

SEMESTER I

BES-C101

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

HISTORY OF PHYSICAL EDUCATION

UNIT-I:

Introduction

Meaning, Definition, Need and Scope of Physical Education

Aims and Objectives of Physical Education

A Brief Historical Perspective of Physical Education in India

UNIT-II:

Development of Physical Education at global level

USA

Russia

Germany

Denmark

Rome

Greece

UNIT-III:

Philosophy of Physical Education- Idealism, Naturalism, Realism & Pragmatism

Need of Philosophy in Physical Education.

Indian Olympic Association

International Olympic Committee

UNIT-IV

Physical Education & Sports Institution in India-

YMCA, HVPM & LNIPE

Sports Coaching Schemes their functions & Objectives-

Raj Kumari Amrit Kaur Sports coaching scheme, NSNIS, Patiala & SAI

Awards

Honors and Awardees

SUGGESTED READINGS:

Malik Ajay (2013) Foundation of physical education

Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports.

McGraw Hill Companies, Inc., New York, USA

Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.

Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.

Indian Olympic Association, Jan., 1976.

Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000

Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000

Dagar,R.K.S. and Chauhan, Shiv Kumar., "Philosophical Foundations of Physical Education and sports" friends publications, New Delhi 2005.