

PHYSICAL EDUCATION

BSc./ BA I

Paper 1- Foundation of Physical Education

Unit-I (Physical Education)

- Students are taught that main aims and objectives of physical education is to provide all round development of the individual through the participation in various physical activities so that an individual can make themselves fit.
- In this we clarify the students regarding the misconception of physical education and also teach them how an individual can make their carrier in this field.
- Students learn how to make journal or specific fitness of the people. Physical education is also the part of journal education.

Unit – II (Philosophical Foundation)

- Students are taught that we must have to set a idealistic goal or we must have the follow the ideals in our life so that we can achieve real goal in our life.
- Pragmatism helps the student in making them practical and teach them one should always believe in practical tings and always do experiments until we finding the real truth.
- Physical activities are natural and we should provide natural environment to the childer4n for their actual personality development. This is the main philosophy of naturalism.
- According to existentialism the ones existences depends on how he or she is capable to face the different kind of circumstances.

Unit – III (Biological Basis of Physical Education)

- By learning this unit students are aware that how physical activities enhances the growth and development of the child and also they learn that what are the factors which affects the growth and development of the child during particular age.
- In this students also learn that physical activities should be done according to age and sex.
- Chronological age, anatomical age and physiological age these are three ways through which we identify the actual age of the player. It is very help full for organizing deferent tournament according to age categories of the player.

Unit – IV (Sociological Foundation)

- By learning this students know that how games and sports helpful for improving the good relations of the people in the society.

Paper 2- History of Physical Education

Unit- I

- That unit is mainly focused of the origin of Physical Education in Greed, Rome, Athens, and Sparta.
- In this unit students learn that physical activities are always the part and parcel of human life in ancient times.

Unit- II

- History of physical education in India mainly divided into two parts before independence and after independence.
- Students learn that how many intuition of physical education were open during the British period. They also know that Y.M.C.A. College of physical education and Christian college of physical education were opened during the British period and Britishers were the first people who used the word “Physical Education”.
- After independence the main institutions which were opened by Indian Govt. were L.N.I.P.E Gwalior and H.V.P. Amravati for making the physical education teacher or coaches in different games and sports.

Unit- III

- Olympic Games, Asian games, Common wealth games these are the major games of the world.
- By learning about these games students knows that how sports is helpful for making their career and also helpful for gaining name and fame through the participation in these mega sports.
- In this unit students also learn about the difference between Ancient and modern Olympic games, start of Olympic Games, objectives of Olympic Games, motto, flag, Olympic charter opening and closing ceremonies of Olympic games

Unit- IV

- Contributions of the growth of Physical Education by following leaders such as Gutsmuth, F.L. John, F.H. Ling, P.M. Joseph, H.C. Buck
- There are many institutions and committees, associations were formed in India after the independence of India for improving the status of games and sports as well as imparting the knowledge of Physical Education to the players, teachers and coaches.
- The main institutions are L.N.I.P.E. Gwalior, N.I.S. Patiala, Sports authority of India. Committees I.O.C. were formed and Indian Olympic association and National Sports Federation of India is also formed.

Paper 3 - Anatomy and Physiology in Physical Education

Unit- I

- In this unit students knowing about the knowledge of structure of human body and as well as they also know about the functioning of human body. It very important subject because they know about the functioning pattern of human body.
- In this they learn about cell, tissue, organ and system of human body.

Unit- II

- In this unit students learn about the different kind of bones in human body type of joints and their major movement around the bone.
- It also includes the structural classification of skeleton muscles and functions of Skelton muscles.
- In sports different exercises are divided according to the structure of muscles joints and bones

Unit- III

- This unit is helpful for knowing about meaning and types of respiration organ of respiratory system, function of respiratory system, vital capacity and its measurement.
- Mechanism of respiration means how our lungs are working during fast sports activities
- By knowing all these player or sports person can regulate their breathing pattern according to the different kind of sports activates
- Students also know the importance of digestive system its functions, process and mechanism of digestive system.
- As we know that diet always plays a very important role for each and every activity in sports. By this students also know about the functioning pattern of digestive system.

