

PHYSICAL EDUCATION

✓ 8.G.G.S.J Govt. College Paonta Sahib Distt. Sirmaur, (H.P.)

LESSON / TEACHING PLAN FOR THE SESSION:

Year-I

INTRODUCTION TO PHYSICAL EDUCATION

THEORY COURSE

COURSE CODE: PED101TH

Unit	Name of Unit / Objective	No. Of Classes	No. Of Practical
1.	Introduction 1. Meaning, Definition, Need and Scope of Physical Education. 2. Aim and Objectives of Physical Education. 3. Importance of Physical Education in present era. 4. Misconceptions about Physical Education. 5. Relationship of Physical Education with General Education. 6. Physical Education as an Art and Science.	20	5
2.	1. Historical Development of Physical Education in India {Pre-Independence-(Ancient India, Medieval and British Period)}. 2. Physical Education in India (Post-Independence). 3. Contribution of Akhadas, Vyayamshalas and Y.M.C.A. 4. Modern Perspectives: National Awards/State Awards and Honours, Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, M.A.K.A. Trophy and Parshu Ram Award. a) 5. Eminent Sports Personalities of different games.	24	5
3.	Biological Basis of Physical Education 1. Growth and Development, Differences between growth and development, Factors affecting growth and development. 2. Anatomical and Physiological Differences between Male and Female. 3. Effects of Heredity and Environment on Growth and Development.	20	6
	Emerging Trends in Physical Education 1. Career Opportunities/Avenues in Physical		

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4.	Education and Sports: a. As a Physical Education teacher. 11 b. Coach / trainee. c. Gym instructor. d. Physiotherapist. e. Psychologist. f. Dietitian. g. Sports administrator/manager h. Rehabilitator 2. Adventurous Sports 3. Water Sports 4. Fast growing professions and emerging trends in physical education and sports.	15	4
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Note: Assignments, class test & midterm will be taken during the session.

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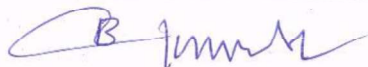
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LESSON / TEACHING PLAN FOR THE SESSION:

COURSE CODE: PED102TH

OLYMPIC MOVEMENT AND ORGANIZATION OF TOURNAMENTS

Sr. No.	Name of Unit / Objective	No. Of Classes	No. Of Practical
1.	Olympics Games, Asian Games and Commonwealth Games 1. Olympic Movement: Ancient and Modern Olympics Games. 2. Importance of Olympic Games, Objectives of Olympic, Olympic Motto, Emblem, Flag, Olympic Torch and Awards, Opening and Closing Ceremonies. 3. Asian Games: Historical background of Asian Games. 4. Performance of India at Olympic Games, World	20	06




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	Championship, Asian Games, SAFF and Commonwealth Games.		
2.	Promotion of Physical Education and Sports in India 1. Promotion of Physical Education and Sports: Policies, Schemes. 2. Role of IOA, SAI, NSNIS and Khelo Bharat Abhiyan in the development of Physical Education and Sports in India. 3. Causes of deterioration of Sports Performance. 4. Indian National Sports Policy and Sports Policy of Himachal Pradesh.	24	05
3.	Intramurals and Extramurals 1. Intramurals : i) Its importance and planning. ii) Events of competitions, time and facility factor. 2. Extramurals : ii) Planning and conduct. iii) Outcomes of participations (Educational). iv) Limitations in participations. v) Selection and training of teams. a. vi) Participation, finance and other aspects.	20	05
4.	Organisation of Tournaments 1. Concept and definition of tournament. 14 2. Types of Tournaments: Knock-Out and League Tournament, Process of Draw of Fixture, Merits and Demerits of various kinds of Tournaments. 3. Protocols to organise College Annual Athletic Meet.	15	06

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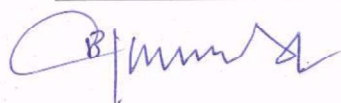
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LESSON / TEACHING PLAN FOR THE SESSION:

Year-II

COURSE CODE: PED201TH

HUMAN ANATOMY AND PHYSIOLOGY

Sr. No.	Name of Unit / Objective	No. Of Classes	No. Of Practical
1.	1. Basic concept of Anatomy and Physiology. 2. Muscular System: Types of muscles, Structure and functions of muscles, Types of muscular contraction-Isotonic, isometric and isokinetic contractions and Effects of exercises and training on muscular System. 3. Skeletal System: Introduction, Functions and Importance of Skeletal System, Types of Bones-Skull, Upper and Lower Limbs and Trunk and Effects of exercises and training on Skeletal System.	25	05
2.	Respiratory System: Introduction, Structure and Function, Types of respiration, Organs of respiration, Mechanism of Respiration, Respiratory Capacities and Volumes, Measurement of Respiratory Capacities and Volumes and Effects of exercises and training on Respiratory System. 2. Circulatory System: Structure of the Heart, Chambers of Heart, Arteries, Veins and Capillaries, Systematic and Pulmonary Circulation, Functions of Heart, Cardiac Output, Heart Rate, Stroke Volume, Blood Volume, Blood Flow, Athlete's Heart and Effects of exercises and training on Circulatory System.	24	06
3.	Digestive System: Introduction, Importance of digestion, Functions and process of digestion, Organs of Digestive system, Mechanism of Digestive system, Effects of exercises and training on Digestive System. 2. Nervous System: Structure and Function of Brain and Spinal Cord, Autonomous Nervous System, Peripheral Nervous System, Nerve Cell, Receptor, Motor Unit and Reflex Action and Effects of exercises and training on	20	06




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	Nervous System.		
4.	1. Meaning and definition of Physiology and Exercise Physiology. 17 2. Need and importance of exercise physiology in the field of Physical Education. 3. Energy sources: a. Definition of energy b. Metabolism c. Creatine phosphate (CP) d. Adenocine triphosphate (ATP) e. Fatigue 4. Fatigue and factors responsible for fatigue.	25	06

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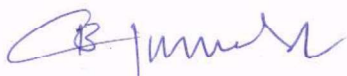
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LESSON / TEACHING PLAN FOR THE SESSION:

Year-II

COURSE CODE: PED203TH

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Sr. No.	Name of Unit / Objective	No. Of Classes
1.	Sports Medicine 1. Sports Medicine: Meaning, definition, aims, objectives, modern concepts and importance. 2. Injuries: Type of sports injuries, prevention of injuries in sports, common sports injuries and their diagnosis, 3. First Aid: Meaning, objectives and precautionary measures while giving first aid and PRICE. 4. Treatment of Laceration, Blisters, Contusion, Strain, Sprain, Fracture, Dislocation and Cramps.	20
2.	Common Accidents and Ergogenic Aids 1. Emergency treatment for common accidents: Drowning, Burning, Insect stings & bitings, Snake bite, Dog bite, Poisoning, Unconsciousness, Fainting, Hysteria, Sunstroke, Shock, Electric shock and Acid burn. 2. Doping: Meaning and Definition. a. NADA (An Introduction). b. WADA (An Introduction). c. Aims and Objectives of NADA and WADA. 3. Ergogenic aids in sports and their ill effects : a. Anabolic agents b. Stimulants c. Beta blockers d. Narcotic analgesics e. Diuretics f. Blood doping	24
	Physiotherapy 1. Physiotherapy: Definition, guiding principles of physiotherapy and	




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3.	importance of physiotherapy. 20 a. 2. Massage: History of massage, types of massage and physiological effect of massage.	20
4.	Hydrotherapy and Thermotherapy 1. Hydrotherapy: Introduction and demonstration of treatments of Cryotherapy, Contrast Bath, Whirlpool Bath , Steam Bath , Sauna Bath and Hot Water Fomentation. 2. Thermotherapy: Introduction and demonstration of treatment of thermotherapy.	15

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LESSON / TEACHING PLAN FOR THE SESSION:

