Minor Elective Subject/Semester- I

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| Program: Minor Elective  | Year: First  | Semester: First  |
|  SUBJECT: PHYSICAL EDUCATION - THEORY  |
| Course Code: MEPE 101T  | Course Title: BASIC CONCEPTS OF PHYSICAL EDUCATION  |
| Course Outcomes: The Physical Education is very wide concept and this subject teaches about introduction and Sociological concept of Physical Education and this also teaches about historical development of physical education in India and other countries. It introduces a general concept of good health and wellness. This program will also help a student to promote healthy way of living and they will also be able to make fitness and health plan.  |
| Credits : 4  | Max. Marks : 25+75  | Min. Passing Marks : 10 + 25  |
| Total No. of Lectures-Practical (in hours per week): 4-0-0  |
| UNIT  | TOPIC  | NO. OF LECTURES  |
| I  |   Physical Education * Scope, aim and objective of Physical education.
* Importance of Physical education in Modern era.
* Relationship of physical education with general education

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| II  | Sociological Foundation: * Meaning, Definition and importance of sports Sociology
* Culture and sports

Gender and Sports.  | 07  |
| III  | History: • History and development of Physical education in India: pre and post-independence.  National awards of India – Major Dhyan Chand Khel Ratna Award,Arjun Award, Major Dhyanchand Award, Dronacharya Award, Maulana Abul Kalam Azad Trophy, Sports schemes of India  | 06  |
| IV  | Olympic Games, Asian Games and Commonwealth Games: * Olympics Movement: Ancient Olympic, Modern Olympic, Revival, Aims, Objectives, Spirit, Torch Relay, Flag, Motto, Opening and Closing Ceremonies.
* Asian Games.
 | 08  |

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|   | • Commonwealth Games.  |   |
| V  | Health Education: * Meaning, Definition and Dimensions of Health.
* Meaning, Definition objectives, Principals and importance of Health Education.
* Meaning of Nutrients, Nutrition, and Balance Diet

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| VI  | Wellness and Life Style * Importance of wellness and life style.
* Role of Physical Activity Maintaining Healthy Life Style.
* Stress Management.
* Obesity and Weight Management.
 | 08  |
| VII  | Fitness and yoga: * Meaning, Definition and types of fitness
* Factor affecting physical fitness

Yoga * Importance of Yoga
 | 08  |
| VIII  | Posture: * Meaning, Definition of Posture.
* Importance of Good Posture.
* Causes of Bad Posture.
* Postural Deformities – Kyphosis, Lordosis, Scoliosis, Round Shoulder, Knock Knee, Bow Leg, Flat foot, Claw Foot (causes and remedial exercise).

  | 08  |
| Suggested readings: * Barrow Harold M., “Man and movements principles of Physical Education”, 1978.
* Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
* Dynamics of fitness. Madison: W.C.B. Brown.
* General methods of training. by - Hardayal Singh
* Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. Mcglynn, G., (1993)
* Kamlesh M.L., “Physical Education, Facts and foundations”, Faridabad P.B. Publications.
* Krishana Murthy V. and Paramesara Ram, N. “Educational Dimensions of Physical. Education”, 2nd Revised edition, Print India, New Delhi 1990.
* Singh, S.N. (2019). Sharirik Siksha Ke Sidhant Evam Aadhar, Khel Sahitya Kendra, Daryaganj, New Delhi
* Methodology of training. by – Harre
* Ravanes R.S., “Foundation of Physical Education”, Houghton Millin Co. Boston USA (1978)
* Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut
* Science of sports training. by - Hardayal Singh
* Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
* Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical culture (DHFK)
* Ajmer Singh JB, JSG, RSB., “Essentials of Physical Education”, 2017 5th edition
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Minor Elective Subject/Semester- III

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| Program: Minor Elective  | Year: Second  | Semester: Third  |
|  SUBJECT: PHYSICAL EDUCATION - THEORY  |
| Course Code: MEPE301T  | Course Title: SPORTS PSYCHOLOGY AND RECREATION  |
| Course Outcomes: Students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.  |
| Credits :04  | Max. Marks: 25+75  | Min. Passing Marks: 10 + 25  |
| Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0  |
| UNIT  | TOPIC  | NO. OF LECTURES  |
| I  | INTRODUCTION: * Meaning, Importance and scope of sports psychology

 * General characteristics of various stages of growth and development.

  | 06  |
| II  | PERSONALITY: * Meaning and definition of personality, characteristics of personality.
* Personality and sports performance
 | 08  |
| III  | LEARNING: * Nature of learning, theories of learning.
* Law of learning
 | 08  |
| IV  | MOTIVATION: * Nature of motivation, factors influencing motivation.
* Motivational techniques and its impact on sports performance.
 | 08  |
| V  | PLAY: * Meaning of Play
* Definition of play
* Various Theories of play
 | 08  |
| VI  | RECREATION:  * Meaning and importance of recreation in physical education
* Principles of recreation in physical education
 | 08  |
| VII  | TRADITIONAL GAMES OF INDIA: * Meaning.
* Types of Traditional Games-
* Gilli- Danda, Kanche, Stapu, Gutte, Posampa, Pitthoo, Vish Amrit
 | 07  |

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|   | • Importance/ Benefits of Traditional Games.   |   |
| VIII  | INTRAMURALS: * Meaning.
* Importance.
* Conducting Extramural Competitions.
 | 07  |
| Suggested Readings: * Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
* Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
* Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub.
* Frost, R.B. and Others. (1992). Administration of Physical Education and Athletics, Delhi: UniversalBook.
* Gangwar, B.R. (1999). Organisation Admn. & Methods of Physical education, Jalandhar: A.P. Pub.
* Gangwar, B.R. (1999). Sharirik Shiksha Ka Prabandh Prashashan Avam Vidhiya,  Jalandhar: A.P. Pub.
* Gupta R. Kumar P. & Sharma D.P. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
* Gupta R. Kumar P. & Sharma. D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog  Prakashan. New Delhi.
* Gupta R. Kumar P. & Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.

 • Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut * Kamlesh ML (2005). Methods in Physical Education. Friends Publication. Delhi.
* Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends Publication. Delhi.
* Panday Laxmikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
* Shaw D & Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K. Delhi.
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| This course can be opted as an elective by the students of following subjects: Open for all  |
| Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks) Written Test – 10 marks Assignment/ Research Based Project - 10 marks Attendance – 5 marks Research Orientation of the student.  |
| Course prerequisites: There is no any prerequisites only student physical and medically fit.  |
| Suggested equivalent online courses: * IGNOU
* Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in
* India and Abroad.
* Rajarshi Tandon open University.
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