

**METHODS IN PHYSICAL EDUCATION**

**Unit – I:**

- a) Meaning – Factors influencing Methods – Presentation techniques.
- b) Class Management – Principles of Class Management.
- c) Teaching aids.

**Unit – II**

- a) Explain various physical activities in the field of physical education – Calisthenics, Marching, Minor games, Indigenous activities, Rhythmic activities, Gymnastics, Defensive arts and swimming.

**Unit – III**

- a) Meaning of Tournaments.
- b) Merits and demerits of Knock – out and League tournaments.
- c) Methods of deciding winner in the League tournament and Tie breaking in league tournaments.

**Unit – IV**

- a) Intramural Competition – Objectives – Methods of Organising and conducting – Units for competition – Intramurals Committee.
- b) External competition – Benefits – Drawbacks – methods of Organizing and conducting.

**Unit – V**

- a) Sports meet – Standard and Non – Standard – Methods of organizing and conducting sports meet.
- b) Play day – methods of organisation and conduct.

**Reference:**

1. Colin A. Hardy, Mick Mawer, (1999). *Learning and Teaching in Physical Education*, Falmer Press, Great Britain.
2. James Michael Lee (1963). *Principles and Methods of Secondary Education*, McGraw-Hill.
3. Susan Capel (2004). *Learning to Teach Physical Education in the Secondary School: A Companion to School Experience*, RoutledgeFalmer.