1MC1 - SPORTS PSYCHOLOGY AND SOCIOLOGY

UNIT – I – INTRODUCTION


UNIT II – MOTIVATION


UNIT III – GOAL SETTING


UNIT IV – SPORTS SOCIOLOGY


UNIT V – GROUP COHESION

Practicals: Minimum of five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment)

REFERENCES:


1MC2 - YOGIC SCIENCES
UNIT – I INTRODUCTION


UNIT – II – ASANAS AND PRANAYAM


UNIT III – KRIYAS


UNIT IV – MADRAS


UNIT V – YOGA AND SPORTS


Note: laboratory Practical be designed and arranged internally.

REFERENCES:


Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.


UNIT I – INTRODUCTION

UNIT II – MOTOR FITNESS TESTS
Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (For Elementary and High school Boys, Girls, and College Men) Oregon Motor Fitness Test (Separately for boys and girls) JCR Test. Motor Ability; Barrow Motor Ability Test – Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

UNIT III – PHYSICAL FITNESS TEST
Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984) ACSM Health Related Physical Fitness Test, Roger’s physical index. Cardiovascular Test: Harvard step Test, 12 minutes run / walk Test, Multi-stage Fitness Test (Beep test).

UNIT IV – AEROBIC – ANAEROBIC AND ANTHROPOMETRIC TESTS

UNIT V – SKILL TESTS

Note: Practical's of indoors and out - door tests be designed and arranged internally.
REFERENCES:

New Delhi: Surjeet Publications.
Ajay Varma, publication.
Company.
Yobu.A (2010), Test, Measurement and Evaluation in Physical Education and Sports, New Delhi:
Friends Publications.
UNIT – 1 HEALTH EDUCATION
Concept, Dimensions, Spectrum and Determinants of Health - Definition of Health, Health Education, Health Instruction, Health Supervision
Aim, objective and Principles of Health Education - Health Service and guidance instruction in personal hygiene

UNIT – II HEALTH PROBLEMS IN INDIA
Communicable and Non Communicable Diseases: Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population.
Personal and Environmental Hygiene for Schools - Objective of school health service, Role of health education in schools.
Health Services – Care of skin, Nails, Eye health service, Nutritional service Health appraisal, Health record, Healthful school environment first – aid and emergency carte etc.

UNIT III – HYGIENE AND HEALTH
Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress.

UNIT – IV – INTRODUCTION OF SPORTS NUTRITION
Meaning and Definition of Sports Nutrition, Role of nutrition in sports, basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise

UNIT – V NUTRITION AND WEIGHT MANAGEMENT
Concept of BMI (Body mass index) Obesity and its hazard, Dieting versus exercise for weight control Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.
REFERENCES:
Delbert, Oberteuffer, et. A.I “The School Health Education”
Ghosh, B.N “Treaties of Hygiene and Public Health”
Turner, C.E “The School Health and Health Education”.
Moss and et. At “Health Education” (Harber and Brothers, New York)
Nemir A. ‘ The School Health Education” (Harber and Brothers, New York)
Nutrition Encyclopedia, edited by Delores C.S James, The Gale Group, Inc.
UNIT I: INTRODUCTION TO ADAPTED PHYSICAL EDUCATION

Definition, aim and objectives of adapted physical education. Definition of disabling conditions – Physical Education for Persons with Disabilities – Benefits of Physical Education for Persons with Disabilities – Recreational Sports Opportunities, Competition Opportunities – Special Olympics, Paralympics and Deaflympics.

UNIT II: ADAPTED PHYSICAL EDUCATION PROGRAM:


UNIT III: CLASSIFICATION OF DISABILITY:


UNIT IV: FACILITIES AND EQUIPMENTS:


UNIT V: PHYSICAL FITNESS AND MOTOR DEVELOPMENT:

Definition – Physical fitness, motor fitness – Values of Physical Fitness- Physical Fitness through Life Long Activity – Factors Contributing to Poor Fitness – Evaluating Physical and Motor Fitness – Types of Physical Fitness
Tests – Modification of the Physical Fitness Training System – Selected Fitness Problems (Malnutrition and Obesity).

