

FOUNDATIONS OF PHYSICAL EDUCATION AND SPORTS

UNIT : I

Meaning and Definition of Education and Physical Education – Need, Nature and Scope of Physical Education – Physical Training and Physical Culture

UNIT : II

Aim and Objectives of Physical education – Development of Physical, Cognitive, Neuro-muscular, Affective, Social, Emotional, Spiritual and Recreational – Theories of Learning – Laws of Learning

UNIT : III

Scientific basis of Physical Education – Contribution of Allied Sciences – Anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology, Sociology and Computer Science

UNIT : IV

History of Physical Education in Sparta and Athens – Olympic Games: Ancient, Modern – Origin – Organisation and conduct of the game – Olympic Flag, Torch, Oath, emblem and Motto

UNIT : V

Recent developments in India: SAI, NSNIS, SNIPES, LNIPE, Sports Academics – Awards and Scholarships: Arjuna Award, Dhronochariya Award, Rajiv Gandhi Khela Ratna Award – International and National Competitions: Asian Games, SAF, SGF, RDS, and BDS

Books for References :

1. Bucher Charles A., Foundationas of Physical Education, St. Louis the C.V. Mosby Company, 1983.
2. Kamalesh M.L., Physical Education : Facts and Foundation, New Delhi, P.B. Publications, 1988.
3. Thirunarayanan, C. and Hariharan, S., Analytical History of Physical Education, Karaikudi, C.T. & S.H., Publications, 1990.
4. Sharma, O.P., History of Physical Education, New Delhi, Khel Shitya Kendra, 1998.
5. Wakharkar D.G., Manual of Physical Education in India, Pearl Publications Pvt. Ltd., Bombay, 1967.