

PAPER- I PRINCIPLES OF PHYSICAL EDUCATION

1. EDUCATION ;-

Meaning of Education, Modern definition of education, Aims and objectives of education.

2. PHYSICAL EDUCATION :

- Meaning of Physical Education, Definitions, Aims and objectives, Scope of Physical education.

- Misconception of Physical Education.

3. Relation of Physical Education with Education., Health Education. And Recreation Education.

4. Philosophy of Physical Education.

5. Biological Principles of Physical Education.

- Growth and Developments.

- Heredity and Environments.

- Gender differences (Male and female)

- Types of physiques. (Cramer and sedan)

- Principles of activities . general load, Higher load, overload,

- Chronological, Anatomical, Physiological ages of individuals.

6. Psychological Principles .

-Psycho- Physical relations.

- Laws of learning (Thorndike)

- Principles of learning.

- Principles of Games.

7. Sociological Principles.

- Role of society in human development.

- Building of social values through Physical Education.

- Socialization family, competitions, Educational institutions, camps, tours and picnic.

- Leaderships.

(i) Importance of Leadership in Physical Education

(ii) Opportunities of Leadership in Physical Education.

(iii) Building of character through Physical Education.

PAPER - II

ORGANISATION, ADMINISTRATION OF PHYSICAL EDUCATION

OBJECTIVES :-

To enable the student

- (1) to know the nature of progressive school administration.
- (2) to know & understand the procedure of school administration
- (3) to develop the abilities to organise the school, Physical Education programme and school system.
- (4) to develop specific skills of running the school, Physical Education programme on democratic lines.

CURRICULUM:-

I Understanding Organisation & Administration :-

Meaning - Nature and scope of organisation and Administration Principles of organisation and administration.

II. Scheme of Organisation :-

School, College, University and State.

III Facilities :-

Page No.3

(32)

III Facilities :-

- (a) Play field :- Locations, Area, Standard, Preparation, Layout, and maintenance.
- (b) Gymnasium :- Construction factors, care and maintenance, allied facilities.
- (c) Swimming Pool :- Construction, Dimension, Marking, Filtration, Supervision of pool.

IV EQUIPMENT IN PHYSICAL EDUCATION :-

Need and importance; list of Equipment, suggested type of equipments, Criteria of selection, procedure of purchase, care and maintenance, Storekeeping, Storing, Routine, Care, Repairs, Disposal.

V. STAFF AND LEADERSHIP :-

Importance of a qualified teacher, qualification of a good teacher, values staff, Co-Operation, Student leadership, Values of student leadership.

Selection and Training of student leaders, Role of Student leaders, Recognition of student leaders.

VI Curriculum :-

Need and importance-preparation and Development of a Course of study.

VII TIMETABLE :-

Physical Education classes, Factors affecting, Time Table, Required periods, Instruction-period, practice period, Games period, participation periods.

VIII Class Details :-

Teacher's Preparation before class, Handling the class Attendance, Grade, Reports.

IX - Programme of Activities :-

- (a) Intramurals; Importance of organisation of Intramurals, Units of competition, Activities, Points, Systems Role, Award and incentives for participation.
- (b) Extramurals :- Educational emphasis, Evil Practices, Extent of participation, selection conditioning of teams, Training- Team and Management, Sports Tours.

X - Office Management :-

Setting up and management ~~responsibilities~~ of Office Correspondence, Records and report -Filling, Relationship-with superior officers and assistants, parents, pupils.

Final Budget :-

Physical Education budget-Budget Making, Income and expenditure

XII- EVALUATION :-

Need and Importance- Method of evaluation in items of objectives Detection of deficiencies. Examination in Physical Education, follow up action for improvement.

XIII- Supervision :-

Meaning os supervision (definition) Changing concepts of supervision in Physical Education, Principles of supervision, Techniques of supervision in brief, Visitation, Individual & Group conference, Bulletins and Demonstration.

