

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2019-20)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-Ist

Title: History, Principles and Foundation of Physical Education

Credits: 04
Max. Marks: 100
Sessional Marks: 30
Examination Marks: 70
Paper Code: PEB-1001
Duration: 2:30 Hours

Course Objectives:

- To acquaint the learner with the goals of education and Physical Education.
- To acquaint the learner with History of Physical Education.
- To understand the relationship between Philosophy, Education and Physical Education.
- To understand the contribution of Philosophers of Education and Physical Education.
- To understand the modern development and social aspects of Physical Education.

Unit – I

Introduction to Physical Education

- 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 Rajpoot Period / Mughal Period
- 2.4 British Period (Before 1947)
- 2.5 Physical Education in India (After 1947)
- 2.6 Y.M.C.A. and its contributions.
- 2.7 The early history of the Olympic movement
- 2.8 The significant stages in the development of the modern Olympic movement
- 2.9 Educational and cultural values of Olympic movement

Unit - III

Philosophical Foundation of Physical Education

- 3.1 Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism.
- 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
- 4.2 Psychological
 - 4.2.1 Attitude, interest.
 - 4.2.2 Cognition, emotions and sentiments.
 - 4.2.3 Practical suggestion from psychology.
- 4.3 Sociological
 - 4.3.1 Society and culture
 - 4.3.2 Social acceptance and recognition
 - 4.3.3 Leadership in physical education

Course Learning Outcomes:

- Understanding of the historical concept of physical education and relationship between Philosophy, Education and Physical Education.
- Understanding of the theoretical implications of philosophies of physical education.
- Understanding of the modern development and social aspects of Physical Education.

Teaching Learning Strategies: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

Activities: Lecture/ Project Work/ Seminars/ Term Papers/Assignments/ Presentations/ Study etc.

Assessment Rubric: Classroom Test, Project Work, Assignments, Presentations

References:

- 1) Bucher, C. A. (n.d.) - Foundation of physical education. St. Louis: The C.V. Mosby Co.
- 2) Deshpande, S. H. (2014) - Physical Education in Ancient India. Amravati: Degree college of Physical education.
- 3) Dash, B.N. (2003.) –Principles of Education, Neelkamal publication, Hyderabad,
- 4) Kamlesh, M.L. (2002) –Sociological Foundation of Physical Education, Metropolitan Book co. Pvt. Ltd., Delhi,
- 5) Pandey, R.S.(1991) Philosophical & Sociological Foundation of Education, Vinod Pustak Mandir, Agra,.
- 6) Bhatia, K.K. & Narang, C.L. (1984.)– Philosophical & Sociological Bases of Education, Prakash Bros., Ludhiana,
- 7) 'Adams, William.C (1991.) – Foundation of Physical Education Exercises and Sports Sciences, Lea and Febigor, Philadelphia,
- 8) Dr. Kamlesh M.L. (2004) - Principles and History of Physical Education and Sports, Friends Publication (India) New Delhi,

Updated on 04.10.2018



DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2019-20)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-Ist

Title: Anatomy & Physiology

Credits: 04
Max. Marks: 100
Sessional Marks: 30
Examination Marks: 70
Paper Code: PEB-1002
Duration: 2:30 Hours

Learning Outcomes- The student will be able to-

- Explain the basic structures and functions of human body by identifying, comparing, and relating different systems, organs and their functional and structural units. Through the use of models, digital pictures and films.
- Relate and interpret the role of exercise on body systems and its relation to well being, through literature reviews and physical conditioning exercises.
- Adapt the art to apply the knowledge of anatomy and physiology in physical education/ activity classes at school level.
- Construct anatomy and physiology related pedagogical materials exploring their creative imaginations while working in group and using technology.

Unit - I

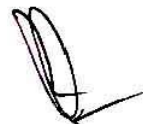
- 1.1 Validation of Anatomy and Physiology in the field of Physical Education
- 1.2 Structural and functional demonstration of human cell
- 1.3 Skeletal System- classification and functions
- 1.4 Anatomical terms related to body movements
- 1.5 Structure and types of bones, joints in human body; Effects of exercise on skeletal system

Unit – II

- 2.1 Structure and function of Muscle
- 2.2 Major classifications of Muscle
- 2.3 Types of muscle fiber and Sliding Filament Theory of Muscular Contraction
- 2.4 Types of muscular contractions (Isotonic, Isometric, Isokinetic) and their roles in physical activity.
- 2.5 Concept of agonist and antagonist muscles and muscle imbalance; Effect of exercise on muscular system

Unit – III

- 3.1 Structural and functional introduction to circulatory system
- 3.2 Concept of stroke volume, cardiac output and cardiac index; Effect of exercise on circulatory system
- 3.3 Respiratory System (structural and organizational overview); Functional mechanism of respiration (External and Internal Respiration)
- 3.4 Lung volumes and capacities and their role in physical activities
- 3.5 Concept of recovery oxygen and second wind; Effects of exercise on respiratory system



Unit – IV

- 4.1 Structural units and functional mechanism of digestive system and excretory system
- 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 Structural overview of Synapse, Functional interpretation of neuro- muscular junction and all or none law
- 4.5 Effect of exercise on nervous system

Suggested Readings:

- Appuseries (2012) *How the Human Body Works - Kids Animation Learn Series*. [Online] Available from: https://www.youtube.com/results?search_query=APPUSERIES+human+body+ [Accessed 20th July 2016].
- Bannister, L. H. & et.al. (2000) *Gray's Anatomy*. Churchill Living Stone.
- Boone, T. (2014) *Exercise physiology*. Jones & Bartlett Learning.
- Davidson, D.S. & Morgan, B. (2002) *Human body revealed*. Great Britain, Dorling Kindersley.
- E Learning for kids- Founding Dreams (Date not Available) *Science- Body Parts*. [Online] Available from: <http://www.e-learningforkids.org/science/lesson/body-parts/> [Accessed 20th July 2016].
- Foss, M. L., Keteyian, S. J. & Fox, E. L., (1998). *Fox's physiological basis for exercise and sport*. Boston, Mass, WCB/McGraw-Hill.
- Get Body Smart (2016) *An online examination of human anatomy and physiology- Animated Text Narrations and Quizzes to Explain the Structures and Functions of the Human Body Systems*. [Online] Available from: <http://www.getbodysmart.com/> [Accessed 20th July 2016].
- Hall, J. E. & Guyton, A. C. (2011). *Guyton and Hall textbook of medical physiology*. Philadelphia, PA, Saunders Elsevier.
- Jam Campus (2018) *THE PARTS OF A CELL SONG*. [online video] Available at: <https://www.youtube.com/watch?v=NkC9Aijf7gI> [Accessed 03 July 2018].
- JCCCVideo (2010) *The Plasma Membrane*. [online video] Available at: <https://www.youtube.com/watch?v=moPJkCbKjBs> [Accessed 03 July 2018].
- Manocchia, P. (2007) *Anatomy of Exercise-A trainer's inside guide to your workout*. New York, A & C Black.
- Mc Ardle, W.D.; Katch, F.I. & Katch, V.L. (2010) *Exercise physiology- Nutrition, Energy, and human performance*. 7th edition. Philadelphia, Wolters Klnwer and Lippincott Williams & Wilkins.
- Musical Cells (2013) *Power Pack - The Mitochondria Rock Song*. [online video] Available at: <https://www.youtube.com/watch?v=418UI5YPVAI&index=1&list=RD418UI5YPVAI> [Accessed 03 July 2018].
- Nucleus Medical Media (2015) *Biology: Cell Structure I Nucleus Medical Media*. [online video] Available at: <https://www.youtube.com/watch?v=URUJD5NEXC8> [Accessed 03 July 2018].
- Plowman, S.A. & Smith, D.L. (2001) *Exercise physiology for health, fitness and performance*. 2nd edition. San Francisco, Benjamin Cummings.
- Robergs, R.A. & Roberts, S. O. (2000) *Fundamental principles of exercise physiology for fitness, performance and health*. Boston, Mc Graw Hill.
- sciencemusicvideos (2011) *The Cell Song*. [online video] Available at: https://www.youtube.com/results?search_query=cell+song [Accessed 02 July 2018].
- shenoyboy747 (2012) *Call Me Golgi (Carly Rae Jepsen Call Me Maybe PARODY)*. [online video] Available at: https://www.youtube.com/watch?v=y6PU4Xy_nw [Accessed 02 July 2018].
- St. John Ambulance Australia (2004) *The complete home medical reference*. Gordon Cheers, OM book services.
- Whiting, W. C., & Rugg, S. (2006). *Dynatomy: dynamic human anatomy*. Champaign, IL, Human Kinetics.
- xglamgirl43454345x (2012) *Lysosomes and Cell Membrane Song*. [online video] Available at: <https://www.youtube.com/watch?v=hrgXW0PtTjc> [Accessed 03 July 2018].
- zebras206 (2010) *Rough Endoplasmic Reticulum Song*. [online video] Available at: <https://www.youtube.com/watch?v=PA5nAaulK-Y> [Accessed 03 July 2018].
- Spongelab a global STEM community (no date) *BULD-A-BODY*. [Online]. [Accessed 15 July 2018]. Available from: http://www.spongelab.com/game_pages/bab.cfm

Updated on 04.10.2018

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2019-20)
BECHOLAR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-Ist

Title: Health Education and Environmental Studies

Credits: 04
Max. Marks: 100
Sessional Marks: 30
Examination Marks: 70
Paper Code: PEB-1003
Duration: 2:30 Hours

Unit – I

Health Education

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

Unit – II

Health Problems in India

- 2.1 Communicable and Non Communicable Diseases
- 2.2 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 – III

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 – IV

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:

- 1) Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
- 2) Bensley, R. J. and Fisher, J. B (2009). Community Health Education Methods. Massachusetts: Jones and Bartlett Publishers.
- 3) Edward, J. T. (2006). Health and Disease, New Delhi: Sports Publication.
- 4) Anspaugh, D. J. and Ezell, G. (2003). Teaching today's Health. USA: Allyn & Bacon.
- 5) McKenzie, J. F. and Smeltzer, J. L (2001). Planning, Implementing, and Evaluating Health Promotion Programs: A Primer, USA: Allyn & Bacon.

Updated on 04.10.2018



DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2019-20)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-Ist

Title: Officiating & Coaching (Elective)

Credits: 04
Max. Marks: 100
Sessional Marks: 30
Examination Marks: 70
Paper Code: PEB-1012
Duration: 2:30 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:

- 1) Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice
- 2) Hall. Bunn, J. W. (1972). *Scientific principles of coaching*.
- 3) Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
- 4) Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd. Lawther, J.D. (1965).
- 5) *Psychology of coaching*. New York: Pre. Hall.
- 6) Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.