

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IInd

TITLE: Yoga Education (PEB-2001)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-2001
Duration: 2:00 Hours

Objectives:

To introduce students with the scientific aspects of yogic elements and its related teaching

Unit – I

Introduction to Yoga in Physical Education

- 1.1 Meaning and definition of Yoga
- 1.2 Aims and objectives of Yoga
- 1.3 The Yoga Sutra: General introduction
- 1.4 Role of Yoga in Physical Education

Unit – II

Introduction to Pranayama

- 2.1 Introduction to science of breathing (Pranayama)
- 2.2 Introduction and definition of Pranayama
- 2.3 Introduction to varieties and different phases of Pranayama
- 2.4 Safety measures and precautions of Pranayama

Unit – III

Introduction to Asanas and Surya Namaskar

- 3.1 Introduction, definition, scope and limitations of Asanas
- 3.2 Classification of Asanas
- 3.3 Stage and phases of performing Asanas
- 3.4 Basic principles and methods of Asanas
- 3.5 Introduction, benefits and precaution of Surya Namaskar

Unit – IV

Teaching Yoga and Applications

- 4.1 Physical activity guidelines for yoga teaching
- 4.2 Components of children yoga teaching
- 4.3 Tools of children's yoga lesson
- 4.4 Children teaching concepts and techniques of yoga
- 4.5 Effect of yoga on different system of the body
- 4.6 Application of yoga in sports

Suggested Readings:

- 1) Brown, F. Y.(2000). How to use yoga, Delhi : Sports Publication.
- 2) Shankar, G.(1998). Holistic approach of yoga. New Delhi :Aditya Publishers.
- 3) Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.
- 4) Dayanidy, D. & Dayanidy, R. (Not Given) *Principles and Methods of Yogic Practices*. Study material . [Online] Available from : http://www.icyer.com/documents/Principle_and_methods.pdf [Accessed 14 Jan 2016].
- 5) Novotny, S. & Kravitz, L. (Not Given) *The science of breathing*. [Online] Available from: <http://www.unm.edu/~lkravitz/Article%20folder/Breathing.html> [Accessed 24 Jan 2016].
- 6) EYogaGuru (2013) *Surya Namaskar – Sun Salutation yoga benefits*. [Online] Available from: <http://eyogaguru.com/surya-namaskar-sun-salutation/>[Accessed 26 Jan 2016].
- 7) Chissick, M. & Yoga at school (2012) *The five essentials for teacher training for children's yoga*. [Online] Available from: <http://www.yogaatschool.org.uk/pdf/1372954301The%20Five%20Essentials%20for%20Teacher%20Training%20for%20Children's%20Yoga.pdf>[Accessed 26 Jan 2016].
- 8) Chissick, M. & Yoga at school (2012) *The Five Essentials for Teacher Training for Children's Yoga*. [Online] Available from: <http://www.yogaatschool.org.uk/pdf/1397056358What%20is%20the%20most%20important%20tool%20in%20the%20children's%20yoga%20lesson%20.pdf>[Accessed 19 Jan 2016].
- 9) Bhavanani, B.A. (Not Given) *Teaching concepts and techniques of yoga to children*. [Online] Available from: http://icyer.com/documents/TEACHING_YOGA_TO_CHILDREN-2010.pdf[Accessed 20 Jan 2016].
- 10) Nemours, Health and Prevention Services (2009) *Best Practices for Physical Activity: A guide to help children grow up healthy*. [Online] Available from: <https://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/paguidelines.pdf> [Accessed 27 Jan 2016].
- 11) Madanmohan (Not given) *Effect Of Yogic Practices On Different Systems Of Human Body* [Online] Available from: <http://icyer.com/documents/yogresearchMMT.pdf>[Accessed 22 Jan 2016].
- 12) Indianetzone (2013) *Impact of yoga asanas on human body system, yoga postures*. [Online] Available from: http://www.indianetzone.com/42/impact_yoga_asanas_on_human_body_system_yoga_postures.htm[Accessed 26 Jan 2016].
- 13) Chaturvedi , S. (2004) *Bihar Yoga and Sport*. [Online] Available from: <http://www.yogamag.net/archives/2005/Inovdec05/bysport.shtml>[Accessed 19 Jan 2016].

