

ORGANIZATION, ADMINISTRATION AND METHODS IN PHYSICAL EDUCATION

Unit – I

Meaning and Importance of Organization and administration – Scheme of Physical Education in: Schools, Colleges, Universities, Districts.

Unit – II

Facilities - Track, Play Grounds, Gymnasium, Swimming Pole – Layout of play fields (Basketball, Kabaddi, Hockey, Volleyball, Cricket) Care and Maintenance of play fields.

Unit – III

Method in Physical Education – Meaning - Factors influencing Method – Presentation Technique – Teaching Aids – Principles of Class Management.

Unit – IV

Teaching of activities: Marching, Calisthenics, light apparatus (Wands, hooks, Poles), Lezium, folk dance – Minor Games – Lead up activities.

Unit – IV

Organizing Tournaments and sports Meets (closed and open)- Fixtures: Knock out, League, Combination – Intramurals - Extra murals.

Books for Reference

1. Kamlesh M.L. Scientific “Art of teaching physical Education” New Delhi Metropolitan 1994.
2. Thiru. Narayanan C and & Harihara Sharma “Methods in Physical Education “Karaikudi CJ and S.H. 1989.
3. Joseph. P.M. “Organization of Physical Education”.