

B. P. Ed. – Outline of Syllabus
Semester – I **BPD-C101 Theory Courses**
HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

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

CO-1. Telling the concepts, history, principles and foundation of physical education.

CO-2. Recognizing the concepts of biological and sociological aspect of physical education and sports.

CO-3. Describing different body types based on both psychological and physiological parameters.

CO-4. Discussing the different kinds of Society, Culture and leadership in physical education.

CO-5. Determining the different philosophies of physical education and laws of learning in teaching learning situations.

Unit – 1: Introduction

(10 Hrs.)

Meaning, Definition and Scope of Physical Education

Aims and Objective of Physical Education

Importance of Physical Education in present era.

Misconceptions about Physical Education.

Relationship of Physical Education with General Education.

Physical Education as an Art and Science.

Unit- 2 – Historical Development of Physical Education in India

(15 Hrs.)

Indus Valley Civilization Period. (3250 BC – 2500 BC)

Vedic Period (2500 BC – 600 BC)

Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)

Medieval Period (1000 AD – 1757 AD)

British Period (Before 1947)

Physical Education in India (After 1947)

Contribution of Akhadas and Vyayamshala

Y.M.C.A. and its contributions.

Unit- 3- Foundation of Physical Education

(15 Hrs.)

Philosophical foundation:

Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture.

Play: Meaning and Definition of Play, play & work, Importance of games, Theories of play.

Physical Education as profession: Physical Education and profession, Meaning & types of

Leadership in Physical Education, Future development of Physical Education Profession.

Unit-4- Principles of Physical Education

(15 Hrs.)

Biological

Meaning of Growth and development

Principles of Growth and development

Structural & Physiological Characteristics (age & sex differences)

Age and gender characteristics

Body Types

Sociological Aspects

Society and culture

Social acceptance and recognition

Leadership

Social integration and cohesiveness

Changing trends in modern era.