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IInd

TITLE: Educational Technology and Methods of Teaching in Physical Education (PEB-2002)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-2002
Duration: 2:00 Hours

Unit – I

Introduction:

- 1.1 Education and Education Technology- Meaning and Definitions.
- 1.2 Types of Education- Formal, Informal and Non- Formal education.
- 1.3 Educative Process.
- 1.4 Importance of Devices and Methods of Teaching.

Unit – II

Teaching Technique:

- 2.1 Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
- 2.2 Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- 2.3 Presentation Technique – Personal and technical preparation.
- 2.4 Command- Meaning, Types and its uses in different situations.

Unit – III

Teaching Aids:

- 3.1 Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
- 3.2 Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc
- 3.3 Team Teaching – Meaning, Principles and advantage of team teaching.
- 3.4 Difference between Teaching Methods and Teaching Aid.

Unit – IV

Lesson Planning and Teaching Innovations:

- 4.1 Lesson Planning – Meaning, Type and principles of lesson plan.
- 4.2 General and specific lesson plan.
- 4.3 Micro Teaching – Meaning, Types and steps of micro teaching.
- 4.4 Simulation Teaching - Meaning, Types and steps of simulation teaching.

Reference:

- 1) Bhardwaj, A. (2003). *New media of educational planning*.New Delhi:Sarup of Sons.
- 2) Bhatia,& Bhatia,(1959). *The principles and methods of teaching*.New Delhi: Doaba House.
- 3) Kochar, S.K. (1982). *Methods and techniques of teaching*.New Delhi: Sterling Publishers Pvt. Ltd.
- 4) Sampath, K.,Pannirselvam, A. &Santhanam, S. (1981). *Introduction to educational technology*.New Delhi: Sterling Publishers Pvt. Ltd.
- 5) Walia, J.S. (1999). *Principles and methods of education*.Jullandhar:Paul Publishers.

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IInd

TITLE: Organization and Administration in Physical Education (PEB-2003)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-2003
Duration: 2:00 Hours

Unit – I

Organization and Administration & Supervision:

- 1.1 Meaning and importance of organization and administration & supervision in physical education with their guiding principles.
- 1.2 Qualification and qualities of physical education teacher and student teacher.
- 1.3 Planning and management with their basic principles.
- 1.4 Basic needs of planning a program with proper management.

Unit – II

Office Management, Record, Register & Budget:

- 2.1 Office Management: meaning, definition, functions and kinds of office management.
- 2.2 Records and Registers: Maintenance of attendance register, stock register, cash register, physical efficiency record, medical examination record.
- 2.3 Budget: meaning, importance of budget keeping.
- 2.4 Criteria of a good budget, sources of income, expenditure, preparation of budget.

Unit – III

Facilities & Time-Table Management:

- 3.1 Facilities and equipment management: Types of facilities Infrastructure-indoor, outdoor.
- 3.2 Care of school building, gymnasium, swimming pool, play fields, playgrounds
- 3.3 Equipment: Need, importance, purchase, care and maintenance.
- 3.4 Time Table Management: Meaning, need, importance and factor affecting time table.

Unit – IV

Competition Organization:

- 4.1 Importance of tournament.
- 4.2 Units and methods of competition, types of tournament and its organization structure.
- 4.3 Organization structure of athletic meet.
- 4.4 Sports event intramurals & extramural tournament planning and management.

References:

- 1) Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
- 2) Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Lolis: The C.V. Hosby Co.
- 3) Kozman, H.C. Cassidly, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
- 4) Pandey, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depo.
- 5) Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
- 6) Thomas, J. P.(1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.
- 7) Tirunaryanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.
- 8) Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IInd

TITLE: Sports Nutrition and Weight Management (PEB-2012)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-2012
Duration: 2:00 Hours

Objectives:

- 1) To develop an understanding about the role of nutrition in weight management and sport.
- 2) To develop the skills to establish daily caloric requirement and to design the diet plan.

