

**SKILL ENHANCEMENT COURSE
SEMESTER V
PERSONALITY DEVELOPMENT**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

BES-S502

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. Memorizing the Importance of Personality Development.

CO-2. Describing the Components of Personality Development.

CO-3. Defining the Meaning and types of Personality.

CO-4. Determining the components of Physical Fitness.

CO-5. Categorizing the Personality Characteristics.

Unit-I Introduction

Personality -meaning and definition.

Introduction to acronym CAKE (Commitment to Application of Knowledge Existing)

Components of Personality

Unit-II Physical Personality

Meaning, Definition and types of Personality.

Principles of Developing Personality.

Somato type and Personality.

Meaning and Definition of Spiritual Personality.

Unit-III Personality and Wellness

Components of Wellness, Relation of Wellness and Personality.

Behaviour Change Method.

Physical Fitness-Components and Role in Physical Personality Development

Unit-IV Mental Personality

Meaning and Definition of Mental Personality

Type A, B & C Personality Characteristics

Traits affective Personality and Its Development.

Heredity and Environment in relation to Personality Development.

SUGGESTED READINGS

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

Singh, Ajmer et.al. "Olympidu, "Health and physical education", lakshmi publishing house,Rohtak,2011

Kansal, D.K. (2010). Holistic Personality Development. Sports and Spiritual Science Publications, New Delhi

Bernard N. (2001). Turn off the Fat Genes. Harmony Books, New York. U.S.A.

Kamlesh M.L.(2002) psychology in physical education and sports, metropolitan book co. pvt. ltd, New Delhi