REFERENCES:


UNIT – I INTRODUCTION

Meaning and Definition of Research – need, nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

UNIT – II – METHODS OF RESEARCH

Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT – III – EXPERIMENTAL RESEARCH


UNIT IV – SAMPLING


UNIT V – RESEARCH PROPOSAL AND REPORT

REFERENCES:


UNIT – 1 – INTRODUCTION


UNIT II – DATA CLASSIFICATION, TABULATION AND MEASURES OF CENTRAL TENDENCY

Meaning, uses and construction of frequency table. Meaning, Purpose Calculation and advantages of Measures of central tendency – mean, median and mode.

UNIT – III – MEASURES OF DISPERSIONS AND SCALES

Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of Scoring scales; Sigma scale, Z Scale, Hull scale.

UNIT – IV – PROBABILITY DISTRIBUTIONS AND GRAPHS


UNIT V – INFERENTIAL AND COMPARATIVE STATISTICS

Tests of significance: Independent “t” test, Dependent “t” test – chi – square test, level of confidence and interpretation of data. Meaning of correlation – co – efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

Note: It is recommended that the theory topics be accompanied with practical based on computer software of statistics.
REFERENCES:

Best J.W (1971) research in Education, new jersey: Prentice Hall, Inc


Sivaramakrishnan S (2006) Statistics for Physical Education, Delhi; Friends Publication

UNIT – I – COMMUNICATION & CLASSROOM INTERACTION
Concept, Elements, Process & Types of Communication
Communication Barriers & Facilitators of communication
Communicative skills of English – Listening, Speaking, Reading & Writing
Concept & Importance of ICT Need of ICT in Education
Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration
Challenges in Integrating ICT in Physical Education

UNIT II – FUNDAMENTALS OF COMPUTERS
Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types
Computer Memory: Concept & Types
Viruses & its Management
Concept, Types & Functions of Computer Networks Internet and its Applications
Web browsers & Search Engines Legal & Ethical Issues

UNIT III – MS OFFICE APPLICATIONS
Ms Word: Main Features & its Uses in Physical Education
Ms Excel: Main Features & its Applications in Physical Education
Ms Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education
Ms Power Point: Preparation of Slides with Multimedia Effects
Ms Publisher: News letter & Brochure.
Need and scope of computer education in sports.

UNIT IV – ICT INTEGRATION IN TEACHING LEARNING PROCESS
Approaches to Integrating ICT in Teaching Learning Process
Project Based Learning (PBL)
Co-operative Learning
Collaborative Learning
ICT and Constructivism: A Pedagogical Dimension
UNIT V – E-LEARNING & WEB BASED LEARNING
E – Learning – Professional communication and sports information through Internet.
Web Based Learning – Sports Websites
Visual Classrooms – Use of current software for class room presentation.
Sports multimedia packages – Role of Computer Education in Sports.

REFERENCES:

Douglas E.Comer, The Internet Book, Purdue University, West Lofayette in 2005
ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing- 2006
Rebecca Bridges Altman Peachpit Press, Power point for window, 1999
2MEA - FITNESS AND WELLNESS (ELECTIVE)

UNIT – I – INTRODUCTION

Meaning and Definition” of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement, Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

UNIT II NUTRITION

Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, influences on food choices – social, economic, cultural, food sources, Comparison of food values. Weight Management – proper practices to maintain lose and gain. Eating disorders, Proper hydration, and the effects of performance enhancement drugs.

UNIT III – AEROBIC EXERCISE

Cardio respiratory Endurance Training, Safety techniques (including modifications for health conditions, i.e., asthma, obesity; breathing techniques; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching), monitoring heart rates during activity. Assess cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits. Awareness of cardio respiratory fitness opportunities in the community.

UNIT IV – ANAEROBIC EXERCISE

Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing, medicine balls, fit balls) Advanced techniques of weight training.

UNIT V – FLEXIBILITY EXERCISE
Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

REFERENCES:


UNIT – I NATURE AND SCOPE

Educational technology – concept, Nature and Scope. Forms of educational technology teaching technology, instructional technology, and behaviour technology; Transactional usage of educational technology; integrated, complementary, supplementary stand-alone (independent); Historical development – programmed learning stage; media application stage and computer application stage.

UNIT II – SYSTEMS APPROACH TO PHYSICAL EDUCATION AND COMMUNICATION


UNIT III – INSTRUCTION DESIGN


UNIT IV – AUDIO VISUAL MEDIA IN PHYSICAL EDUCATION

UNIT V – NEW HORIZONS OF EDUCATIONAL TECHNOLOGY


REFERENCES:

Amita Bhardwaj, New Media of Educational Planning.” Sarup of Sons, New Delhi 2003

Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi Doabal House) 1959.

