

Semester-I
BPE-C101
**PSYCHO-DEVELOPMENTAL ASPECTS OF PHYSICAL
EDUCATION**

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

UNIT – I

Meaning, Concept and Objectives of Education.
Meaning, Definitions and Objectives of Physical Education.
Modern Trends and Scopes in Physical Education and sports.

UNIT – II

Historical background of Physical education in India.
Pre and Post Independence, Development of Physical Education in India

UNIT – III

Objectives and Functions of the Following –
a. Raj Kumari Amrit Kaur Coaching Scheme
b. NS NIS
c. SAI
d. LNUPE
e. YMCA

UNIT – IV

Meaning and Definitions of Psychology.
Meaning and Definitions of Sports Psychology.
Learning-Meaning and Definitions.
Types of learning.
Historical background of Ancient Olympic Games

Text books and References:

1. Barrow, Harold, "Man and Movement: Principles of Physical Education"
Philadelphia, Lea and febiger, 1983, 3rd edition.
2. Bucher, Charles A, "Foundations of Physical Education" 8th edition, 1979; St.
Louis C.V. Mosby Company.
3. Chauhan, S.S. "Advanced Educational Psychology",1985 edition: New Print
India Pvt. Ltd., Sahibabad, U.P.
4. Indian Olympic Association, Jan., 1976.