Unit- IV

- In this unit student learn about the structure of heart its function and how to control the heart beat during games and spots activities
- Heart rate, cardiac cycle were also tough to the children
- Heart plays a very important role in all human activities by learning about this players knows how to regulate their heart beat during the sports activities.
- Meaning and function composition of blood maintenance of blood supply is also teaches to the students.

BSc./ BA II

Paper 1- Health Education

Unit- I

Health & Health Education

- By this unit they learn about the aims, objectives and importance of health and how we can make our body healthy by gaining knowledge regarding the above.
- Nutrition is very important aspect for proper growth and development of the body.
- This unit imparting the knowledge to the students regarding balanced diet its elements and sources, factors effecting balanced diet and importance of balanced diet.
- It is well said that performance of any player depend upon the calorie intake which he or she has taken in his diet.
- It also provides the knowledge that which kind nutritional intake athlete have to take before and after the session of the competition.

Unit- II

- This unit gives the knowledge to the students how many kind of drugs and tobacco has been taken by the sports participates for enhancing the performance in the competition.
- Though all these drugs are prohibited by the I.O.C. because all drugs are harmful for the human body.

Unit- III

- This unit is helpful for the students for providing the knowledge of first aid when a sports person gets injured during games and sports.
- It also gives us the knowledge regarding first aid of various sports injuries.

Unit-IV

- In this unit student aware about the how many kinds of communicable disease and non-communicable disease and their prevention by know the above we can prevent ourselves from this kind of disease.
- Posture and concept by studding this unit student learn about how to maintain good posture of the body. They also learn about the various kind of postural deformations in the human body and we can correct them by corrective exercise. Some common postural deformities are Kyphosis, Scoliosis, Lordosis, Knock-knees and Bow-legs and flat food.

Paper 2- Psychological foundation of Physical Education

Unit- I

- In students learn about the nature and scope of psychology to predict the human behaviors.
- Psychological knowledge is very helpful for selecting the sports event such as aggressive behaviors of and individual is very helpful for selecting the sports event such as aggressive behavior of and individual is very helpful for enhancing the performance in boxing, wrestling, judo and taekwondo, on the other hand calm and cool behavior enhance3s the performance shooting, archery etc.

Unit- II

- In this we effects of physical activities on growth and development. In this we also learn what are the factors which are mainly responsible for the proper growth and development of the individual.
- Physical, mental, social and language development during the following stages such as early childhood, middle childhood, late childhood and during adolescences period of the child.

Unit-III

- In this unit we learn about the nature of learning principals of learning factor affecting learning and learning curve. By studding these students know that are right ways. Through which we can faster the learning process of the individual. Students also learn what the factors are which affects the learning the individual.
- In this unit the theories of learning such trial and error, conditional reflex insight theory, learning by imitation has thought to the students so that they learn how improve the learning process of the particular child.
- By this unit students knows about the various conditions which suitable for transfer learning.

Unit- IV

- In this unit students know about the methods and techniques of motivation for achieving the higher goal in sports and games. Fear, anxiety and anger aggression etc. are the emotions by which performance of a sports man has been affected.
- Personality is the sum total of the individual in this unit they learn how to develop our personality through the participation of games and sport. They also learn what are factor which affects the personality development of the child.

Paper 3 - Athletic Injuries and Rehabilitation

Unit- I

A- Sports injuries

- This unit provides knowledge to the students that how to treat different kind of sports injuries which accrued during the games and sports.
- For treating the sports injuries trained person are appointed.

B- Prevention of Injures:-

- By studying this students and coaches of physical education learn about the factors causing sports injuries.

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- There are some common sports injuries which should be immediately treated otherwise they may be complicated. Such sports injuries are Sprain, Strain, Dislocation and Fracture.

Unit- II (Rehabilitation)

- In this they study about the Definition, objectives and the scope of Rehabilitation. Students know about that how therapeutic modalities like cold therapy, hot therapy, Infrared lamp, contrast bath and wax bath therapy is effective in Rehabilitation process or treating various sports injuries.

Unit -III (Therapeutic Exercise)

- This kind of exercise is helpful for treating the prolonged sports injuries. They are helpful for increasing the range of motion of the joints. In this active exercise and passive exercises are included.

Unit- IV

- There is various kind of massage which is learned by the students for keeping the body relax.
- Massage is also very helpful for increasing the blood circulation of the body