Year-II
COURSE CODE: PED202TH
SPORTS PSYCHOLOGY

Sr. No.	Name of Unit / Objective	No. Of Classes	No. Of Practical
1.	Introduction 1. Meaning of psychology and sports psychology. 2. Definition, scope and importance of sports psychology. 3. Goals of sports psychology. 4. Psychological factors affecting sports performance.	25	06
2.	Growth and Development 1. Concept of growth and development. 2. Physical, mental, social, intellectual and emotional development in infancy, later childhood and adolescence stages. 3. Learning: meaning, definition and nature of learning. 4. Laws of learning and learning curve. 5. Theories of learning.	24	05
		20	04
3.	Motivation 1. Meaning and definition of motivation. 2. Types of motivation and motivation in learning. 3. Individual differences its type and nature. 4. Determinants of individual difference: a. Heredity (Nature). b. Environment (Nurture). 5. Intelligence, its meaning and types.	18	6
	Personality 1. Personality: Meaning of personality, definition and personality characteristics. 2. Factors affecting personality and dimensions of personality. 3. Classification of personality traits. 4. Emotion, anxiety and stress management in sports. 5. Role of sports in the development of personality.	20	05

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LESSON / TEACHING PLAN FOR THE SESSION:

Year-II

COURSE CODE: PED204TH

SPORTS TRAINING

Sr. No.	Name of Unit / Objective	No. Of Classes
1.	1. Sports Training: Introduction, Meaning and Definition of Sports Training. 2. Aim and Objectives of Sports Training. 3. Principles of Sports Training, System of Sports Training. 4. Basic Performance, Good Performance and High Performance Training.	20
2.	1. Concept of warming-up and cooling down. 2. Physiological basis of warming-up and cooling down. 3. Training Components: Speed, Strength, Endurance, Flexibility and Co-ordinative Abilities. 4. Types and methods for the development of training components.	24
3.	1. Training Process: Training Load, Definition and Types of Training Load. 2. Principles of Intensity and Volume. 3. Technical Training: Meaning and Methods of Technical Training. 4. Tactical Training: Meaning and Methods of Tactical Training.	20
4.	1. Training Programming and Planning: Periodization, Meaning and types of Periodization. 2. Aim and Content of Periods-Preparatory, Competition and Transitional. 3. Planning a training session. 4. Talent Identification and Development.	18

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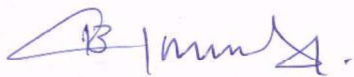
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LESSON / TEACHING PLAN (Month Wise) FOR THE SESSION:

Year-III
COURSE CODE: PED302
SPECIALIZATION IN FOOTBALL

Sr. No.	Name of Unit / Objective	No. Of Classes	No. Of Practical & Tutorials
1.	<ol style="list-style-type: none"> 1. History of game, measurement and preparation of the play field and equipment required for game. 2. Fundamental skills and lead-up games. 3. Techniques, strategies and method of play. 4. Rules and regulations of the game. 5. National and International tournaments associated with the game. 6. Team/Individual records (World, Olympic, Asian and National Level) of the game. 7. Awards associated with the game. 8. Duties of the officials. 9. Technical Equipment for officiating. 10. Knowledge of the score sheets. 11. Signals of officiating. 	10	14
2.	<ol style="list-style-type: none"> 1. General and specific warming-up and cooling down. 2. Long-term and short-term preparation for the decisive football competitions. 3. Psychological qualities and preparation of a football player. 4. Offensive, defense system in play, service and reception pattern. 5. Individual, group and team tactics. 6. Diet and nutrition for a football player. 7. Coordination among the manager, coach, doctor, psychologist and players 	12	15
3.	<ol style="list-style-type: none"> 1. Teaching of football skills. 2. Preparing a lesson plan. 3. Specific training methods for different playing positions. 4. Counseling during competitions. 5. Information and publicity of the competition, writing press release and reports. 	08	15




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	6. Facility management, quality control of equipment and player's kit, risk management, medical check-up, medical aid and insurance. 7. Personnel management and interpersonal communication skills.		
4.	1. Injuries associated with the game: Ankle sprain, finger injuries, shoulder dislocation, knee displacement. 2. Preventive and safety measures, P.R.I.C.E., Rehabilitation and physiotherapy. 3. Training means for development of different components of physical fitness i.e. Speed, Strength, Endurance, Flexibility, Coordinative ability.	10	15