Unit – I

Introduction to Sports Nutrition

- 1.1 Meaning and Definition of Sports Nutrition
- 1.2 Basic components of Nutrition
- 1.3 Factor to consider for developing nutrition plan
- 1.4 Role of nutrition in sports

Unit – II

Nutrients: Ingestion to energy metabolism

- 2.1 Carbohydrates, Protein, Fat – Meaning, classification and its function
- 2.2 Role of carbohydrates, Fat and protein during exercise
- 2.3 Vitamins, Minerals, Water – Meaning, classification and its function
- 2.4 Role of hydration during exercise
- 2.5 Establishing daily caloric requirement and expenditure

Unit – III

Nutrition and Weight Management

- 3.1 Obesity – Definition, meaning, types and causes of obesity; Health risks associated with Obesity and Solutions for Overcoming Obesity
- 3.2 Concept of BMI (Body mass index), Dieting versus exercise for weight control,
- 3.3 Common Myths about Weight Loss
- 3.4 Concept of weight management in modern era, Factor affecting weight management

Unit – IV

Steps of planning of Weight Management

- 4.1 Determination of desirable body weight
- 4.2 Daily calorie intake and expenditure in weight management
- 4.3 Role of diet and exercise in weight management
- 4.4 Designing diet plan and exercise schedule for weight gain and loss
- 4.5 Balanced diet for Indian School Children

References:

- 1) Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.*93(6), 2027-2034.
- 2) Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12), 3091-3096.
- 3) Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J ObstetGynecol*, 197(3), 223-228.
- 4) DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
- 5) Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IInd

TITLE: Track and Field (Jumping Event) (PEB-2071)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-2071
Duration: 2:00 Hours

Unit – I

Introduction to Jumping Events

- 1.1 Classification of Jumping Events in Track & Field
- 1.2 Basic equipment required & their Measurement for Jumping Events
- 1.3 Marking Area of Jumping Events and its Measurements
- 1.4 Rules, Officials Required & Officiating and Scoring in Jumping Events

Unit – II

Basic Skills (Individual performance) Jumping Events (High Jump)

- 2.1 High Jump -
(Eastern cut-off)- Approach run, take off, clearance over the Bar and landing.
(Western roll) - Approach run, take off, clearance over the Bar and landing.
(Straddle roll) - Approach run, take off, clearance over the Bar and landing.

Unit – III

Basic Skills (Individual performance) Jumping Events (Long Jump)

- 3.1 Long Jump (Sail Style & Hang Style) – Approach run, take off, flight in the air and landing

Unit – IV

Basic Skills (Individual performance) Jumping Events (Triple Jump)

- 4.1 Triple Jump – Approach run, take off (Hop, Step, and Jump), flight in the air and landing.

References:

- 1) Doherty, J., Track and Field, Engle wood Cliffs: Prentice Hall Inc.
- 2) Dyoon and Geoffray, G.H., (1962) The Mechanics of Athletics London: University of London Press Ltd.
- 3) Ken O Bosen, Track and Field Fundamental Techniques, Patiala: MS Publications.
- 4) Handbook, AAFI, New Delhi.
- 5) Rogres, L. Joseph., Track & Field Coaching Manual, USA: Herman Kinetics.
- 6) Johnson L. Barry and Jack K. Nelson, (1982) Practical Measurements for Evaluation in Physical Education,
- 7) Delhi: Surjeet Publications, 1982.
- 8) Narayanan N.C. (1993) A Hand Book of Weight lifting, Tiruneveli, TWDWC Association.

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IInd

TITLE: Yoga & Aerobics (PEB-2072)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-2072
Duration: 2:00 Hours

Objectives:

- 1) Equipped students to use yoga as an instrument to promote general health, wellbeing and fitness
- 2) To teach pedagogy related to basic yogic practices at school level
- 3) The objectives of Aerobics class are to provide each student the knowledge of why it is important to be physically fit, and to give them an opportunity to improve their fitness level through daily exercise and activities.

Yoga:

Unit - I

Pranayams

- Breathing Awareness, Abdominal Breathing, Full Yogic Breath, Anuloma Viloma (Alternate Nostril Breathing), Kapalabhati (shining skull or fierce breath).

Surya Namaskara

- Practicing techniques of twelve Surya Namaskara poses. Benefits and precautions of Surya Namaskara.

Unit - II

Asanas

Practicing techniques, precautions and benefits of following asanas-

- Sitting -Padmasana (Baddha - tied lotus), Vajrasana (Thunderbolt pose)
- Standing- Vrikshasana (Tree pose), Parvatasana (Mountain pose)
- Laying Prone Position- Shavasana (Corpse pose), Tadagasana (Pond pose)
- Laying Spine Position- Navkasana (Boat Pose), Chakrasana (Bridge Pose)

Bandhas

Practicing techniques, benefits and precautions of-

- Mula Bandha, Uddiyana Bandha, Jalandhara Bandha

Teaching Yoga-

- Instruction, Content preparation, Themeing, Classroom Organization, Demonstration, Health Concerns, Language, Posture Modification, Observation, Sequencing Fundamentals, Creating Intention.