Communication and Education, D.N. Dasgupta, Pointer Publishers

Education and Communication for development, O.P Dahama, O.P Bhatnagar Oxford & Page 68 of 711BH Publishing company, New Delhi

Essentials of Educational Technology, Madan Lal, Anmol Publications


PESC 301 - EXERCISE PHYSIOLOGY & SPORTS MEDICINE

MODULE – I


MODULE – II


MODULE – III


MODULE – IV

MODULE – V


REFERENCE BOOKS:

PESC 302 - COMPUTER APPLICATIONS

MODULE – I


MODULE – II


MODULE – III


Internet: Introduction to Internet – Service Provided through Internet – Search Engines – E-Mail (Sending and Receiving mail) – Web Pages.

MODULE – IV
Using Computers in Various Areas in Physical Education (Research – Biomechanics, Exercise Physiology, Motor Learning and Sports Psychology) – Analyzing the Data Using statistics. (Mean, Median, Mode, SD, Correlation)

MODULE – V


REFERENCE BOOKS:


PESC 303 - SPORTS TRAINING METHODS

MODULE – I


MODULE – II


MODULE – III


MODULE – IV

MODULE – V


REFERENCE BOOKS:


PESC 401 - APPLIED KINESIOLOGY AND SPORTS BIOMECHANICS

APPLIED KINESIOLOGY

MODULE – I

MODULE - II


MODULE – III


SPORTS BIOMECHANICS

MODULE – IV


MODULE – V

REFERENCE BOOKS:


**PESC 402 - RULES OF SPORTS AND GAMES AND OFFICIATING - II**

**MODULE – I**


**MODULE – II**


**MODULE – III**
Duties and Responsibilities of the Officials – Management Officials – Competition Officials and Additional Officials – Combined event officials.

**MODULE – IV**

History, Origin and Development of the Game at National and International level – Organisational set up at national and International level for the below mentioned games – Rules Measurement and Marking of the following Games - Rules and their interpretations – Duties of Officials – Mechanism of officiating and official signals and Organisational setup at National and International level for the below mentioned games.

**MODULE – V**

Measurement and marking of the following games: Badminton, Ball Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Tennis, Weight Lifting, Netball and Volleyball – Advantages of different surface of play field for the above games – Clay Court, Natural Grass, Cinder, Synthetic, Turf and Wooden surfaces.

**REFERENCE BOOKS:**

1. George Immanuel, “Track and Field Event Layout and Marking”.
2. AAFI Rules Book.
PESC 403 - EXERCISE AND DISEASE MANAGEMENT (OPTIONAL)/PROJECT

MODULE – I


MODULE – II


MODULE – III


MODULE – IV

Meaning and Definition for Arthritis – Background – Management – Exercise Issues.

Exercise Recommendations for Physically Inactive Individuals – Training Guidelines for Physically inactive individuals.

MODULE – V

Need and Importance of Exercise in Healthy Elderly – Healthy Child.


REFERENCE BOOKS:

ELECTIVE COURSE
PESE – 305 (III SEMESTER)

HEALTH EDUCATION, SAFETY EDUCATION AND FIRST AID

MODULE – I


MODULE – II


MODULE – III

Meaning of Mental Health – Emotional Health – Adolescent Problems – Adjustment – Prevention of Adolescent – Mental Problems – Psychological well being, Protected drinking water – Sewage and Garbage disposal – Communicable diseases and their causes – symptoms and prevention of Health problems – Alcohol, smoking narcotics and drugs.
MODULE – IV


MODULE – IV


REFERENCE BOOK

ELECTIVE COURSE
PESE – 405 (IV SEMETER)

THEORY AND PRACTICE OF VOLLEY BALL & KABADDI

MODULE – I

History and development of the game in India and abroad, court dimension, laying, marking maintenance of grounds.

MODULE – II

Fundamental skill, teaching and coaching with lead up games.

MODULE – III

Team tactics – offensive and defensive formation individual attack, group attack; Individual defense, Group defense; New trends and formation.

MODULE – IV

Selection of teams, teaching, coaching, competitions, drawing fixtures, scouting, clinics – results.
MODULE – V

Rules and regulation of the game, latest changes in rules, interpretation, officiating techniques, score sheet.

Reference Books:


