

PSO's of Physical Education.

Dept. of Physical Education.

Philosophical, Sociological foundation and History of Physical Education.

Principle and recent development of Physical Education.

I :Philosophies of Education applied to Physical Education.

Idealism, Naturalism, Realism, Humanism.

Sociological Basic of Physical Education Integration of Physical Education with History.

Policies of Central and state Government for Physical Education and Sport's Biological Principles of Physical Education.

(1) Sex Difference. (2) Principles of exercise. (3) Body Types.

Psychological Bases of Classification Biological Characteristics of Children. Social Values and Development of Traits. Social Welfare.

II : Health Education and Recreation in Physical Education and Sport's officiating, coaching and Training method's in Physical Education. Concept and Objective of Health Education. Principles of Health Education. Effect of Drugs and Tobacco on Sport's person.

Role of Parents in Child Health care.

*** Principles of Recreation ***

Types of Recreation. Urban Recreation programme. Rural Recreation programme.

Leadership in Recreation.

(a) Meaning and Definition of officiating qualities of good officials.

(b) Meaning and Definition of Coaching qualities of Good Coach.

Origin of the game Kabaddi, Kho-Kho Wrestling, Ball badminton.

Fundamental and Advanced Skills of Foreign games. Valley Ball, Soft Ball, Badminton, Table Tennis.

*** Training method in games and Sport's ***

(1) Weight Training (2) Circuit Training

(3) Fartlek Training (4) Interval Training.

III :

(1) Ancient and Modern History of Physical Education and Sport's.

(2) Sport's Psychology and Management in Physical Education Organization, Administration and supervision in Physical Education youth welfare and youth Services.

Anatomy, Physiology and Kinesiology of Physical Education!

(1) Vedic Period (2) Epic Period (3) Buddhist Period.

(1) Physical Education, in British Period (2) Ancient Olympic games, (3) Modern Olympic games.

(a) Nature and Educational system in Modern India.

(1) Arjuna Award (2) Dronacharya Award (3) Rajiv Gandhi Khelratna Award (4) Y.M.C.A. (5) NSNIS. Patiala H.V.P.M. Amaravati. Sport's Psychology in Sport's Physical Emotional and Social Development. Techniques of Motivation. Aims, Objectives and Principles of Managements. Meaning, Types and factor's officiating. Teaching Aids in Physical Education office management, meaning and Principles. Objectives of organization and Administration.

*** Need and Importance ***

Method of grouping and fixture selection and coaching of team.

Qualities of Supervisor. Mouth organization in India Social Services.

Meaning, Need and Importance of Anatomy, Type of Bones, Major bones of the body there location of Major Muscles.

Need of Kinesiology. Effect of Exercise of Repertory system. Blood composition, function.

One Running_Event : Track and field event 100 m, 200 m, 400 m, 2000m, 5000 m running (Man and Woman)

One Throwing Event. (1) Javelin throw, (2) Short put throw (3) Discuss throw

One Jumping Event_:- (1) Long Jump (2) High Jump (3) Triple Jump

History any one games.

(1) Kho-Kho (2) FootBall (3) Soft Ball (4) Basket Ball (5) Volley Ball (6) Cricket (7) Table Tennis (8) Kabbadi (9) Hockey (10) Handball.

Yogasananas, Pranayana and suryanameskar.

PSOs of Sport

PSOs 1) understand the importance of games and to create an ideal citizen.

PSOs 2) Through Kabddi, Kho-kho, Basket ball, Cross country, Soft Ball, Athletics, Cricket, Wet lifting, Hand ball, Volley ball etc. Sport department try to development the leadership amongst the players through.

PSOs 3) Inter – College tournament players are selected for inter university as a national level, tournaments.

PSOs 4) Merit player have lot scope for government services.

PSOs 5) To development Physical fitness of the college student.