

**CORE COURSE (THEORY)**  
**SEMESTER I**  
**HISTORY OF PHYSICAL EDUCATION**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**BES-C101**

Time allowed: 3Hrs

**The Course learning outcomes (COs):** On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

**CO-1.** Describing the meaning, definition, need, scope, and historical perspective of physical education.

**CO-2.** Describe and define the aims and objectives of physical education.

**CO-3.** Explaining the development of physical education at the global level.

**CO-4.** Interpreting the philosophical aspect of physical education.

**CO-5.** Explaining the sports institution in India before and after independents.

**CO-6.** Classifying the different committees and schemes in the field of physical education.

**CO-7.** Discussing the different awards and honors.

**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 the 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. "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.