

PHYSICAL EDUCATION

Syllabus

1. Meaning and Definition of Physical Education Aims and Objectives, Importance.
2. Age and Physical activities and Sports, Chronological, Anatomical and Physiological ages.
3. Sociological implications of Sports and Cultural Heritage.
4. Brief History of Physical Education: Ancient to Modern.
5. Important Institutions of Physical Education and Sports in India.
6. Olympic Games, Asian Games and Commonwealth Games.
7. Need and Importance of Anatomy, Physiology, Recreation and Health Education.
8. Skeletal and Muscular System of Human Body.
9. Respiratory and Digestive Systems.
10. Blood and Circulatory System.
11. Nutrition and Balanced Diet.
12. Ill-effects of Drugs and Tobacco.
13. First Aid and Personal Hygiene.
14. Communicable diseases.
15. Importance of Posture and deviations.
16. Importance of Sports Psychology.
17. Learning, Motivation and Transfer of Training in Physical Education.
18. Prevention and treatment of Sports injuries.
19. Rehabilitation Therapies in Sports injuries
20. Therapeutic Exercises – Isotonic and Isometric.
21. Common Massage Techniques and Therapeutic use.
22. Importance of Management in Physical Education and Sports.
23. Kinesiology-Proximal & Distal attachments and action of Muscles.
24. Lever and Law of Motion-their application to human body.
25. Force and its application in sports activities.
26. Application to human body of axis and plane, centre and gravity, line of gravity, equilibrium, mass and weight, speed, velocity, acceleration and momentum.