UNIT-I

Brief history of Physical education in Europe, America, India, Sweden, Denmark, Ancient and Modern Olympics, Asian Games, Commonwealth Games, National and International Tournaments and World Championships in Games and Sports. History and Development of various Games and Sports.

UNIT-II


UNIT-III

Concept of Methods in Physical Education. Factors influencing method. Different methods of Teaching Physical Activities, Yoga and Major Games. Teaching Aids, presentation technique, Lesson Plan, Class management; Classification and Evaluation of students.

UNIT-IV

Competitions and Tournaments, Different types of Tournaments, Methods of Drawing fixtures for different kinds of tournaments.

UNIT-V

Characteristics of a Standard track. Calculation of RDR, CDR, Staggers for 400 meters track and 200 meters track. Methods of marking for field events, Marking for Relay zones, Lay out of play grounds and facilities.
Unit-VI

Anatomy, physiology and kinesiology Structure and functions of cells, tissues, Organs and systems - skeletal, muscular, circulator, respiratory, digestive, Endocrine glands. Fundamental movements, Axes and planes, Body lever., joints; sense Organs.

Unit -VII


Unit -VIII


Unit -IX

Sports officiating, Principles of officiating; Officiating mechanics; systems of officiating. Dimensions of play fields, play ground and court marking. Significance of various marking in different sports. Rules of Games and sports.

Unit -X