Reference Book:-

1. Voltmer and Essliner" Organisation and Administration" Bombay, Times of India Press, 1964 Rs.6/50 P.
2. P.M.Joseph- " Organisation of Physical Education" O.S.A. T.I.P.E. Kandivali (Bombay) 1956 Rs.10/-
3. Forsyth and Docan- "Administration of Physical Education" New York, Ronald Press Co. 1954 Rs.25/-
4. Bucher-" Administration and school Health and Physical - education Programme " St.Louis C.V. Mosby Co. 1967, Dollar 8.75
5. J.P. Thomas- "Organisation of Physical Education" Madras Gyanodaya press 1967 Rs. 10/-
6. Iriwn Leslie W.and Humprey, James, II-" Principles and -Techniques of supervision in Physical Education -St.Louis, C.V. Mosby Co.1960 Dollar 4.95.
7. R.B. Fort & S.J. Marshall--"Administration of P.E. and Athletics " W.C.B. Co, Dubuque ,Low (U.S.A.) '77
8. J.T. Hall & Party-" Administration-Principles, Theory & Practice " Goodyear Publishing Co.California '93
9. K.R. Penman-"Planning for Physical Education & Athletics -facilities in schools" Johan Wiley & Son New York -1979
10. Snyder & Scott - " Supervision in Physical Education ".
11. શ્રી વિનયક પુસ્તક - "શારીરિક ક્ષેત્રનો દર્શન પંચ-૪" પ્રકાશન- ગુજરાત વ્યાયામ પ્રયોગ મંડળ, રાજપીપલા.
12. શ્રી વિજ્ઞાનકીર્તિ -પટેલ-પટેલનો ક્ષેત્ર -" વ્યવસ્થા અને સંચાલન " શ્રીન વિજ્ઞાન પ્રકાશન, અમદાવાદ.
13. વ્યાયામ વિજ્ઞાન કોષ પ્રથમ-૩ -મેદાની રત્નો અને પ્રથમ -૪ પેલકુદ પ્રકાશન- ગુજરાત વ્યાયામ પ્રયોગ મંડળ, રાજપીપલા.
14. પટેલ એન્ડ પાર્ટી :- "શારીરિક પ્રમાણ અને સંચાલન " - બી.એ.સાહે પ્રકાશન, અમદાવાદ-૮૨

PAPER-III ELEMENTS OF RESEARCH AND STATISTICS

- TOPIC-1** A. Meaning , Definition & Importance of Research.
B. Types, Methods & Scope of Research.
C. Need of Research in Physical Education.
- TOPIC-2** A. Characteristics, qualities of Research.
B. Research, Proposal ,Problem selection, Problem classification & Problem solution.
C. Tools of Research., Questionnaire, Interview observation, Rating Scale, opinion, Evaluation Measurement etc.
- TOPIC-3** A. Principles of sample, Technique and characteristic Sample.
B. selection n procedure of sampling method.
- TOPIC-4** A. Survey Study
B. relationship studies,
C. Developmental study.
D. Research Report and Report writing.
- TOPIC-5** A. **STATISTICS** : Meaning, Importance, Need & Procedure.
B. Frequency, Distribution, continuous series, Discrete series, Class interval, ungrouped data, measurement of central tendency- Mean, median, mode, quarter deviation & Percentage.
C. Measures of dispersion, or variability, Range, Quartile, Deviation, Mean Deviation & Standard Deviation, Relationship study.

Paper No. IV

TREATMENT OF ATHLETIC INJURIES.

OBJECTIVES :-

1. To enable the student to understand the nature, scope and objectives of corrective physical education.
2. To enable the student to develop the skill of using principles pertaining to the prevention of athletic injuries.
3. To enable the student to develop ability to diagnosis simple postural defects of human body and the skill of applying therapeutic exercises.

CURRICULUM :-

1. Corrective Physical Education its Definition & Objectives.
 - (a) Posture and body Mechanics- Standards of standing posture values of good postures, Drawbacks and causes of bad postures.
 - (b) Postural Tests :- Examination of the spine, low posture Tests, Kellys Foot Tests, Pedograph, measures to prevent postural defects, organisation of special classes for postural correction.
 - (c) Some common deviation in posture- Normal curvature of the spine and its utility, Kyphosis, lordosis, kypholordosis, flat back, Scoliosis, (C. & S. Curve) Functional and structural, Round Shoulder, Knock knees, Bow legs, Flat foot, causes, for these deviation and treatment including exercises.
2. Therapeutic Exercises of Medical Gymnastics
 - (a) Definition and scope
 - (b) Practical instruction about Classification and effective use of therapeutic movement.
 - (i) The passive movements (Relaxed), Forced and passive stretching.
 - (ii) The active movements (free, Resisted)
 - (iii) Types of corrections in resisted movement (concentric, Eccentric, Isotonic) and Static (Isometric)
 - (c) Physiological Classification of movements:
 - (a) Voluntary movements.
 - (b) Involuntary movements.
 - (i) Associated movements
 - (ii) Reflex movements.
 - (iii) Peristaltic movements
 - (iv) The movements of the heart.
 - (c) Physiological effect of passive and active Movement.
 - (d) Purpose and effective use of various fundamental positions
 - (i) Lying
 - (ii) Sitting
 - (iii) Kneeling
 - (IV) standing and (V) Hanging.
 - (e) Application of the Therapeutic Exercises.

- (a) Free mobility exercise
- (b) The foot ankle & Knee Joints
- (c) The finger, wrist, elbow & Radialnar joints.
- (e) The trunk and shoulder joints.

- (e) The information of a corrective gymnastics class and the points to be observed.

3. Massage:-

- A. Brief history of massage and remedial exercises.
- B. Muscle Relaxation as an aid to massage.
- Ce. Points to be considered in giving massage.
- D. Physiological effects to massage.
- e. Classification of the manipulations used in massage & their specifics and uses on the Human body.
 - (a) Stroking (B+) Pretriassage (xix) Friction
 - (c) Percussion Manipulation Teqtoement.
 - (i) Hacking (ii)Clapping (III) beating (iv)Pounding
 - (d) Shaking Manipulation.
 - (e) Deep Massage according to Dr. Cyriax.
 - (f) Contra-Indication of Message.
 - (g) Technique of massage for the neck, Chest, Abdomen Head and face and some modification.

