

INTRODUCTION TO PHYSICAL EDUCATION AND SPORTS	
SEMESTER - I	
Paper Code - BA-PH.ED-MIN-01	
MINOR CORE COURSE (MIN-1)	
Course Objective	<ol style="list-style-type: none"> 1. To perceive the concept of Physical Education and Sports. 2. To understand the need of Physical Education and Sports in modern era. 3. To impart knowledge about History Physical Education and Sports
Course Outcome	<ol style="list-style-type: none"> 1. Students will learn about the importance of Physical Education and Sports. 2. Students will be able to know about the history of Physical Education in ancient times and modern era. 3. Students will understand the contribution of Physical Education Leaders and sports Institute towards the growth of Physical Education and Sports.
Outline Syllabus	INTRODUCTION TO PHYSICAL EDUCATION AND SPORTS
Credits	4 (Theory: 3, Practical;1)
Marks	100 : EXTERNAL = 50 (Theory) + 20 (Practical)+ 30 (Internal Assessment) Internal Assessment: <ul style="list-style-type: none"> • Performance in mid -semester test: 12 • Assignment/Project/Seminar: 12 • Attendance: 6
Contact Hrs	75 Hours (Theory: 45 Hours, Practical: 30 hours) 15 hours theory= 1 Credit, 30 Hours, Practical = 1 credit NOTE: <ul style="list-style-type: none"> > Twelve periods per week (6 periods each for Theory and Practical) > One unit contains 60-80 students for theory and 30-40 students for Practical. > Teacher who is preparing three teams for University Inter-college competitions, his/her work-load shall be counted by including six periods per week in the teaching load.
THEORY (50 Marks)	
UNITS	TOPICS
Unit 1	<ol style="list-style-type: none"> 1. Meaning and concept of Education and Physical Education. 2. Aims and Objectives of Education and Physical Education. 3. Importance and scope of physical education in the modern society. 4. Relationship of Physical Education with other allied sciences (Anatomy, Physiology, Biomechanics, Psychology and Anthropometry).
Unit 2	<ol style="list-style-type: none"> 1. History of Physical Education and Sports in Pre and Post Independence era of India. 2. Ancient and Modern Olympic Games 3. Asian Games and Common Wealth Games. 4. Para Sports (Sports for people with physical and intellectual disabilities).

Signature

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Unit 3	<ol style="list-style-type: none"> 1. International Olympic Committee (IOC): Function and Objective of IOC. 2. Contributions to the growth of Physical Education and Sports by following leaders: Gutsmuth, F.L. John, P.H. Ling, H.C. Buck, George Bernald Shaw, Vaidya Brothers, G.D. Sondhi, Prof. Ajmer Singh 3. Function and objective of the following: NSNIS Patiala, SAI, IOA, LNIPE, YMCA, SHVPM, Department of Sports Punjab. 4. Sports Awards: Arjuna Award, Dronacharya Award, Major Dhyanchand Khel Ratna Award and Maharaja Ranjit Singh Award.
PRACTICAL (30 marks)	SYLLABUS
BADMINTON	<ol style="list-style-type: none"> 1. Marking and dimension of Badminton Court. 2. Fundamental Techniques and Drills. 3. Rules and Regulations related to Badminton. 4. Lead up Games of Badminton
FOOTBALL	<ol style="list-style-type: none"> 1. Marking and dimension of Football ground. 2. Fundamental Techniques and Drills. 3. Rules and Regulations related to Football. 4. Lead up Games of Football
TESTING AND EVALUATION	<p>Test 1: 50-Meter Dash Test</p> <p>Test 2: Shuttle Run Test</p>
SUGGESTED READINGS	<ol style="list-style-type: none"> 1. Kamlesh, M. L. & Singh, M. K. (2006) Physical Education (Naveen Publications). 2. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publication 3. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A. 4. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA. 5. Shaffer, D.R. (2002) Developmental Psychology: Childhood and Adolescence. Thomson, Sydney, Australia 6. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi. 7. Singh, A. et al. (2000) Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab. 8. Wuest, D.A. & C.A. Bucher (2006) Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.

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