Aerobics:

Unit – III

- Introduction to concept of fitness, aerobics, types of aerobics.
- Music and cuing.
- March, Side to side, double side to side, Grapevine.
- Knee up, Leg curl Toe touch, Side lunge.

Unit – IV

- Scientific principles of exercise.
- Aerobic exercise program design.
- Theory and principles of body conditioning.
- Flexibility, agility and coordinative abilities.

Suggested Readings:

- 1) Cruz Bay Publishing, Inc. (2014) *Yoga Poses* [Online] Available from: <http://www.yogajournal.com/category/poses/> [Accessed 25 September 2015].
- 2) Dayanidy, D. & Dayanidy, R. (Not Given) *Principles and Methods of Yoga Practices*. Study Material. [Online] Available from: http://www.icyer.com/documents/Principle_and_methods.pdf [Accessed 15 Dec 2015]. International Centre for Yoga Education and Research and Yoganjali Natyalayam, Puducherry, South India.

- 3) Daniel, C. & Naomi, C. (2007) *Teaching Hatha Yoga*. [e-book] Open Source Yoga – Gabriola Island, British Columbia, Canada. Available from: http://www.opensourceyoga.ca/Downloads/Teaching_Hatha_Yoga.pdf [Accessed 15 December 2015].
- 4) Sarvotham, S. (2010) *Yoga Asanas (Postures)* [Online] Available from: <http://upwardogdownwardog.com/2010/10/26/yoga-asanas-postures/> [Accessed 30 September 2015].
- 5) Taylor, M. (2010) *Yoga Poses for Beginners* Available from: <http://www.mindbodygreen.com/0-682/Yoga-Poses-for-Beginners-Howto-Tips-Benefits-Images-Videos.html> [Accessed 25 September 2015].
- 6) The Divine Life Society (2007) *Asana And Pranayama* [Online] Available from: <http://www.yogaage.com/modern/philosophy/phylosophy10.html> [Accessed 23 September 2015].
- 7) Yoga Basics (2015) *Yoga Postures* [Online] Available from: <http://www.yogabasics.com/practice/yoga-postures/> [Accessed 29 September 2015].
- 8) Yoga Vidhya Gurukul University (2013) *Pranayama - (From Hatha Yoga and Ashtanga Yoga)* [Online] Available from: http://www.yogapoint.com/infobacholr_prac_optional.doc/pranayama.htm [Accessed 26 September 2015].
- 9) Yoga Vidhya Gurukul University (2013) *Types Of Asana* [Online] Available from: <http://www.yogapoint.com/info/yogasana.htm> [Accessed 26 September 2015].
- 10) yoga-age.com (2007) *Hatha Yoga Bandhas* [Online] Available from: <http://www.yoga-age.com/asanas/bandhas.html> [Accessed 12 December 2015].
- 11) American college of sports Medicine., Acsm's Health-Related Physical Fitness Assessment Manual., London, Lippincott, 2005.
- 12) Bishop, J.G., *Fitness Through Aerobics*, Benjamin Cummings, USA, 2004.
- 13) Cooper, K. and W. Proctor, *Controlling Cholesterol the Natural Way*, Banton Doubly Dell, USA, 1999.
- 14) Cooper, K., *Aerobics Program for Total Well Being*, Banton Doubly Dell Publishers, USA, 2001

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IInd

TITLE: Racket Sports: Badminton (PEB-2078)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-2078
Duration: 2:00 Hours

Unit – I

- 1.1 Introduction of the game and historical development with special reference to India.
- 1.2 Important tournaments held at National and International levels and distinguished personalities related to the sport.
- 1.3 Rules and their Interpretations.
- 1.4 Duties of official.

Unit – II

- 2.1 Ground measurement and marking
- 2.2 Grip & Service: Forehand grip, Backhand grip, High service, Low services, Drive service, Flick service.

Unit – III

- 3.1 Defensive Strokes: Drive, Drop Shot, Lob, Close, Range Body Defence.
- 3.2 Attacking Strokes: Smash, Body Line Smash, Down the line smash, Cross court smash, Flat clear, Drop shot (fast).

