

TRIPURA UNIVERSITY

Physical Education (General)

Semester-I

Unit-I

(20)

Principle and History of Physical Education-I

- 210
15.3
es
- i. Meaning and definition of Physical Education and its relationship with other Disciplines.
 - ii. Aim and Objectives of Physical Education.
 - iii. Nature and scope of Physical Education, traditional and modern concept of Physical Education. Misconceptions about Physical Education.
 - iv. Development of Physical Education in India from 20th Century.
 - v. Sports Schemes in India.

Unit- II

(20)

Health Education

- i. Health: concept of health and wellbeing.
- ii. Definition, Meaning, importance and Principle of Health Education.
- iii. Major areas of Health Education.
- iv. Communicable diseases: Cause, Prevention and Control of following communicable diseases- Malaria, Cholera, Hepatitis, Common cold, Tuberculosis, Rabbits, HIV/AIDS.
- v. First Aid: Definition, Meaning and Purpose; Golden rules of first aid; Types of bandage.

Unit-III

(20)

Anatomy and Physiology-I

- i. Cell and tissue: Structure and function.
- ii. Skeletal system- Bone, Joints and movement around joints
- iii. Muscular System- Types of muscles, structure of skeletal muscle, function of skeletal muscle. Slow twitch and Fast twitch fibre.
- iv. Circulatory system- Structure of Heart, Mechanism of blood circulation.
- v. Digestive system: Structure and function, essential food elements, metabolism of carbohydrate, protein and fat; Balance diet.

Unit-IV

(20)

Management of Physical Education

- i. Meaning, Definition and Principle of Management in Physical Education.
- ii. Phases of Management a) Planning, b) Organisation, c) Staffing, d) Directing, e) Co-ordinating, f) Supervision. Concept of Budget.
- iii. * Types of Tournaments, Methods of preparing fixtures-a) Single Knockout, b) Single league. Intramural and Extramural competition.
- iv. Concept of Ground, Court and field. Layout of Play field/court: a) Track and field, b) Football, c) Volleyball, d) Basketball, e) Badminton, f) Kabaddi g) Kho-Kho, h) Hockey, i) Cricket. J) Swimming pool,
- v. Care and maintenance of sports equipment and facilities in Physical Education.

Semester-II

Unit- I

(20)

Principle and History of Physical Education-II

- Need and importance of Physical Education in modern society.
Basic Schools of Philosophy: a) Idealism, b) Naturalism, c) Realism. d) Pragmatism.
Concept of Somatotype; Chronological age, anatomical age, BMI
Olympic Games: Ancient and Modern Olympics; India in Olympic Games
Asian Games, Commonwealth Games, SAF Games. Meaning of Play, Games and Sports

Unit-II

H

(20)

Anatomy and Physiology-II

- Respiratory system: Organs of the respiratory system, mechanism of respiration.
Nervous system- Basic structure and function of nervous system
Endocrine system: Major glands and their location. Hormones secreted from the glands and their functions.
Excretory system: Major organs and function of excretory system.

Practical (40)

Track and Field

- 20 marks

- i. Running events-Start, running action and finish
- ii. Relay race- 4X100 m, 4X400 m
- iii. Walking

Formal Activity

- 10 marks

- i. Callisthenics ✓
- ii. Drills and Marching

Yoga

- 10 marks

- Padmasana, Siddhasana, Vajrasana, Bhujangasana, Dhanurasana, Sarvangasana, halasana, Chakrasana, Sirsasana, Matsyasana, Paschimattanasana, Padahastana,
Ustrasana, Gomukhasana, Sabašana, 3 5 4
Suryanamaskara

of Reference books:

1. Essential of Physical Education- Ajmer Singh
2. Uchhataro Sarir Sikha – Subhabrato Kar and Indrani Mondal
3. The Physiological basis of Physical Education and Athletics- Fox, Bowers & Foss
4. Health Education and hygiene – Rai B.C.
5. Principle of Physical Education- Kamlesh M.L.
6. Sarirsikhai Sarirbidhya – Pintu Shil
7. Management of Sports Physical Eduacion
8. Adhunik Sarir Shiksha ki Itihas- P.N. saha

