

PHYSICAL EDUCATION
B.Sc/B.A-III YEAR
Management in Physical Education

SCS Paper I

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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UNIT-4

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.

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PHYSICAL EDUCATION
B. Sc/B.A-III YEAR
Kinesiology & Bio-mechanics in Physical Education

UNIT-1

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

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

Introduction to Statistics & computer Application in Physical Education

Paper III

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).

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8. 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
Paper III: 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 X 2 = 40/20Marks

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
- Paper III: 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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