

Syllabus of Physical Education

Introduction to and definition, aim objectives of Physical Education and other terms- health education and recreation.

Philosophies of Education as applied to Physical Education-Idealism, Naturalism, Realism, Pragmatism, Existentialism, Humanism.

Biological basis of Physical activity-benefits of exercise, growth and exercise, exercise and well-being sex and age characteristics of adolescent body types.

Psychological basis of physical Education- Play and Play theories, general principal of growth and development, Principal of motor- skill acquisition, transfer of training effects.

Psychological basis of physical Education-socialization process, social nature of men and physical activity, sport as cultural heritage of mankind, customs, traditions and sport, competition and cooperation.

Physiology of Muscular activity, Neurotransmission and Movement mechanism.

Physiology of respiration.

Physiology of blood circulation.

Bioenergetics and recovery process.

Joints and their movements- planes and axes.

Kinetics, Kinematics-linear and angular, levers.

Laws of motion, principles of equilibrium and force, spin and elasticity.

Posture, Posture deformities and their correction.

Muscular analysis of various sports activities.

Mechanical analysis of various sports activities.

Learning process- theories and laws of learning.

Motivation, theories and dynamics of motivation in sports.

Psychological factors affecting sports performance- viz., stress, anxiety, tension and aggression.

Personality, its dimensions, theories, personality and performance.

Development of teacher education in Physical Education.

Professional courses in Sports and Physical Education in India.

Professional Ethics.

Qualities and Qualifications of Physical Education Personal.

Principal of curriculum planning.

Course content for academic and professional courses.

Health-Guiding principles of health and health education.
Nutrition and dietary manipulations.
Health-related fitness, obesity and its management.
Environmental and occupational hazards and first aid.
Communicable diseases-their preventive and therapeutic aspect.

Characteristics and principles of sport training.
Training load and periodization.
Training methods and specific training programme for development of various motor qualities.
Technical and Tactical preparation for sports.
Short-term and long-term training plans.

Concept of test, measurement and evaluation.
Principles of measurement and evaluation.
Construction and classification of tests.
Criteria of test evaluation.
Concepts and assessment of physical fitness, motor fitness, motor ability and motor educability.