Physical Education

Semester-III

Unit-I

Psychology in Physical Education

- i. Definition of Psychology and Sports Psychology, Different branches of Psychology
- ii. Need and importance of Psychology in Physical Education
- iii. Motivation, Emotion, Instinct, Attention & Interest, Aggression, Personality - role in Physical Education and Sports
- iv. Learning: Types of Learning, Learning curve Transfer of Learning.
- v. Growth and Development, Concept of Heredity and Environment

Unit-II

Physiology of Exercise

- i. Definition of Exercise Physiology, Difference between Physiology and Exercise Physiology.
- ii. **Muscular System:** Types of muscle contraction, Effect of Exercise and Effect of Training over Muscular system,
- iii. **Cardiovascular System:** Effect of Exercise and Effect of Training over Cardiovascular system, Blood Pressure, Pulse rate, Stroke Volume, Cardiac output,
- iv. **Respiratory System:** Effect of Exercise and Effect of Training over Respiratory system, Vital Capacity, Tidal Volume,
- v. Fatigue and recovery

Practicum (40 Marks)

1. **Track and Field -** -20marks
Field events: long Jump, Triple Jump- Approach, Take-off Landing, Basic rules
Shot put , Discus throw- Sector measurements, technique of putting/throwing.
2. **Gymnastics** - 10marks
Forward Roll, Backward Roll, Cartwheel, Dive roll, Hand Stand, Hand Stand and roll,
T-Balance.
3. **Ball Game (any one)** - 10marks
Football / Netball / Handball- basic concept, field of play, basic rules, formation,
game situation. Techniques and tactic of play.

Physical Education

Semester-IV

Unit-I

Sports Training

- i. Meaning, Definition, Basic Principles of Sports Training.
- ii. Concept of Physical Fitness, Motor fitness, Components of motor ability (Speed, Strength, Endurance, Agility, Flexibility, Co-ordination).
- iii. Meaning of Training Load, Load and Adaptation, Types of Load
- iv. Training method: Circuit Training, Interval method, Repetition method, Fartlek method, Weight training.
- v. Concept of Warming up and Cooling down, Conditioning.

Unit-II

Fitness Science

- i. Concept of fitness and Wellness, Importance and Scope of fitness and wellness
- ii. ✓ Types of Fitness and Components of Fitness
- iii. ✓ Physical Activity and Health Benefits.
- iv. Modern Lifestyle and Hypo kinetic Diseases- Prevention and Management
- v. ✓ Obesity – Definition, meaning and types of obesity. ✓

Practicum (40 Marks)

1. Field Events

Flight

-10 marks

High Jump- Approach, Take-off, Landing, basic rules

Javelin- Approach, Throwing, follow throw, measurements of throwing sector, basic rules

2. Indian Games:

-10marks

Kabaddi, Kho-kho- Rules of play, Defensive skills and attacking skills in kabaddi, skills of chaser and runners

3. Cricket / Hockey – Basic Skills, rules of Play

-10marks

4. Ball Game (any one) -

-10 marks

Volleyball / Throw ball / Basket Ball – Basic rules of Play, field marking, basic skills of play

Physical Education

Semester-V

Unit-I

Therapeutic aspects of Physical Education

- i. Common Sports Injuries, Types of injury.,
- ii. Need and Importance of the study of sports injuries in the field of Physical Education.
- iii. Prevention and care - Laceration Blisters – Contusion - Strain – Sprain – Fracture –Dislocation- Cramps- Haemorrhage
- iv. Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise.
- v. Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation, Massage

Unit-II

Test, Measurement and Evaluation

- i. Basic Concept of Test, Measurement and Evaluation.
- ii. It's need and importance in Physical Education
- iii. Criteria of good Test
- iv. Physical Fitness Tests and Sports Skill Tests,
AAHPERD youth fitness test, JCR Test, Indiana Motor Fitness Test

Practicum (40 Marks)

1. Games: (any one) - 10 marks
Badminton/ Table tennis/ Lawn tennis- Basic skills and rules of Play
2. Pranayama, Meditation and Kriya - 10 marks
Basic techniques and ways of performing
3. First aid-Tool Box and procedures of first aiding - 10 marks
4. Activity record book (continuous evaluation from Sem-II) - 10 marks