

Course Name: Physical education

Course Code: RCW4-39

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3	1	0	4

COURSE OBJECTIVES

The objective of this course is to make the scholars aware of the advances in economic theory and policies. They will also be forecast the future course of changes and development through their knowledge of policies and programs set by the governments and other development agencies. A scholar would be able to appreciate the macroeconomic developments and its implications fairly well, at the end of the course.

UNITS	CONTENTS	Contact Hrs.
I	<p>Unit-I- Measurement, Evaluation and Science of Sports Training</p> <p>1. Criteria of test Selections –Selections authenticity, (Reliability, validity, objective, norms) administrative feasibility and education application.</p> <p>2. Classification of tests: Standardized and teacher made tests (Objective and subjective tests)</p> <p>3. Training load. Load, Adaptation, and Recovery, Periodization.</p> <p>4. Skills & techniques, Tactics & strategies, Competition planning & preparation, Planning,</p> <p>Organization & evaluation of coaching.</p>	10
II	<p>Unit-II-Exercise Physiology</p> <p>1. Concept of Exercise Physiology, New Trends in Exercise Physiology.</p> <p>2. Physiology of Muscular activity, Neurotransmission and Movement mechanism and effects of exercise</p> <p>3. Physiology of respiration and effects of exercise</p> <p>4. Physiology of blood circulation and effects of exercise</p> <p>5. Bioenergetics and recovery process.</p>	8

<p style="text-align: center;">III</p>	<p>Unit-III- Sports Management and Yogic Sciences</p> <p>1. Modern concept of Management, Structure of Management.</p> <p>2. New trends of Management, Role of sports professionals in developing human resources in society, Public relations.</p> <p>3. Meaning and Definition of Yoga, Scope of Yoga, Aims and Objectives of Yoga.</p> <p>4. Eight limbs of Yoga, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana, and Samadhi.</p>	<p style="text-align: center;">8</p>
<p style="text-align: center;">IV</p>	<p>Unit-IV-Sports Psychology and Sports Sociology</p> <p>1. Modern concept of Sports Psychology, Personality, Theories of motivation: internal process theories, achievement motivation</p> <p>2. Drive, Need, Optimal Arousal, and External Process Theories - Incentive, Expectancy theory.</p> <p>3. Sport in a Social Institution, Sport is a Social & Cultural Product, Sport as a Social Phenomenon, Sports as a form of Social Involvement.</p> <p>4. Politics in Sport, International Politics & Sports.</p>	<p style="text-align: center;">7</p>
<p style="text-align: center;">V</p>	<p>Unit-V-Biomechanics and Sports Medicine</p> <p>1. Distance and displacement (linear and angular), Speed and velocity (linear and angular), Acceleration for linear and angular motion,</p> <p>2. Analysis of Fundamental Skills: Walking, Running, Jumping, Analysis of Sports Skill:</p> <p>3. Modern concept of Sports Medicine, Therapeutic exercises.</p>	<p style="text-align: center;">9</p>

	4. Technique of exercises. Isometric, Isotonic, Isokinetic.	
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REFERENCE BOOKS:		
1.	Kansal, D.K. (2006). Test, Measurement and Evaluation in Physical Educational Sports. Sports and Spiritual Science Publications, New Delhi.	6. James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.
2.	Allen W. Jakson, James R. Morrow (1999) Physical Activity for Health and Fitness. (Human Kinetics).	7. Magel, John. (1976). the Scientific Aspects of Sports Training, Medicine & Science in Sports: Volume 8 - Issue
3.	Singh, H. (1991). Science of Sports Training. New Delhi: DVS Publication.	
4.	Basis of Human Motion. 8 th Ed, Brown & Bench mark.	
5.	Sawmi Kunalayanand (19930). Asanas. Lonavla: Kaivalayadham.	