



# GULBARGA UNIVERSITY

"JANNA GANGA", GULBARGA - 585 106, KARNATAKA,  
INDIA.



08472-263202

FAX. 08472-263206

E-Mail: registrar@gug.ac.in

Website: www.gug.ac.in



ಕ್ರ.ಸಂ.ಗುವಿಕ/ವಿಮವಿ/ಬಿ.ಓ.ಎಸ್/2018-19/697

ದಿನಾಂಕ: 3-7-18

## ಅಧಿಸೂಚನೆ

ವಿಷಯ: ಬಿ.ಎ ದೈಹಿಕ ಶಿಕ್ಷಣ ಕೋರ್ಸಿಗಾಗಿ ಸಿಬಿಸಿಎಸ್ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಂಡು ಅದಕ್ಕನುಗುಣವಾಗಿ ಪಠ್ಯಕ್ರಮವನ್ನು ಜಾರಿಗೊಳಿಸಿದ ಬಗ್ಗೆ.

- ಉಲ್ಲೇಖ: 1) ಸ್ನಾತಕ ಅಧ್ಯಯನ ಮಂಡಳಿಯ ಸಭೆಯ ದಿನಾಂಕ: 09.06.2018.  
2) ಸಮಾಜ ವಿಜ್ಞಾನ ನಿಕಾಯದ ಸಭೆ ದಿನಾಂಕ: 15.06.2018.  
3) ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ಗೊತ್ತುವಳಿ ಸಂಖ್ಯೆ 11 ದಿನಾಂಕ.26.06.2018.

\*\*\*\*

ಉಲ್ಲೇಖ (3) ರಲ್ಲಿನ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ಗೊತ್ತುವಳಿ ಸಂಖ್ಯೆ 11 ನ್ನು ಅನುಷ್ಠಾನಗೊಳಿಸುತ್ತ; ಬಿ.ಎ ಐಚ್ಛಿಕ ದೈಹಿಕ ಶಿಕ್ಷಣ ಕೋರ್ಸಿನ I ರಿಂದ VIನೇ ಸೆಮೆಸ್ಟರ ಪಠ್ಯಕ್ರಮವನ್ನು ಅಧ್ಯಯನ ಮಂಡಳಿಯು ಪರಿಷ್ಕರಿಸಿ ಅನುಮೋದಿಸಿರುತ್ತದೆ. ದಿನಾಂಕ 22.06.2018. ರಂದು ಜರುಗಿದ ಶಿಕ್ಷಣ ನಿಕಾಯದ ಸಭೆಯಲ್ಲಿ ಸದರಿ ಪಠ್ಯಕ್ರಮವನ್ನು 2018-19ನೇ ಸಾಲಿನಿಂದ ಅನ್ವಯವಾಗುವಂತೆ ಜಾರಿಗೊಳಿಸಲು ಶಿಫಾರಸ್ಸು ಮಾಡಲಾಗಿದೆ.

ಅದರಂತೆ, 2018-19ನೇ ಸಾಲಿನಿಂದ ಅನ್ವಯವಾಗುವಂತೆ ಬಿ.ಎ ಐಚ್ಛಿಕ ದೈಹಿಕ ಶಿಕ್ಷಣ ಸ್ನಾತಕ ಕೋರ್ಸಿನ I ರಿಂದ VIನೇ ಸೆಮೆಸ್ಟರ ಪಠ್ಯಕ್ರಮವನ್ನು ಪರಿಷ್ಕರಿಸಿ ಜಾರಿಗೊಳಿಸಲಾಗಿದೆ.

ಈ ಮಾಹಿತಿಯನ್ನು ಸಂಬಂಧಪಟ್ಟ ಶಿಕ್ಷಕರ ಹಾಗೂ ವಿದ್ಯಾರ್ಥಿಗಳ ಗಮನಕ್ಕೆ ತರಲು ಸೂಚಿಸಲಾಗಿದೆ. ಪಠ್ಯಕ್ರಮದ ವಿವರವನ್ನು ಗುಲಬರ್ಗಾ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವೆಬ್‌ಸೈಟ್ [www.gug.ac.in](http://www.gug.ac.in) ದಿಂದ ಪಡೆಯಬಹುದು.

  
ಕುಲಸಚಿವರು

ಗುಲಬರ್ಗಾ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕಲಬುರಗಿ

ಗೆ,

1. ಮುಖ್ಯಸ್ಥರು, ದೈಹಿಕ ಶಿಕ್ಷಣ ಅಧ್ಯಯನ ವಿಭಾಗ, ಗು.ವಿ.ಕಲಬುರಗಿ.
2. ಎಲ್ಲಾ ಪದವಿ ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಂಶುಪಾಲರಿಗೆ.

ಪ್ರತಿಗಳು:

1. ಡೀನ್‌ರು, ದೈಹಿಕ ಶಿಕ್ಷಣ ನಿಕಾಯ, ಗು.ವಿ.ಕಲಬುರಗಿ ರವರ ಮಾಹಿತಿಗಾಗಿ.
2. ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ), ಗುಲಬರ್ಗಾ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕಲಬುರಗಿ ರವರ ಮಾಹಿತಿಗಾಗಿ.
3. ನಿರ್ದೇಶಕರು, ಯೋಜನೆ, ಮೇಲ್ವಿಚಾರಣೆ ಹಾಗೂ ಮೌಲ್ಯಮಾಪನ ಮಂಡಳಿ, ಗು.ವಿ.ಕಲಬುರಗಿ.
4. ಗ್ರಂಥಪಾಲಕರು, ಗು.ವಿ.ಕಲಬುರಗಿ ರವರ ಮಾಹಿತಿಗಾಗಿ
5. ಶಿಕ್ಷಣ ನಿಕಾಯದ ಎಲ್ಲಾ ವಿಭಾಗಗಳ ಮುಖ್ಯಸ್ಥರಿಗೆ
6. ಮುಖ್ಯಸ್ಥರು, ಗಣಕಕೇಂದ್ರ, ಗು.ವಿ.ಕಲಬುರಗಿ ಇವರಿಗೆ ಸದರಿ ಪಠ್ಯಕ್ರಮವನ್ನು ವಿಶ್ವವಿದ್ಯಾಲಯದ ವೆಬ್‌ಸೈಟ್ ನಲ್ಲಿ ಪ್ರಕಟಿಸಲು ತಿಳಿಸಲಾಗಿದೆ.
7. ಕುಲಪತಿಗಳ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿ / ಕುಲಸಚಿವರ ಆಪ್ತ ಸಹಾಯಕರ ಮಾಹಿತಿಗಾಗಿ.

# GULBARGA UNIVERSITY GULBARGA

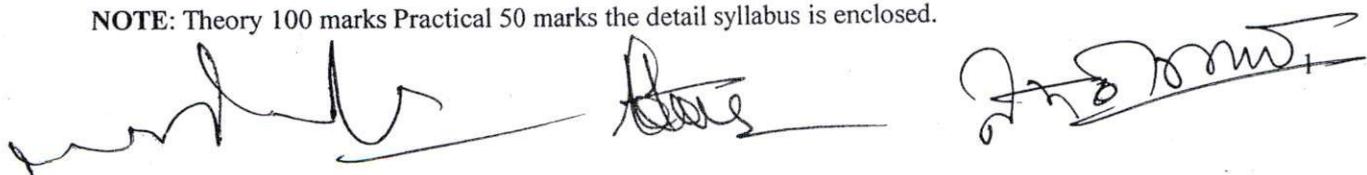
Department of Physical Education

Syllabus for Physical Education as one of the Optional Subject at the Under Graduate Course B.A/B.Com./B.Sc. under CBCS Scheme with effect from 2018-19 and onwards as recommended by the B.O.S. in Physical Education of Gulbarga University, Kalaburagi in its meeting held on 10.06.2018.

## 1. SUBJECT, WORKING HOURS AND SCHEME OF EXAMINATION :

Semester	Course Code	Course Type	Title of the Paper	Credits	Teaching per week L:T:P	Maximum Marks
1	Optional 1.1	DSC1A	History of Physical Education (80+20) <b>Practicals : (50)</b> Yoga / Kho-Kho (any one)	6	4:2	150
2	Optional 2.1	DSC1B	Yoga (80+20) <b>Practicals : (50)</b> Basketball / Volleyball (any one)	6	4:2	150
3	3.1	GE-1 (out side the students)	Basic Yoga (40+10)	2	1:1	50
	Optional 3.2	DSC1C	Foundation of Physical Education (80+20) <b>Practicals :</b> Table-Tennis / Handball (any one)	6	4:2	150
	3.3	GE-2 (out side the students)	Fitness and Wellness (40+10)	2	1:1	50
4	Optional 4.1	DSC1D	Coaching Methods in Physical Education (80+20) <b>Practicals : (50)</b> Football / Hockey (any one)	6	4:2	150
	4.2	SEC-1 (within the dept)	Computer Application in Physical Education (50)	2	1:1	50
5	Optional 5.1 5.2	DSC-1	a) Organization in Physical Education (80+20) <b>Practicals : Kabaddi</b> <b>OR</b> b) Recreation in Physical Education (80+20) <b>Practicals : Throwball (50)</b>	6	4:2	150
6	SEC-2 – 6.1 (within the dept)		School Management and Environment	2	1:1	50
	Optional 6.2	DSC-4	a) Methodology of teaching in Physical Education (80+20) <b>Practicals : Cricket (50)</b> <b>OR</b> b) Health, First Aid and (80+20) Safety in Physical Education	6	4:2	150
	6.3		<b>Practicals : Athletics (50)</b>			

**NOTE:** Theory 100 marks Practical 50 marks the detail syllabus is enclosed.



## 2. MEDIUM OF INSTRUCTIONS:

The medium of instruction shall be English or Kannada, candidates are permitted to write the examination either in English or Kannada.

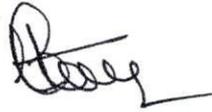
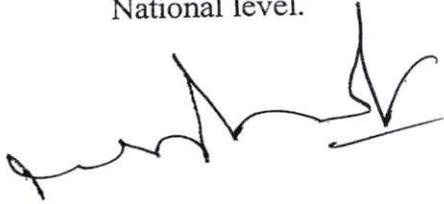
## 3. SCHEME OF EXAMINATION:

### THEORY:

- 1.1 There shall be examination conducted by the University at the end of each semester. The duration of examination theory shall be three hours.
- 1.2 Each theory question paper shall have seven questions carry equal marks student answer any five questions, seventh question should be short notes.
- 1.3 Theory paper shall be valued by an examiner appointed by the University.
- 1.4 Special weightage marks (internal) shall be awarded in practical regular attendance, test, seminars, workshop and participation in tournaments.

### PRACTICAL :

- 2.1 There shall be examination conducted by the University at the end of each semester. Evaluation shall be done by two examiners. Board of Examination consist of two members. These board is appointed by University. Average marks shall be awarded to each candidate.
- 2.2 Special Weightage marks shall be awarded in practical marks to the outstanding Sportsmen. Inter-Collegiate/Zonal/Inter Zonal/Inter-University/State and National level.



# GULBARGA UNIVERSITY KALABURAGI

## CBCS System of Optional

Subject : Physical Education  
Title of the Paper : Foundation of Physical Education

B.A/B.Com./B.Sc. Degree Course

### FIRST SEMESTER

Time : 3hrs.

Max.marks : 80

### PAPER 1.1 - HISTORY OF PHYSICAL EDUCATION

#### OBJECTIVES:

- To develop knowledge about history of physical education and sports.
- Ability to identify sources of professional organizations.
- To understand prevailing types of competitions and sports awards.

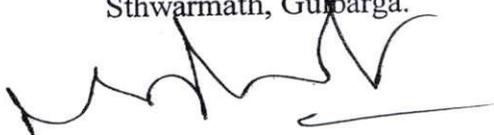
- Unit-I : Meaning, Definition of Physical Education, need and importance of Physical Education
- UNIT-II : Physical Education in Ancient India-Vedic Period, Epic Period  
Buddhist Period
- UNIT-III : Physical Education in Sparta and Athens.
- UNIT-IV : Physical Education in Ancient Rome.
- Unit-V : History of Commonwealth games, Asian Games and Olympics.
- Unit-VI : History of the Table-Tennis and Handball, rules and regulations and ground marking.

#### PRACTICAL

Major Games-Table-Tennis / Handball (any one)

#### REFERENCES:

1. Bucher, Charles A. Foundations of Physical Education, St.Louis C.V.Mosby Company, 1968.
2. Deshpande S.H. Physical Education in Ancient India. Delhi : Bharathiya Vidya Prakshan, 1992.
3. Sharma O.P. History of Physical Education, Delhi : Khel Sahitya Kendra, 1998.
4. History of Physical Education, Kannada Version, Anand Nadgir, G.G.Kori, and Basavaraj Vastrad, Bagalkot.
5. History and Recreation of Physical Education, Kannada Version, Kallayya Sthwarmath, Gulbarga.



## SECOND SEMESTER THEORY

### PAPER – 1.2 YOGA

Time : 3hrs.

Max.marks : 80

#### OBJECTIVES:

On completion of the course the student shall understand the following concepts:

- Importance of Yoga
- Scope of Yoga
- Yoga and Health
- Role of Yoga in enhancing sports performance
- Effect of Asanas

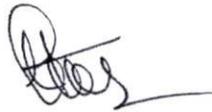
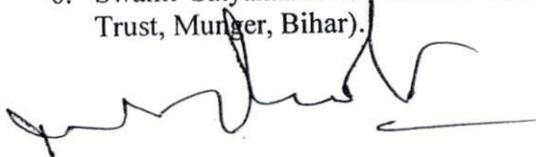
UNIT-I	:	Meaning and Definition, Need, Scope of Yoga Education.
UNIT-II	:	Aims and Objectives of Yoga, Characteristics of Yoga, concept of Yoga.
UNIT-II	:	History of Yoga Types/Classifications of Yoga. Paths of Yoga. Ashtanga Yoga. Yogic practices.
UNIT-IV	:	Yogic postures (asanas) and Suryanamaskar, Classification of Asanas /postures Physical benefits of Asanas, Kriyas.
Unit-V	:	Difference between yogic practices and physical exercises, Yoga education centers in India and abroad.
Unit-VI	:	Various competitions in Yogasanas, inter-collegiate, inter-university Levels.

#### PRACTICAL

Basketball / Volleyball (any one)

#### REFERENCE BOOKS:

1. Iyengar, B.K.S.Light on Yoga : Yoga Deepika, New Delhi : Harper Collins Publishers, 2008.
2. Iyengar, B.K.S. Light on Pranayama : Pranayama Deepika, New Delhi : Harper Collins Publishers, 2005.
3. A.R.Seetharam, Yoga for Healthy Living, Mysore : Paamahamsa Yogashrama Publishers, 1996.
4. Yoga the Science of Holistic Living Vivekanand Kendra Yoga Prakashana Publishing House, Mumbai 2001.
5. Swami sivananda : Kundalini Yoga (The Divine Life Society, P.O.Shivananda Nagar U.P. Himalayas, India). 2001.
6. Swami Satyananda Saraswathi : Asana, Pranayama, Mudra, Bandha (India:Yoga Publications Trust, Munger, Bihar).



## THIRD SEMESTER THEORY

### GE-1 PAPER – 3.1 BASIC YOGA

Time : 2 hrs.

Max.marks : 50

#### OBJECTIVES:

- To acquire the knowledge of Yoga Education.
- To gain the theoretical experience of various asanas of yoga.
- To make the students to understand about the importance of research in yoga.

Unit-I : Meaning, scope, definition of Yoga. Aims and Objectives of Yoga.

Unit-II: Foundation of Yoga, Astanga Yoga, Dhyana and Samadhi

Unit-III: Types of Bandhas and Mudras

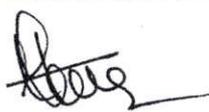
Unit-IV Types of Kriyas, posture on various system of the body.

Unit-V Yoga in Bhagavadgita, Karma Yoga, Raja Yoga

Unit-VI Jnana Yoga and Bhakti Yoga , Yama Niyama, Asana, Pranayama

#### References:

- Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala:
- Kaixydahmoe.
- Rajjan, S. M. (1985). *Yoga strenthening of frelexation for sports man*. New Delhi:Allied Publishers.
- Shankar,G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers.
- Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.



## THIRD SEMESTER THEORY

### Paper 3.2 - FOUNDATION OF PHYSICAL EDUCATION

#### Objectives:

- To develop and understanding and appreciation of importance of physical education.
- Develop philosophical and scientific perspectives of physical education.
- To understand and leadership social values of physical education.

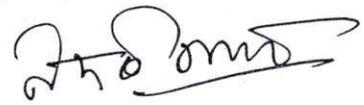
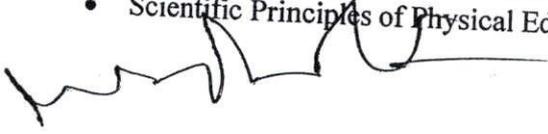
- Unit-I : Definition of Terms, Physical Culture, Physical Training  
Health hygiene, and Physical Education as profession.
- Unit:- II : Aims and Objectives of Physical Education as its contribution  
to Education and general education.
- Unit-III : Objectives and Concept of Physical Education :  
Primary, Elementary, Secondary and College Education
- Unit-IV : Physical Education-As an Art and Science, its nature and sources
- Unit-V : Meaning and Definition of Yoga, Kho-Kho rules regulation and  
marking.
- Unit-VI : Social values, development of different trades and group dynamics.

#### PRACTICALS

Major Games: Yoga/Kho-Kho (any one)

#### References:

- Barrow, Harold M. Man and Movement : Principles of Physical Education. Second edition; Philadelphia : Lea and Febiger, 1977.
- Bookwalter, Carl E. and Harold J. Vanderzwaag. Foundation and principles of Physical Education, Philadelphia : W.B.Saunders Company, 1969.
- Bucher, Charles A. Foundations of Physical Education, Saint Louis : The C.V. Mosby Company, 1971.
- Principles of Physical Education Kannada Version : Dr. Anand Nadgir.
- Scientific Principles of Physical Education : Sri. Basavaraj Vastrad.



## THIRD SEMESTER THEORY

### Paper 3.3 – FITNESS AND WELLNESS

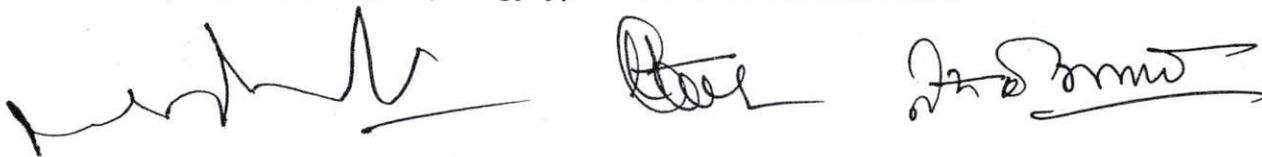
#### Objectives:

- To acquire the knowledge of Fitness and Wellness in Physical Education.
- To gain the theoretical experience of various aspects of fitness and wellness.
- To make the students to understand about the injuries and its recovery management.

- Unit-I : Definitions, Aims and Objectives Physical Education scope importance of fitness.
- Unit-II : Types of Fitness, Components of Fitness, Physical activities and Health benefits.
- Unit-III : Aerobic and anaerobic exercises, understanding of wellness
- Unit-IV : Modern concept of Physical Fitness and Wellness.
- Unit-V : Fitness training programme for different age groups.
- Unit-VI : Health and Safety in daily life, first aid and emergency care  
Fitness promotions, modern life style.

#### References:

- Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black,.
- Giam, C.K & The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
- Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
- Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.



## FOURTH SEMESTER THEORY

### PAPER 4.1 – COACHING METHODS IN PHYSICAL EDUCATION

#### Objectives:

- To develop an understanding and application of principles of training methods in various games and sports.
- To develop a broad perspective of the profession of sports coaching.
- To develop competency in selection and training of sports teams.

- Unit-I : Meaning of teaching, training and coaching.
- Unit-II : Training methods – Endurance, Strength, Speed, Flexibility and Agility.
- Unit-III : Warming up-Meaning, types, advantages and procedures of doing warm up, importance of warm down, (limbering down)
- Unit-IV : Observation, Analysis and Correction of Sports Skills  
Feedback and its importance, developing training programme.
- Unit-V : Primary job of coaches, trainers and physical education personnel.
- Unit-VI : History of Football and Hockey ground marking and rules and regulation of the games.

#### PRACTICALS

Major Games : Football / Hockey (any one)

#### References :

- Billie, others, Guide to Effective Coaching – Principles of Practice. W.C.Brown Publishers, 1989.
- Bunn, John W. The Art of Officiating. New Jersey : Prentice Hall Inc., 1974.
- Clegg, and others. Modern Sports Officiating. Dubque : Iowa, WMC, Brown Publishers, 1970.
- Principles of Officiating and coaching, Kannada Version, Dr.Anand Nadgir and Basavaraj Vastrad.



## FOURTH SEMESTER THEORY

### PAPER 4.2 – COMPUTER APPLICATION IN PHYSICAL EDUCATION

#### Objectives:

- To acquire the knowledge of basic computer applications.
- To gain the theoretical experience of various aspects of computer.
- To make the students to understand the importance and practical applications of basic computer.

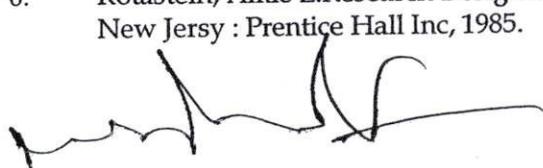
Unit-I	History of computer, meaning and importance of computer.
Unit-II	Need and scope of computer in physical education.
Unit-III	Importance of communication and information technology.
Unit-IV	Application of computer in physical education
Unit-V	Operating system of computer, hardware and software
Unit-VI	Concept of Window, Icons, button, Monitor, Printer, Scanner, Keyboard, Pendrive

#### PRACTICALS

Major Games : Football / Hockey (any one)

#### REFERENCES:

1. Clarke, David.H. and Clarke and H.Harrison, Application of Measurement to Physical Education Englewood Cliffs, N.J : Prentice Hall Inc., 1987.
2. Carrett, Henry E and Woodworth R.S. Statistics in Psychology and Education. Bombay Vakil and Sons Ltd., 1981.
3. Gaur, Ajai S. and Sanjay S.Gaur, Statistical methods for practice and research : A Guide To Data analysis, New Delhi : Sage Publications, 2007.
4. Kaniji, Gopal K. One Hundred Statistical Tests. New Delhi : Sage Publications, 2006.
5. Mangal, S.K. Statistics in Psychology and Education, New Delhi-Prentice Hall of India Pvt.ltd., 2006.
6. Rotastein, Amie L. Research Design and Statistics for Physical Education : Englewood Cliffs, New Jersey : Prentice Hall Inc, 1985.



## FIFTH SEMESTER THEORY

### 5.1 ORGANIZATION IN PHYSICAL EDUCATION

#### Objectives:

- Understand the concept and basic principles school management institutional planning and resource management.
- Understand and identify factors conducive to the effective management of school.
- Activities and Physical Education Programme and facilities.

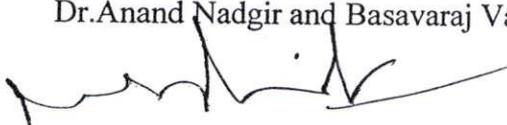
- Unit-I : Meaning aim and objective, guiding principles of organization
- Unit-II : Organisational set up of physical education and sports programmes school, college, university, Taluka , District, State and National level.
- Unit-III : Budget-Planning, source of income, preparing of school budget and sports budget, maintenance of accounts
- Unit-IV : Principles of School Management, Qualities, functions and duties of head of the institutions, preparing of calendar of events school time-table.
- Unit-V : Preparation of Intramural competitions and extramurals.
- Unit-VI : History of Kabaddi rules and regulations, marking and officiating.

#### PRACTICALS

Major Game : Kabaddi

#### References :

- Ashton, Dudley. Administration of Physical Education for Women. New York : The Ronald Press Company, 1968.
- Dheer, S, and Kamal, Radhika. Organization and Administration of Physical Education Delhi : Friends Publications, 1991.
- Frost, B.Reuben and others. Administration of Physical Education and Athletics. New Delhi : Universal Book Publishers, 1998.
- Organisation and Administration of Physical Education, Kannada Version, K.G.Nadgir, Dr.Anand Nadgir and Basavaraj Vastrad.



## FIFTH SEMESTER THEORY

### V – 5.2 RECREATION IN PHYSICAL EDUCATION

#### OBJECTIVES:

- Need and importance of recreation in Physical Education
- Scope of recreation in Physical Education
- Values of recreation in Physical Education.
- Promotion of recreation in Physical Education.

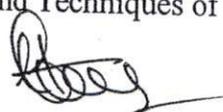
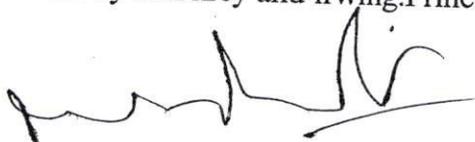
- UNIT I : Meaning, Characteristics of Recreation, principles of programme Planning. Need and Scope of Recreation in Physical Education,
- UNIT II : Agencies promoting recreation, home, clubs, local bodies, voluntary, Community, National and international.
- UNIT-III : Traditions in modern society in Indian that essentially promote recreation. Camp, Picnic, Project Meet, Inter Class Competition.
- UNIT-IV : Over all review of recreation movement in India. Population interest and need variation according to age, sex, social, straight and deviation.
- Unit-V : Minor games, relays and its importance in the school levels
- Unit-VI : History of Throwball rules and regulations, marking and officiating

#### PRACTICALS

Major Game : Throwball

#### REFERENCE:

01. L. W. Irwin. Curriculum in Health and Physical Education.
02. C.C. Curriculum designs in Physical Education
03. H.P.Adams and F.G.Dickey Basic Principles of Supervision.
04. Edward F.Voltmer and A.A.Eslinger.Organisation and Administration of Physical Education.
05. by HuPhrey and Irwing.Principles and Techniques of Supervision



## SIXTH SEMESTER THEORY

### V – 6.1 SCHOOL MANAGEMENT & ENVIRONMENT

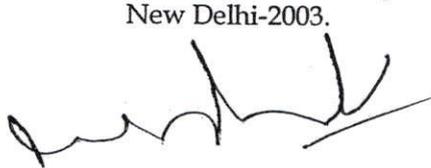
#### Objectives:

- To acquire the knowledge of School Management Environmental studies in Physical Education.
- To gain the theoretical experience of various aspects of social management and environment.
- To make the students to understand about the various role of physical education teacher in social and environment of schools.

Unit-I	Meaning, scope and importance of School Management, Modern Management
Unit-II	Community for the School, Organization of Village level Educational Management
Unit-III	Various activities in schools, calendar of activities,
Unit-IV	Role of teacher, administration, classification, maintenance Office and school records.
Unit-V	School Administration, supervision and monitoring
Unit-VI	Importance environmental studies, concept of environment Education, historical background, role of school environment

#### References:

1. Zeigler, and others. Management competency development in sports and physical education. Philadelphia : Lea and Febier, 1983.
2. Voltmer, Edward F. and Esslinger Arthur. The organization and administration of physical education, Bombay : Times of India Press, 1964.
3. Thomas, J.P. Organization of Physical Education. Madras : Gnanodaya Press, 1967.
4. Myageri, C.V. test of educational management, vidyanidhi-prakashana, Gadag. 1993.
5. Dash, B.N. School, organization, administration and management, neel kamal publications, New Delhi-2003.



## SIXTH SEMESTER THEORY

### 6.2 METHODOLOGY OF TEACHING IN PHYSICAL EDUCATION

#### Objectives:

- To develop awareness of teaching methods and science of teaching.
- To make the best use of instructional aids of all kinds.
- To develop unit plan and innovative lesson plan for developing concepts and acquisition of subject specific skills.

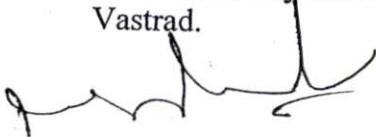
Unit-I	:	Meaning of Terms, Teaching and Methods, Factors influencing methods.
Unit-II	:	Class management, General and specific factors for class management.
Unit-III	:	Methods of Teaching, Explanation, Command, Demonstration part progressive, observation etc.
Unit-IV	:	Classification of students in house system and intramurals Mc Cloy's classification
Unit-V	:	Marking of the various games (Volleyball, Cricket, Kabaddi and signals.)
Unit-VI	:	History of Cricket, rules, regulations, handsignals and marking.

#### PRACTICALS

Major Game: Cricket

#### REFERENCES:

- Aggarwal, J.C. Principles, Methods and Techniques of Teaching, New Delhi : Vikas Publishing House Pvt. Ltd., 1998.
- Barry, L.Johnson, Practical Measurements for Evaluation in Physical Education. USA: Burgess Publishing Company, 1982.
- Bhatia K.K. and J.N.Arora. Methodology of Teaching, Ludhiana : Prakash Brothers, 1985.
- Methods of Physical Education, Kannada Version, Dr.Anand Nadgir, Basavaraj Vastrad.



## SIXTH SEMESTER

### Paper 6.3 HEALTH, FIRST AID, SAFETY IN PHYSICAL EDUCATION

#### OBJECTIVES :

- Develop health awareness, right attitude and habits for healthy living in personal family and community life.
- Develop interest and ability to involve themselves and take responsibilities for implementing health and safety education activities in the school and community.
- Develop an awareness of nutrition health hazards, diseases and their prevention.

Unit-I	:	Definition of Health, Factors influencing health, heredity Environmental and habits.
Unit-II	:	Physical Health, Mental Health, Personal Hygiene-Skin, Mouth, Teeth, Nails, Clothing, Shoes, Sleep, Exercise and Relaxation
Unit-III	:	Diseases-Causes-Infections spread of infections
Unit-IV	:	Safety Education, Safety measure at home, street and play ground and schools and colleges.
Unit-V	:	History of Gymnastics and its importance in international levels.
Unit-VI	:	Athletics rules, regulations and various competitions.

#### PRACTICAL

Major Game: Athletics

#### REFERENCES:

- Bone, C. Dawson E.C. and Catherine Stretton. First Aid for Everyday Emergencies, Bombay : Jaico Publishing House, 1978.
- Byrd, Oliver E. Health, Fourth Edn; Philadelphia : W.B.Saunders Company, 1966.
- Deshmukh, Sanjay. An introduction to Health Education and Sports. New Delhi : Book Enclave, 1997.
- Health Education, Kannada version: Dr.Anand Nadiger
- Health and Safety Education, Kannada Version : V.M.Keri & Basavaraj Vastrad.