Unit – IV

- 4.1 Advance Tactics: Advanced singles, court Positions Cross courting, Serving.
- 4.2 Advance Doubles: Court positions, serving, Attack and Defence

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IInd

TITLE: Racket Sports: Table Tennis (PEB-2079)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-2079
Duration: 2:00 Hours

Objectives

- 1) Enable to perform the basic skills of table tennis
- 2) Understand the rules and regulations that regulates table tennis

Unit – I

- 1.1 Introduction of table tennis – Historical development, Modern setup
- 1.2 Introduction and measurement of table tennis equipments- Table, Net, Ball, Racket, Racket Covering, Speed Glues
- 1.3 Specific warming –up for table tennis
- 1.4 Grip- Shakehands Grip, Penhold Grip and Seemiller Grip, Drills for racket control – Up- and -down bouncing, Up- and -down wrist bouncing, Alternate bouncing, Wall bouncing, Pepper

Unit – II

- 2.1 Ball Spin- Top spin, Back spin, Side spin, No spin
- 2.2 Racket angles against spins- Open vs Closed, Spin creation
- 2.3 Ready Stance, Positioning and Footwork (Two-Step footwork)
- 2.4 Serves- Execution of topsin and backspin serves

Unit – III

- 3.1 Forehand drive, Backhand drive, Smash
- 3.2 Push- Execution of push, Forehand and Backhand push
- 3.3 Blocking- Forehand and Backhand blocking
- 3.4 Looping - Forehand and Backhand looping

Unit – IV

- 4.1 Flipping- Forehand Flipping
- 4.2 Chopping- Forehand and Backhand cops
- 4.3 Lobbing- Forehand and Backhand lobs
- 4.4 Table tennis rules and regulations

Suggested Reading :

- 1) Geske, K.M. and Mueller, J. (2010) *Table Tennis Tactics – Your Path to Success*. Maidenhead, Meyer & Meyer Sport.
- 2) Hodges, L. (1993) *Table tennis-Steps to success*. Champaign, Human Kinetics.
- 3) McAfee, R. (2009) *Table tennis-Steps to success*. Champaign, Human Kinetics.

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-IInd

TITLE: Teaching Practices (PEB-2082)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-2082
Duration: 2:00 Hours

Objectives:

- 1) To induce the science and art of teaching in students
- 2) To provide the hands on experience related to cognitive and motor teaching

Unit – I

- 1.1 Format of lesson plan in physical education (Indoor and Outdoor)
- 1.2 Framing the objectives of lesson plan
- 1.3 Designing general and specific objectives of lesson plan
- 1.4 Practicing the handling of administrative and managerial issues related to teaching practice (Time management, Personnel cooperation, Classroom management, etc.)

Unit – II

- 2.1 Practicing and understanding the role of teaching methods in physical education
- 2.2 Practicing and understanding the usages of teaching techniques in physical education
- 2.3 Lesson evaluation techniques (Formative and Summative Evaluation)
- 2.4 Creating physical activity based pedagogy (Group Activity)

Unit – III

- 3.1 Constructing and conducting a lesson from Health Education
- 3.2 Constructing and conducting a lesson from Exercise Physiology
- 3.3 Constructing and conducting a lesson from Sports Medicine
- 3.4 Constructing and conducting a lesson from Sports Training
- 3.5 Constructing and conducting a lesson from Tournaments Conduction

Unit – IV

- 4.1 Constructing and conducting a lesson from Calisthenics Exercise
- 4.2 Constructing and conducting a lesson from Yogic & Aerobic Exercise
- 4.3 Constructing and conducting a lesson from Football, Hockey, Basketball, Volleyball, Cricket
- 4.4 Constructing and conducting a lesson from Kabaddi, Kho-Kho
- 4.5 Constructing and conducting a lesson from Athletics

Suggested Readings:

- 1) Mangal, S.K. (200) *Essentials of Educational Technology*. Prentice-Hall of India Pvt. Limited, New Delhi.
- 2) Haynes, A. (2010) *The Complete Guide to Lesson Planning and Preparation*. Continuum International Publishing Group, London.
- 3) Jalongo, M. R.; Rieg, S.A. and Helterbran, V.R. (2007) *Planning for Learning Collaborative Approaches to Lesson Design and Review*. Teachers College Press, Columbia University, New York.