

**Unit I: Philosophical and Psychological Perspectives (5 marks)**

1. Meaning, Definitions, Aims, Nature, Scope and Objectives of Physical Education.
2. Philosophy of Physical Education – Idealism, Pragmatism, Naturalism and Realism and their application to Physical Education.
3. Role of Physical Education in General Education.
4. Psycho-physical unity of human organism; Laws of learning and their application in sports.
5. Theories of play, learning stages, learning curves, transfer of training and practical applications of psychology in Physical Education.

**Unit II: Historical Perspective (5 marks)**

1. Physical Education in Ancient Greece & Rome (Sparta and Athens: aims, Physical Education programmes, status of women, etc.).
2. Physical Education and Sports in Rome (Gladiatorial Combats, Circus, etc.).
3. Y.M.C.A. and its contribution to Physical Education.
4. Contribution of Physical Education in U.S.A.
5. Physical Education in India – Ancient and Modern periods.

**Unit III: International Movements in Sports (5 marks)**

1. Ancient Olympic Games and other ancient sports movements.
2. Modern Olympic Games.
3. Asian Games.
4. Commonwealth Games.

**Unit IV: Information Technology in Physical Education (5 marks)**

1. Computer: Introduction, Definition, Generations, Classification and Importance of IT in Physical Education & Sports.
2. Computer Hardware: Input and Output Devices.
3. Computer Memory: Primary and Secondary Memory.
4. Role of Information Technology in Physical Education and Sports.

**Unit V: Sports Organisations and Policies in India (5 marks)**

1. Central Advisory Board of Physical Education & Sports; National Discipline Scheme; Kaul Kapoor Committee.
2. National Physical Efficiency Drive; Kunzuru Committee.
3. All India Council of Sports.
4. Sports Authority of India (SAI), National/Premium Institutes of Sports, National Sports Associations/Federations – composition and functions.

**Unit VI: Health Education, Nutrition and Wellness (5 marks)**

1. Health Education: Aims and Objectives.
2. Health-related Diseases: Communicable and Non-communicable diseases.
3. Nutrition: Types and Balanced Diet.
4. Fitness, Wellness and Weight Management.

**Unit VII: Biomechanics in Sports (5 marks)**

1. Body Levers: Types and their application to the human body.
2. Motion: Types of Motion, Newton's Laws of Motion and their application in sports.
3. Linear and Angular Kinematics: Distance, Displacement, Speed, Velocity, Acceleration.
4. Force, Friction, Inertia, Mass, Momentum and Equilibrium.

**Unit VIII: Sports Medicine, Physiotherapy and Rehabilitation (5 marks)**

1. Causes, Treatment & Prevention of common sports injuries (Sprains, Strains, Contusions, Lacerations, Abrasions, Fractures, Dislocations).
2. Massages: Types and Benefits in sports performance.
3. Physiotherapy and its role in sports injuries (Hydrotherapy, Cryotherapy).
4. Therapeutic Exercises: Effects and uses (Active & Passive).

**Unit IX: Officiating, Teaching and Coaching (5 marks)**

1. Duties of Officials (Pre, During and Post-game).
2. Score Sheets for games and athletic events.
3. Teaching & Coaching methods in games & athletics.
4. Fixtures and their types.

**Unit X: Measurement and Evaluation in Physical Education (5 marks)**

1. Meaning and Importance of Test, Measurement and Evaluation.
2. Basic Principles of Evaluation: Formative and Summative Evaluation.
3. Classification of Tests: Knowledge, Fitness and Skill tests.
4. Criteria for selection of tests: Validity, Reliability, Objectivity and Norms.

**Unit XI: Sports Training (5 marks)**

1. Sports Training: Aims, Objectives and Principles.
2. Training Components: Strength, Speed, Endurance, Flexibility.
3. Training Methods: Circuit Training, Weight Training, Interval Training, Fartlek Training.
4. Types of Training Plans (Yearly, Meso-cycle, Micro-cycle), Warm-up (types & values) and Teaching Aids.

**Unit XII: Anatomy and Physiology (5 marks)**

1. Characteristics of living organisms, Cell and its parts, Cell Division.
2. Skeletal System: Structure and functions; Joints: Classification and examples.
3. Muscular System: Origin, Insertion, Action; Types of muscles and differences.
4. Circulatory, Respiratory and Nervous Systems – structure, functions and mechanisms.
5. Digestive, Endocrine, Excretory Systems and Skin: Structure and functions.

Sd/-  
**Coordinator**  
**Physical Education & Sports**