

**Unit I. Philosophical Perspective: 4 marks**

1. Meaning, Definitions Aims, Nature, Scope.
2. Objectives of Physical Education.
3. Philosophy of Physical Education-
  - a) Idealism and Physical Education,
  - b) Pragmatism and Physical Education,
  - c) Naturalism and Physical Education,
  - d) Realism and Physical Education,
4. Role of Physical Education in General Education.

**Unit II. Psychological Perspective: 4 marks**

1. The psycho-physical unity of human organism.
2. Laws of learning their application to sports situations.
3. Theories of play, leaning stages, learning curves Transfer of training.
4. Practical application of psychology of Physical Education.

**Unit III. Historical Perspective: 4 marks**

1. Physical Education in Ancient Greece & Rome.
2. Physical Education in Sparta and Athens:
  - a) Sparta-Physical Education in Sparta The aim of Education in Sparta Women in Sparta.
  - b) Athens-Education in Athens Physical Education and Sports in Rome, Gladiatorial Combats Circus.
3. Y.M.C.A. and its contribution.
4. Contribution of Physical Education in U.S.A. Physical Education in India during modern and ancient period.

**Unit IV. International Movements in Sports: 4 marks**

1. Ancient.
2. Modern Olympic Games.
3. Asian Games.
4. Common Wealth Games.

**Unit V. IT in Physical Education: 4 marks**

1. Computer: Introduction, Definition, Generation of computers. Classification of Computers Importance of IT in Physical Education and Sports.
2. Computer Hardware: Input Devices and Output Devices.
3. Computer Memory-
  - i) Primary memory, ii) Secondary Memory,
4. Role of Information Technology in Physical Education and sports

**Unit VI. Central Advisory Board of Physical Education& Sports** **4marks**

1. National Discipline Scheme, Kaul Kapoor Committee.
2. National Physical Efficiency Drive, Kunzuru Committee.
3. All India Council of Sports.
4. Sports Authority of India (SAI), N.S. National/ Premium Institute of Sports, National Sports Association/Federation-and Their composition and functions.

**Unit VII. Health and Wellness** **4 marks**

1. Health education, aims and objectives.
2. Health related Diseases- Communicable and non-communicable diseases.
3. Nutrition and its types- balanced diet.
4. Fitness, wellness and weight management.

**Unit VIII. Bio-Mechanics** **4 marks**

1. Body lever, their types and its application to human body.
2. Motion, types of Motion, Newton's laws of motion & its application to sports.
3. Linear & angular- distance, displacement, Speed, velocity, acceleration,
4. Force and Friction, their types, inertia, mass, momentum, equilibrium.

**Unit IX. Sports Medicine, Physiotherapy & Rehabilitation** **4 marks**

1. Causes, treatment & prevention of common sports injuries(Sprains. Strains, Contusions, laceration and Abrasions, Fractures and Dislocations).
2. Massages, Types and Benefits of Massage in sports performance,
3. Physiotherapy and its role in the treatment for sport injuries (Hydrotherapy & Cryotherapy).
4. Therapeutic exercises- effects and uses (Active & Passive).

**Unit X. Officiating:** **4 marks**

1. Duties of official in general, pre, during, post-game.
2. Score Sheets-games and Athletic events.
3. Teaching & Coaching in games & Athletics.
4. Fixture & their types.

**Unit XI. Measurement and Evaluation in Physical Education:** **4marks**

1. Meaning and importance of test, measurements and evaluation.
2. Basic principles of Evaluation, Formative and summative Evaluation.
3. Classification of Test: Knowledge test, fitness test, skills test.
4. Criterion for the selection of test : Validity, reliability, objectivity and norms

**Unit XII. Sports training**

**4 marks**

1. Sports Training, aims, objective & its principles.
2. Training components – strength, speed, endurance, flexibility.
3. Training methods- Circuit training, Weight training, Interval training, Fartlek training.
4. Types of Training Plans-Training Conception, Yearly Plan, Meso-Cycle Plan and Micro-Cycle Plan Warm up, its type and values. Teaching Aids

**Unit XIII. Anatomy & physiology-I**

**4 marks**

1. Characteristics of living organism, Cell and its Parts, Cell Division, Cellular Basic of Living.
2. Skeletal System: structure and functions.
3. Muscles: Origin, Insertion and action.
4. General Classification of the joints of the body and example of each type, Type of Muscles in the body and their differences.

**Unit XIV. Anatomy & physiology-II**

**4 marks**

1. Circulatory System: -Functions of the blood, Structure of the Heart, Properties of Heart, Circulation of Blood, Cardiac Cycle, Blood Pressure, Blood Vessels.
2. Respiratory System:-The Respiratory passage, Lungs and their structure, Exchange of Gases in the Lungs, Mechanism of Respiration, inspiration& expiration.
3. Nervous System:-The nervous functions of cerebrum and cerebral localization reflex, Arc Autonomic Nervous system and central nervous system.

**Unit XV. Anatomy & physiology-III**

**4 marks**

1. Digestive System: their structure and functions.
2. Endocrine glands: Structure & functions.
3. Excretory System: The structure and functions of Kidneys.
4. Skin: Structure & function.

Sd/-  
**Coordinator**  
**Physical Education & Sports**