

Part – A

Semester – II

Theory Courses

CC-201 YOGA EDUCATION

Unit – I: Introduction

- Meaning and Definition of Yoga aims and Objectives of Yoga
- Yoga in Early Upanisads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

Unit - II: Foundation of Yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

Unit - III Asanas

- Effect of Asanas and Pranayama on various system of the body
- Classification of asanas with special reference to physical education and sports
Influences of relaxative, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

Unit – IV Yoga Education

- Basic, applied and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yogasanas

References:

Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.

Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala: Kaivalya dham.

Rajjan, S. M. (1985). *Yoga strenthening of relaxation for sports man*. New Delhi:Allied Publishers.

Shankar,G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers. Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra

Semester – II
Theory Courses
CC-202 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN
PHYSICAL EDUCATION

Unit – I Introduction

- Education and Education Technology- Meaning and Definitions.
- Types of Education- Formal, Informal and Non- Formal education.
- Educative Process.
- Importance of Devices and Methods of Teaching.

Unit – II Teaching Technique

- Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
- Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- Presentation Technique – Personal and technical preparation
- Command- Meaning, Types and its uses in different situations.

Unit – III Teaching Aids

- Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
- Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc
- Team Teaching – Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.

Unit – IV Lesson Planning and Teaching Innovations

- Lesson Planning – Meaning, Type and principles of lesson plan.
- General and specific lesson plan.
- Micro Teaching – Meaning, Types and steps of micro teaching.
- Simulation Teaching - Meaning, Types and steps of simulation teaching.

Reference:

- Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons. Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House.
- Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
- Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.
- Walia, J.S. (1999). *Principles and methods of education*. Jullandhar: Paul Publishers.

Semester – II

Theory Courses

CC-203 ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Unit – I: Organization and administration

- Meaning and importance of Organization and Administration in physical education
- Qualification and Responsibilities of Physical Education teacher and pupil leader.
- Planning and their basic principles,
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

Unit- II: Office Management, Record, Register & Budget

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making,
- Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-III: Facilities, & Time-Table Management

- Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit-IV: Competition Organization

- Importance of Tournament,
- Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramurals & Extramural Tournament planning

References:

Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.

Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Lolis: The C.V. Hosby Co.

Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.

Pandy, L.K. (1977). *Methods in Physical Education*.Delhe: Metropolitan Book Depo.

Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.

Thomas, J. P.(1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press.

Tirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.

Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

Semester – II

Theory Courses

EC-201 CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS (ELECTIVE)

Unit – I Concept of Physical Education and Fitness

- Definition, Aims and Objectives of Physical Education, fitness and Wellness .
- Importance and Scope of fitness and wellness.
- Modern concept of Physical fitness and Wellness.
- Physical Education and its Relevance in Inter Disciplinary Context.

Unit – II Fitness, Wellness and Lifestyle

- Fitness – Types of Fitness and Components of Fitness.
- Understanding of Wellness.
- Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management.
- Physical Activity and Health Benefits.

Unit – III Principles of Exercise Program

- Means of Fitness development – aerobic and anaerobic exercises.
- Exercises and Heart rate Zones for various aerobic exercise intensities.
- Concept of free weight Vs Machine, Sets and Repetition etc.
- Concept of designing different fitness training program for different age group.

Unit – IV Safety Education and Fitness Promotion

- Health and Safety in Daily Life.
- First Aid and Emergency Care.
- Common Injuries and their Management.
- Modern Life Style and Hypo-kinetic Disease –Prevention and Management.

References:

- Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black,.
- Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
- Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown. Sharkey, B.
- J.(1990). *Physiology of fitness*, Human Kinetics Book.

Semester II
Theory courses

EC-202 SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)**Unit – I Introduction to Sports Nutrition**

- Meaning and Definition of Sports Nutrition .
- Basic Nutrition guidelines.
- Role of nutrition in sports.
- Factor to consider for developing nutrition plan.

Unit – II Nutrients: Ingestion to energy metabolism

- Carbohydrates, Protein, Fat – Meaning, classification and its function .
- Role of carbohydrates, Fat and protein during exercise.
- Vitamins, Minerals, Water – Meaning, classification and its function.
- Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

Unit – III Nutrition and Weight Management

- Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management.
- Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss.
- Obesity – Definition, meaning and types of obesity.
- Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

Unit – IV Steps of planning of Weight Management

- Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight.
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle.
- Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

References:

- Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab*.93(6), 2027-2034.

- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091-3096.
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am J Obstet Gynecol*, 197(3), 223-228.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

Part – B
Practical Courses
Semester – II

PC – 201

Track and Field

Athletics: Jumping Events

- High Jump (Straddle Roll)
- Approach Run
- Take off
- Clearance over the bar.
- Landing

PC – 202 Yoga:

- **Laying Prone Position, • Laying Spine Position**

Lying Prone Position:- Makarasana, Bhujangasana, Ardhashalabhasana, Dhanurasana, Shalabhasana, Naukasana

Lying Spine Position:- Shavasana, Setubandhasana, Chakrasana, Sarvangasana, Halasana, Karnapidasana, Naukasana, Matsyasana.

- **Pranayam:** - Bhramari, Suryabhedhi, Chandrabhedhi.

PC – 202 Aerobics:

Aerobics: Introduction of Aerobics.

- Rhythmic Aerobics – dance.
- Low impact aerobics.
- High impact aerobics.
- Aerobics kick boxing.
- Postures – Warm up and cool down.
- THR Zone – Being successful in exercise and adaptation to aerobic workout.

PC – 203 Racket Sports:

Badminton: Fundamental Skills.

- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm.
- Drills and lead up games.
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

Table Tennis: Fundamental Skills.

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- Stance and Ready position and foot work.
- Rules and their interpretations and duties of officials.

Part – C
Teaching practices

TP – 201 Teaching practices:

- 10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.Ed course.

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