4. Athletics Injuries and Treatment :-

- A. Principles pertaining to the prevention of injurje
 - (i) Relating to the maintenance of balance & Prevention of falls.
 - (ii) Relating to the ~~ixixixixix~~ Ranges of movement.
 - (iii) Relating to the intensity and quantity of muscular exercise.
 - (iv) Relating to the body segment and weight bearing joints.
 - (v) Relating to the Reception of one's own weight (landing)
 - (vi) Relating to lifting and carrying exernalweight.
 - (vii) Relating to receiving the impact of external force.

5. Common Athletics Injuries and Treatment :-

- (i) Sprains (ii) Strains (iii) Contusions.
- (iv) Abrasions , Principles of applying Heat, Cold, Ultraviolet rays, Infra-red rays.

Books Recommended:-

- 1. Corrective Physical Education : Nathbne J.I.R.W.B.,
Sunders & co. London 1965 Dollar 7.00
- 2. Manual of Massage and movement" -Prof. E.M.Naro .Faber &

Paper -V HEALTH EDUCATION

- UNIT-1 Meaning & Definition of Health & Health Education, Field of Health Education, goal & objectives of Health Education, effects of heredity & environment on health.
- UNIT-2 Principle of Health Education, Importance of Health Education for Physical Education teacher.
- UNIT-3 Administration Structure of Health services in India at Central level, State level & District level.
- UNIT-4 Personal hygiene, Social hygiene & depiction & In brief agent social health care.
- UNIT-5 Nutritious diet – definition, Importance, components of diet, carbohydrate, protein, fat, minerals, water, vitamins, Balanceable diet,
- UNIT-6 Infectious & Non infectious diseases, Malaria, typhoid, T.B., Cholera, Cough, Scurvies, Ringworm, Jaundice, Common cold, Aids, clinical features Prevention of diseases.
- UNIT-7 Fatigue, reasons of Fatigue, clinical features of Fatigue, Solution of Fatigue, sleep & rest.
- UNIT-8 First Aid, Qualifications & duties of person providing first aid, Scope of First Aid, Principles of First Aid.
- UNIT-9 Information about health care socially.
A.W.H.O. B. Blood bank international
C. Unicef D. Nation T.B. Central
- UNIT-10 School health Services.
A. School health teaching.
B. Points to be consider during construction of school building.
C. Students health Programme in School.
D. Hygiene in School.
E. Prevention of infection in school.
F. Moll-day-much Programme in School.
G. First Aid in School.

Paper-VI Tests and Measurement

- Unit-1
1. Meaning and needs of test, measurement and evaluation and need in Physical Education.
 2. Meaning and needs of statistics.
 3. Symptoms of good test. Validity, reliability, Objectivity.
 4. Classification, Meaning and types.
 5. Body types, Cozens and Sheldon.
- Unit-2
1. Strength tests : Crow Weber and Roger's Meaning and needs.
 2. Motor Fitness test, J.C.R. Test
 3. AAHPERD Youth Fitness Test
 4. HEPTATHLON AND DECATHLON, Abraham Test and Navy Motor Fitness test.
 5. Motor Ability Meaning.
 6. Measurement of Health Status. Vision test and hearing test.
 7. Nutrition status, Balance diet, Use of Age, Height and Weight table. Skin folds Measurement.
 8. Cardio, Respiratory test, Tuttle Pulse ratio.
 9. Sports Skill test. Lockhart and Meperson Badminton test. Jhonson Basketball test, Mc donald Soccer test, Brody volleyball test, Dribble and goal shooting test in hockey.

PAPER-VII Principles of Coaching & Officiating

- UNIT-1 Terms & its Definition of Training, Coaching, conditioning, Training load, Motor Ability, Motor educability, Motor capacity, Motor performance, skill, Technique, Tactics, strategy, Movement. Structure, load Structure, Intensity, Volume Density.
- UNIT-2 1. Aims and Importance of Sports Training.
1. Principle of Training.
2. Basic methods of Training.
- UNIT-3 Coaching.
1. Meaning and Importance of Coaching.
2. Qualities of good coach.
3. Principle of Coaching.
4. Coach as an organizer.
5. Duties of Coach.
- UNIT-4 **Officiating** .
1. Meaning and Importance of **Officiating**.
6. Qualities of good official
7. Principle of **Officiating**.
8. Duties of official.
9. Suggestion for good officiating.
- UNIT-5 1. Warming up and conditioning.
2. Types of warming up.
3. Principle of warming up.
- UNIT-6 1. Principle of conditioning.
2. Periodisation.
3. Effect of rest, sleep and regularity on development of sports performance.
4. Safety measures to avoid injuries.
- UNIT-7 1. Rules and its Interpretation.
2. Measurements of grounds and equipments.
3. Rights and duties of sportsmen.
4. Terms and its interpretation used in competition.