

SYLLABUS IN PHYSICAL EDUCATION

1. Principle and History of Physical Education

- Meaning, Objectives, Aims of Physical Education.
- Relationship of Physical Education to General Education, Health Education and Recreation.
- Importance of Physical Exercise, Physical Fitness, Physical Training and Physical Culture.
- Physical Education as a Socializing agency.
- Leadership and its importance, qualification and qualities of a Physical Education Teacher.
- Contribution of Physical Education Teachers to General Education
- Scout and Guides, NCC, JRC, SGFI, NFC and its contributions.
- Contribution of Yoga in modern civilization.
- Olympics and Asian Games
- Teachers' Training and Professional preparation in Physical Education.

2. Sports Psychology

- Meaning and importance in Physical Education
- Mental Process, Body- Mind Relationship and Neuro-muscular coordination
- Transfer of training, Theories of play, learning processes and play-way in Education.
- Individual differences, personality, mental hygiene and child guidance.
- Discipline and behavior: Nature and Development

3. Organization, Administration and Recreation

- Importance, objectives and guiding principles
- Construction and care of gymnasium and swimming pools
- Preparation of different playgrounds
- Need, purchase and maintenance of sports equipments and maintenance of different registers and records
- Preparing time table and factors affecting time table in Physical Education and Sports.
- Scheduling school sports, Problem in school sports, Intramural and extramural competitions.
- Preparation of Budget, accounting and auditing
- Importance of Recreation in Human life.

4. Anatomy, Physiology and Health Education.

- Joints - structure, Types and Movements of the Joints, Importance of Good Posture and Remedies of Bad Posture.
- Effect of regular activities on muscles, heart and respiratory system
- Fatigue, its causes and remedies
- Blood pressure, oxygen debt, second wind
- Importance of health education and the role of Physical Education Teachers in School Health Programme.
- Medical Examination, effects of narcotics and drugs
- Nutrition and importance of diet for players and athletes.
- Different diseases and their symptoms, detection, care and prevention of diseases like Cholera, Diarrhoea, Chicken Pox, Measles, Tetanus, Diphtheria and Malaria

5. Methods of Physical Education.

- Meaning, Scope and Importance of Methods in Physical Education.
- Drill and Marching Commands, Teaching aids, various methods of teaching physical activities, Games, Sports and Indigenous activities.
- Various Tournaments and Competitions
- Test, Measurement and Evaluation in Physical Education, National Physical Efficiency Test.
- Layout of the track and field events and different playgrounds.
- Demonstration and Exhibitions, Awards and Incentives
- Lesson Planning- General and Specific

6. Officiating and Coaching

- The qualities of good officials, relation of officials with management, coaches, players and spectators.
- Duties of the officials
- Publicity, arrangement of training camps and schedules for sports programmes.
- Conditioning of players and teams-General, Fundamental, workload.
- Warming up-Types and Values.
- Various training methods – Isometric and Isotonic exercises, Circuit training, Weight Training, Fartlek Training and Interval Training.
- Placement of various positions in Team Games
- Officiating of different games and track and field events – its rules, signals and positional play
- Track and Field events, Major games like Kho-Kho, Kabaddi, Volleyball, Football, Basketball, Softball, Cricket, Hockey and Badminton.