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PHYSICAL EDUCATION B.Sc/B.A-III YEAR

Management in Physical Education

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UNIT-1

Management: Meaning, Definition, Importance, aims & objectives and Principles of management.

Function of management: Planning, organizing, administering & evaluating.

Scheme of Organization: School, college & University.

Supervision: Meaning, Definition, and Principles of supervision.

Qualities of Physical Education supervisor.

UNIT-2

Evaluation: Meaning, Definition, need & Importance.

Leadership: Meaning, Definition, Qualities of a leader

Public relation: Definition, need, Importance, principles, Techniques .

Facilities & Equipments: care& maintenance.

Principles of purchasing equipments.

Qualification, qualities, and problems of physical education teacher.

UNIT-3

Teaching methods:- meaning, types and factors affecting it.

Teaching aids in Physical Education.

Class management:- meaning, types and factors affecting it.

Command & Formations:- meaning & types.

Organization and conduct of competition.

Tournaments (Fixture):- Knockout, League. Combination & challenge type.

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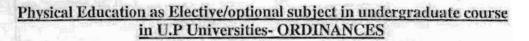
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Intramural & Extramural (their organization, importance, eligibility for participation, point system) Classification of pupil, importance & methods. Methods of promoting Physical education (Demonstration, exhibition) Budget:- meaning, definition, preparation, principles of making budget. Office management:- meaning & principles. ATTEMPTORISE STORE WAS A TO SERVE THE PROPERTY OF THE PARTY OF THE PAR the transfer of the state of th The state of the s

PHYSICAL EDUCATION B. Sc/B.A-III YEAR Kinesiology & Bio-mechanics in Physical Education Kinesiology:- definition, aim and objectives, need & importance Axis and Plane Proximal & distal attachments and action of the following muscles. (pectrolis major, deltoid, biceps, triceps, rectus abdomens, Sartorius, gastronomies, quadriceps & hamstring of muscles) Role of Kinesiology in physical education. UNIT-2 Kinesiological fundamental movement Levers & their application to human body. Force and its application sports activities. Motion: - Laws of motion and their application to sports activities. UNIT-3 Meaning, need and scope of Biomechanics. Definition and Brief explanation of the following terms and their application to human body:-(a) Axis and plane, centre and gravity, line of gravity (b) Mass and weight (c) Speed, Velocity, Acceleration and Momentum UNIT-4 Definition, Types of motion (linear & angular), Relationship of linear & angular motion. Newton's Laws of motion as applicable to linear & angular motion. Force:- meaning, units of Force, effects of force, sources of force, moment of force. Moment of Inertia Levers

Paper I PHYSICAL EDUCATION B.Sc/B.A-III YEAR Introduction to Statistics & computer Application in Physical Education Unit-I 1). Meaning of Statistics, Need and Importance of Statistics. 2). Frequency Tables, Meaning, Construction and uses. Unit-II 1). Measures of Central Tendency: Meaning, Uses and Calculation from Frequency tables. 2). Graphical representation of Data: Meaning, Uses and Techniques. 3). Percentiles: Meaning, Uses and Calculations. Unit-III Introduction to Computers, Single users and Multiple users operating systems, concept of an active window, Icons, Buttons and Task bar, Creating Folders, Copying and Moving items, Deleting items, Creating Shot-cuts on desktops. Ms Word and Ms-Excel, Word Processor, Formatting, Inserting, Creating, Bullets, Numbers, Spell Checks and Printing. Unit-IV Excels basics, Editing Cells Contents, Applications of Simple Formula. useful Functions. Internet: Network, World Wide Web (www). Browsing, Websites, Hypertext, Transfer Protocol (http).



Course: Physical Education shall be an optional/elective subject in undergraduate classes B.A., and B.Sc only.

Pattern for B.Sc: There shall be three theory papers and one practical of 50 marks each (4x 50) in first and second year of the course. Third year shall have three theory papers and one practical of 75 marks each (4x 75).

Pattern for B.A: There shall be three theory papers and one practical of 25 marks each (4x 25) in first and second year of the course. Third year shall have three theory papers of 35 marks each and one practical of 45 marks (4x 35=105+45=150).

Features:

- The students who are taking this subject shall be medically fit to undergo vigorous physical activity apart from the minimum eligibility criteria. Physically handicapped students shall not be eligible for the admission.
- 2. Students-teacher ratio shall be 50:1
- The teacher's minimum qualification to teach this subject shall be the same prescribed by UGC.
- 4. The teachers who are teaching this subject shall only be eligible to be appointed as an examiner both in theory and practical.
- Provision for backpaper/improvement examination in this subject shall be as per the provisions laid down for optional subjects in B.A/B.Sc courses of U.P.Universities.
- 6. For the purposes of determining divisions at U.G level, the provisions laid down for B.A/B.Sc courses shall be followed.
- 7. Participation in Games at intermediate level is desirable for admission to this subject.

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Separate board of studies shall be constituted for this course as this
course is different from teacher education courses in Physical
Education.

First Year B.Sc/B.A

Theory Papers	(150/75Marks)
Paper I: Foundations of Physical Education	50/25Marks
Paper II: History of Physical Education	50/25Marks
PaperIII: Anatomy&Physiology in Physical Education	50/25Marks

Practical: (50/25Marks)

(i) Athletics (Proficiency, Track events, Rules & regulations)

10/5Marks

(ii) Select any two games, one from each group of the following two groups (Proficiency, Rules & regulations) One game 20/10 X 2 = 40/20Marks

Group A

Basketball

Cricket

Football

Handball

Hockey

Kabaddi

Kho-Kho

Softball

Volleyball

Group B

Badminton

Gymnastics

Judo

Lawn Tennis

Swimming

Table Tennis

Wrestling

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Weight Lifting

Yoga

Second Year B.Sc/B.A

Theory Papers (150/75Marks)

Paper I: Health Education 50/25Marks
Paper II: Psychological basis in Physical Education 50/25Marks
Paper III: Care of athletic injuries & Rehabilitation 50/25Marks

Practical: (50/25Marks)

(i) Athletics (Proficiency, Field Events, Rules & regulations)

10/5Marks

(ii) (Proficiency, Rules & regulations)

Select any two game, one from each group of the games given in the list under first year, other than the games selected in first year.

One game $20/10 \times 2 = 40/20 \text{Marks}$

Third Year B.Sc/B.A

Theory Papers (225/105Marks)

Paper I: Management in Physical Education 75/35Marks

Paper II: Introduction to statistics & Computers in

Physical Education 75/35Marks

PaperIII: Kinesiology & Bio-mechanics in

Physical Education 75/35Marks

Practical: (75/45Marks)

(i) Specialisation (Skills & Proficiency) 75/45Marks

(Select any one game from the games opted in first year or second year.)

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