

SEMESTER-1

CORE PAPER-1: Foundation and History of Physical Education

Course Code-CCIA

Total number of classes - 60

Unit-I: Introduction

LH-18

- 1.1. Meaning and definition of Physical Education.
- 1.2. Aim and objectives of Physical Education.
- 1.3. Misconcepts and Modern concept of Physical Education
- 1.4. Importance of Physical Education in modern society.

Unit-II: Biological and Sociological Foundations of Physical Education

LH-18

- 2.1. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
- 2.2. Age- Chronological age, anatomical age, physiological age and mental age.
- 2.3. Sociological Foundation- Meaning and definition of Sociology, Society, Socialization and Physical Education.
- 2.4. Role of games and sports in National and International harmony.

Unit-III: History of Physical Education

LH – 18

- 3.1. Historical development of Physical Education and Sports in India- Pre-Independence period and post-Independence period.
- 3.2. Olympic Movement-Ancient and Modern Olympic Games.
- 3.3. Brief historical background of Asian Games, Commonwealth Games and SAF Games.
- 3.4. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award and Dhyanchand Award

Unit-IV: Yoga Education

LH - 12

- 4.1. Meaning and definition of the term Yoga, types, aim, objectives and importance of Yoga.
- 4.2. History of Yoga.
- 4.3. Astanga Yoga
- 4.4. Hatha Yoga

FIELD PRACTICAL

1. Learn and demonstrate the technique of Suryanamaskar.
2. Development of physical fitness through Callisthenics and Aerobic activities (Any one).

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Physical Education

1st Semester Syllabus Distribution

<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
<i>Md Nasiruddin Pandit</i>	<u>Unit-I: Introduction</u> <i>1.1. Meaning and definition of Physical Education. 1.2. Aim and objectives of Physical Education. 1.3. Misconcepts and Modern concept of Physical Education 1.4. Importance of Physical Education in modern society.</i>
<i>Md Shamim Akhter</i>	<u>Unit-II: Biological and Sociological Foundations of Physical Education</u> <i>1.1. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development. 1.2. Age- Chronological age, anatomical age, physiological age and mental age. 1.3. Sociological Foundation- Meaning and definition of Sociology, Society, Socialization and Physical Education. 1.4. Role of games and sports in National and International harmony.</i>
<i>Md Nasiruddin Pandit</i>	<u>Unit-III: History of Physical Education</u> <i>3.1. Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period. 3.2. Olympic Movement-Ancient and Modern Olympic Games. 3.3. Brief historical background of Asian Games, Commonwealth Games and SAF Games. 3.4. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award and Dhyanchand Award</i>
<i>Md Shamim Akhter</i>	<u>Unit-IV: Yoga Education</u> <i>4.1. Meaning and definition of the term Yoga, types, aim, objectives and importance of Yoga. 4.2. History of Yoga. 4.3. Astanga Yoga 4.4. Hatha Yoga</i>

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Physical Education

1st Semester Syllabus Distribution

	<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
Field Practical	<i>Md Nasiruddin Pandit</i>	<i>1. Learn and demonstrate the technique of Suryanamaskar.</i>
	<i>Md Shamim Akhter</i>	<i>2. Development of physical fitness through Callisthenics and Aerobic activities (Any one).</i>