

MODERN TRENDS IN PHYSICAL EDUCATION

UNIT – I

Physical Education Teacher Training programme in India : C.P.Ed: B. Sc., B.P.E., B.P.Ed., M.P.Ed., NIS and M.S. – Avenues for Placements - School : Physical Education Teacher, Physical Director, RIPE, CIPE, – College & University : Asst. Director of Physical Education, Deputy Director of Physical Education, Director of Physical Education, Lecturer, Reader, Professor, Principal – Sports Council : Coaches, DSO, RSM, DGM and GM).

UNIT – II

Meaning of Doping – Anabolic steroids – Blood Doping and side effects – WADA and its function – Influence of Doping on performance – Side effect of Doping.

UNIT – III

Meaning and Definition of research – Types of research – Basic, Action, Applied, all case study and survey method – Need and importance of research in Physical Education and sports – Application of computer in the field of physical education and sports.

UNIT – IV

Talent Identification in sports and games – The compulsory Physical Education programme in Schools and Colleges – Play area – synthetic track – Turf field – Toroflex surface – Grass field – Wooden surface (Preparation is not included) – Indoor stadium – Structure and facilities – Flood lit matches.

UNIT V

Assistance for building infrastructure – playfields, Gymnasium., Swimming pool, Stadium and Equipments – Assistance for coaching and training program – Rural and urban – different levels – advance training and coaching – Assistance for competitions – District, State, National, International – Incentive and awards.

BOOKS FOR REFERENCE

1. Bucher A., Charles, **Foundations of Physical Education**, Saint Louis, The C.V.Kosby Company, 1972.
2. Bunn, John W. **Scientific Principles of Coaching**, New York. Prentice Hall Inc. 1955
3. Hey.James, G., **The Diomechanics of Sports Techniques**, Prentice Hall Inc. Englewood Cliffs N.S. 1973.