

## PHYSICAL EDUCATION

### Part-A

#### Concept of Physical Education

1. Meaning and definition of Physical Education, its aim and objectives
2. Need and importance of Physical Education
3. Misconceptions about Physical Education & its relevance in inter Disciplinary Context

#### Physiological aspects of physical education

1. Warming up General & Specific & Its physiological basis
2. Effects of exercise on Muscular & Digestive Systems
3. Effects of exercise on Respiratory & Circulatory Systems

#### Yoga

1. Meaning & importance of yoga
2. Yoga as an Indian heritage
3. Elements of yoga in sports

#### Nutrition

1. Balanced diet -carbohydrates, fats , proteins, vitamin & water

#### Personal hygiene

- I. meaning of personal hygiene
- II. importance of personal hygiene
- III. care of eyes ,ears, nose, skin, hands, teeth& hair
- IV. role of exercise , rest, sleep, & relaxation maintaining health

#### Sports injuries

- I. common sports injuries -sprain, strain, superficial injuries, muscle pull
- II. causes & prevention of sports injuries

#### First Aid

- I. introduction & meaning of first aid
- II. principles of first aid
- III. qualities of first aider
- IV. emergency care of drowning, burns , dislocation, fracture and electric shock

#### Psychological Foundation

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1. understanding the nature of learning, cognitive learning, perception applied practice, critical and creative thinking
2. understanding the psychomotor learning-learning physical skill , motor learning principles law of learning and its applications to situations of playground
3. understanding affective learning attitude ,appreciation, values
4. understanding motivational techniques-extrinsic and intrinsic motivation, enhancing learning experience, classroom managements fitness level , environment, public relations
5. personality ,body concept and physical activities
6. motivation and psycho-metric approach in coaching
7. physical activities and psychological development handicapped
8. reflexes and conditioned reflexes

### **Sociological Foundation**

1. Social nature and learning of man, social change, social value, social groups
2. Sociological aspects of physical education
3. Social institutions and their influence
4. National integration through physical education
5. Leadership and physical education
6. Social recognition and physical education
7. Influence of the group on individual and vice versa
8. Competition and co-operation
9. Socioeconomic status & physical education

### **Historical Foundation**

1. Physical education in Ancient and modern india
2. Physical education in ancient Greece
3. Physical education in ancient Rome
4. Physical education in Sparta and Athens
5. Physical education in RSSR
6. Physical education in Europe  
Germany, Spain, France, Great Britain, Sweden, Denmark
7. Physical education in China and Japan
8. Impact of contribution of Ancient physical education on modern physical education
9. Early beginning and first civilizations

### **Major Sports Events**

1. Olympics Games, winter Olympics, para Olympics
2. Asian Games
3. SAF Games
4. Common Wealth Games
5. World Athletics meet and indoor Athletics Meet

