestive System and Excretory System
4.3 Classification of Nervous System on the basis of its structure and functions
4.4 Synapse, Neuro Muscular Junction, All or None Law
4.5 Effect of exercise on Nervous System
Suggested Readings:

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Title: (PEB-1003) HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Examination Marks: 60
Paper Code: PEB-1003
Duration: 2:00 Hours

Unit – 1

Health Education
1.1 Concept, Dimensions, Spectrum and Determinants of Health
1.2 Definition of Health, Health Education, Health Instruction, Health Supervision
1.3 Aim, objective and Principles of Health Education
1.4 Health Service and guidance instruction in personal hygiene

Unit – 2

Health Problems in India
2.1 Communicable and Non Communicable Diseases
2.2 Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,
2.3 Personal and Environmental Hygiene for schools
2.4 Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health
    appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit – 3

Environmental Science
3.1 Definition, Scope, Need and Importance of environmental studies.
3.2 Concept of environmental education, Historical background of environmental education,
3.3 Celebration of various days in relation with environment.
3.4 Role of school in environmental conservation and sustainable development.

Unit – 4

Natural Resources and related environmental issues:
4.1 Water resources, food resources and Land resources
4.2 Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution
4.3 Definition, effects and control measures of: Noise Pollution, Thermal Pollution
4.4 Management of environment and Govt. policies, Role of pollution control board.

References:
Title: (PEB-1012) OFFICIATING & COACHING (Elective)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Examination Marks: 60
Paper Code: PEB-1012
Duration: 2 Hours

Unit-I
Introduction of Officiating and coaching
1.1 Concept of officiating and coaching
1.2 Importance and principles of officiating
1.3 Relation of official and coach with management, players and spectators
1.4 Measures of improving the standards of officiating and coaching

Unit-II
Coach as a Mentor:
2.1 Duties of coach in general, pre, during and post game.
2.2 Philosophy of coaching
2.3 Responsibilities of a coach on and off the field
2.4 Psychology of competition and coaching

Unit-III:
Duties of Official:
3.1 Duties of official in general, pre, during and post game.
3.2 Philosophy of officiating
3.3 Mechanics of officiating – position, singles and movement etc.
3.4 Ethics of officiating

Unit-IV
Qualities and Qualifications of Coach and Official:
4.1 Qualities and qualification of coach and official
4.2 General rules of games and sports
4.3 Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
4.4 Integrity and values of sports

Reference Books:
Title: (PEB-1071) Track and Field (Running Events)

Objective:
- To developed an understanding about the basic skill of track and field events.
- To teach the scientific aspects of the different techniques used in different events.
- To highlight the importance of different conditional abilities in the performance development.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Examination Marks: 60
Paper Code: PEB-1071

Unit-I

Running Event:
1.1 Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
1.2 Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
1.3 Ground Marking
1.4 Rules and Officiating

Unit-II

Hurdles:
2.1 Fundamental Skills- Starting, Clearance and Landing Techniques.
2.2 Types of Hurdles.
2.3 Ground Marking and Officiating.

Unit-III

Relays: Fundamental Skills:
3.1 Various patterns of Baton Exchange
3.2 Understanding of Relay Zones

Unit-IV

Relays:
4.1 Ground Marking
4.2 Interpretation of Rules and Officiating.

Books Recommended:
1) Bio – Mechanics of Athletic Movement: Ray
2) Track & Fundamental Techniques: Ken – Obosen
3) http://www.brianmac.co.uk/sprints/starts.htm
Title: (PEB-1073) Gymnastics

Objectives:
- To develop skilful, creative mastery of the body in a gymnastic context.
- To enhance knowledge and understanding of gymnastics as an aesthetic experience.
- To enrich personal and social development while interacting with others in a variety of structured contexts.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Examination Marks: 60
Paper Code: PEB-1073

UNIT – I
1.1 Forward Roll
1.2 Backward Roll
1.3 Sideward Roll (with stretched body or in truck position)
1.4 Drive roll
1.5 Hand Stand (hand Stand with forward roll).

UNIT – II
2.1 Front scale
2.2 Back scale
2.3 Side scale
2.4 Frog stand
2.5 Front limber

UNIT – III
3.1 Leg Side Splits
3.2 Leg Front Splits
3.3 Bridge
3.4 Jumps-leap
2.5 Scissors leap

UNIT- IV
4.1 Vaulting Horse
4.2 Approach Run
4.3 Take off from the beat board
4.4 Cat Vault
4.5 Squat Vault

References:
- Jake at Gymnastics (Hardcover) by Rachel Isadora (shelved 2 times as gymnastics), published 2014.
- British Gymnastics, the governing body for gymnastics in the UK..
- International Federation of Aesthetic Group Gymnastics Official website.
- International Federation of Gymnastics (FIG) official website http://www.fig-gymnastics.com/site/ (Visited 08/10/215).
- Texts on Wiki source:
Title: (PEB-1075) Indigenous Sports: KABADDI

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Examination Marks: 60
Paper Code: PEB-1075

Unit 1
Introduction
1.1 Introduction of the Kabaddi.
1.2 Skills in Raiding-Touching with hand, various kicks,
1.3 Crossing of baulk line, Crossing of Bonus line,
1.4 Luring the opponent to catch.

Unit 2
Skills of Holding the Raider-
2.1 Various formations
2.2 Catching from particular position,
2.3 Different catches
2.4 Luring the raider to take particular position so as to facilitate catching,
catching formations and techniques.

Unit 3
Additional skills in raiding-
3.1 Bringing the antis in to particular position
3.2 Escaping from various holds
3.3 Techniques of escaping from chain formation,
3.4 Combined formations in offence and defense.

Unit 4
Organization of the Game
4.1 Ground Making/Designing.
4.2 Rules and Regulations and Interpretation of the rules
4.3 Organization and Conducting the Kabaddi.
4.4 Officiating the Kabaddi & Duties of the officials in the Kabaddi

BOOKS RECOMMENDED FOR STUDY
Title: (PEB-1080) Mass Demonstration Activities: **Dumbbells**

**Unit 1**

**Introduction**

1.1 Introduction of the Mass Demonstration Activity.
1.2 Aim and Objective of Mass Demonstration Activity.
1.3 Advantage and Disadvantage of Mass Demonstration.

**Unit 2**

**Freehand Exercise**

2.1 General warming-up activities.
2.2 Commands: verbal command, drum, whistle and music (Two count, Four count, Eight count and Sixteen count.)
2.3 Various numbers of Exercises (Standing, Jumping and Moving Exercise).
2.4 Combination Exercises.

**Unit 3**

**Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri**

3.1 Grip with Light apparatus.
3.2 Attention and Stand – at – ease with light apparatus.
3.3 Various number of Exercises.
3.4 Combining Exercise.

**Unit 4**

**Organization of the Activity/Game**

4.1 Ground Making/Designing.
4.2 Organization and Conducting the Mass Demonstration.

**Suggested Readings:**

1. Johnson, B. L., Chinese Wand Exercise. 1977
3. Kleinman, I., Complete physical education plans for grades 5 to 12.