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LESSON / TEACHING PLAN (Month Wise) FOR THE SESSION:

Year-III
COURSE CODE: PED306TH
KINESIOLOGY AND
BIOMECHANICS

Sr. No.	Name of Unit / Objective	No. Of Classes
1.	1. Meaning and importance of Kinesiology 2. Meaning and importance of Biomechanics. 3. Joints, their types and movements around joints and Goniometry..	20
2.	1. Fundamental anatomical position, planes and axis. 2. Kinesiological classification of muscles 3. Role of different muscles: Agonist, Antagonist, Mover, Stabilizer, Fixator and Neutralizer.	20




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3.	1. Description of biomechanical terms: Distance, Displacement, Speed, Velocity, Acceleration, Angular Velocity, Angular Acceleration, Linear and Angular Motion, Kinetics and Kinematics, Force, Pressure, Gravity, Friction, Work, Power, Torque and Parabolic Path.	25
4.	1. Newton's Laws of Motion and their implication in sports. 2. Mechanical Levers and their Implication in sports and physical education. 3. Meaning and concept of Equilibrium and Centre of Gravity.	20

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LESSON / TEACHING PLAN (Month Wise) FOR THE SESSION:

Year-III

COURSE CODE: PED309TH

HEALTH EDUCATION AND NUTRITION

Sr. No.	Name of Unit / Objective	No. Of Classes
1.	Introduction 1. Concept of health, meaning, definition and scope of health education. 2. Objective of health education. 3. Principles of health education. 4. Need and significance of health education.	25
2.	Personal Health and Hygiene 1. Meaning of personal hygiene. 2. Personal care of: a. Skin.	18




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	<ul style="list-style-type: none"> b. Hair. c. Ear. d. Eyes. e. Nose. f. Teeth. g. Feet. h. Cloths. <ul style="list-style-type: none"> 3. Eliminating of body wastes. 4. Rest, sleep and relaxation. 5. Effect of alcohol and smoking on health. 	
3.	<p>School Health Programme and Nutrition</p> <p>1. Healthful School Living:</p> <ul style="list-style-type: none"> a. Place and location of school. b. Buildings. c. Infrastructure and facilities. d. Safety measures. <p>2. Health Supervision/Services:</p> <ul style="list-style-type: none"> a. Physical medical examination and their follow up. b. Health inspection of students. c. Rehabilitation Centers of communicable diseases. <p>3. Health Instructions Related To:</p> <ul style="list-style-type: none"> a. Personal care. b. Communicable disease. c. Nutrition. d. Healthful living. <p>4. Nutrition:</p> <ul style="list-style-type: none"> a. Balanced diet and its elements: <ul style="list-style-type: none"> i. Carbohydrates, Proteins, Fats, Vitamins, Minerals, Salts and Water. b. Daily energy/calorie requirements of healthy person. 	20
4.	<p>Communicable Diseases</p> <ul style="list-style-type: none"> 1. Meaning and definition of communicable disease. 2. Mode of transmission, prevention and cure and sanitation of communicable disease. 3. Common Communicable Diseases: <ul style="list-style-type: none"> a. Influenza. b. Malaria. c. Small pox. d. Tuberculosis. e. Typhoid. f. Cholera. g. Measles 	20

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LESSON / TEACHING PLAN (Month Wise) FOR THE SESSION:

Year-III

COURSE CODE: PED307TH

METHODS OF TEACHING IN PHYSICAL EDUCATION

Sr. No.	Name of Unit / Objective	No. Of Classes
1.	1. Meaning and importance of methods of teaching in Physical Education. 2. Principles of teaching methods and different methods of teaching. 3. Factors affecting teaching methods. 4. Lesson Planning: Lesson plan, objectives and types of lesson plan. 5. Principles of lesson plan and values of lesson plan. 6. Class activity/Recreational part (Assembly, Revision, Reassembly and Dismissal).	18
2.	1. Teaching aids, meaning, its importance in physical education, types of teaching aids and use and improvisation of apparatus. 2. Presentation technique, criterion of presentation technique and qualities of good presenter. 3. Factors influencing presentation technique.	25
3.	1. Teaching Skills: i) Lecture method. ii) Command method. iii) Discussion method. iv) Project method. v) Demonstration method. a. vi) Imitation method.	25
	1. Class formation; its values and types of class formation. 2. Supervision and inspection of teaching methods.	25



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4.	3. Methods of supervision and qualities of a supervisor. 4. Evaluation of teaching methods. • 5. Need and importance of evaluation.	
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LESSON / TEACHING PLAN (Month Wise) FOR THE SESSION:

Year-III

COURSE CODE: PED310TH

YOGA

Sr. No.	Name of Unit / Objective	No. Of Classes
1.	1. Meaning and concept of Yoga. 2. Aim, objectives and Importance of Yoga. 3. Types of Yoga. 4. Importance of yoga in the modern world.	20
2.	1. Asanas and their importance. 2. Classification of asanas: a. Meditative b. Relaxative c. Cultural 3. General techniques and benefits of the following: Padmasana, Vajrasana, Halasana, Bhujangasana, Sarvangasana, Chakrasana, Dhanurasana, Salabhasana, Paschimotanasana, Mayurasana and Shirshasana. 4. Technique and benefits of Surya Namaskar.	18




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	5. Difference between yoga and general exercises.	
3.	1. Pranayama: meaning, objectives and types of pranayama. 2. Physiological values of pranayama. 3. Surya namaskar, its methodology and importance. 4. Yoga for the cure of Disease and Postural Deformities.	18
4.	2. Sudhi Kiryas: Introduction, objectives and types of sudhi kriyas. 3. Physiological values of sudhi kriyas and Importance of sudhi kriyas. 4. Mudras and Bandhs, types and importance of mudras and bandhs.	20

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LESSON / TEACHING PLAN (Month Wise) FOR THE SESSION:

Year-III
 COURSE CODE: PED304PR
 SPECIALIZATION IN ATHLETICS

Sr. No.	Name of Unit / Objective	No. Of Classes	No. Of Practical & Tutorials




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1.	1. Introduction to athletics. 2. Historical developmental of athletics, Ancient Olympics and Modern Olympics games. 3. Historical review of track and field with special reference to India. 4. National and International level athletics championships: Olympic Games, Asian games, IAAF-World Championship, Commonwealth Games, National Games, Open National, Youth National and Inter-Universities athletics championships.	20	14
2.	1. Athletic track and its types. 2. Procedure and methods to mark the track (200m, 400m). 3. Marking and construction of Shot Put, Discus Throw, Javelin throw and Hammer throw arena. 4. Specification and construction of Long Jump, Triple Jump high jump and pole vault pit/runways etc. 5. Selected National and International personalities in athletics. 6. Need, importance and procedure of Warming-up and Cooling down. 7. First aid and rehabilitation of athletics injuries.	18	15
3.	1. Track Events: Brief background, technique, training and important motor components of the following track events: i) Sprints races: 100m, 200m, 400m; Hurdle Races: High Hurdle and Low Hurdle and Steeple Chase. ii) Middle and Long Distance Races; Combined Events: Decathlon and Heptathlon; Relay Races and Marathon. 37 2. Fields Events: Brief background, technique, training and important motor components of the following field events: i) Shot put, Discus throw, Javelin throw and Hammer Throw. ii) Long Jump, Triple Jump, High Jump and Pole vault.	18	15
4.	1. Technical training and practice of following events: i) Sprints Starting techniques, finishing techniques. ii) Shot put, Discus throw and Javelin throw (Basic Teaching Stages) iii) Long Jump, Triple Jump High Jump and Pole vault(20	15

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Basic Teaching Stages) iv) Record files, calculations of straight, radius and staggers of standard tracks. v) Relays: Holding of the baton and various types of baton exchange (visual and non-visual).		
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