

Semester-II
BPE-C201
PSYCHO-PHILOSOPHICAL FOUNDATION 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

Growth & Development
Differences between Growth and Development
Factors affecting Growth & Development.
Age and Sex Differences.

UNIT-II

Meaning and Definitions of Motivation.
Types and Nature of Motivations.
Meaning of sociology & Importance of Sociology in Physical Education.
Games and Sports as Man's Cultural Heritage.

UNIT-III

Role of physical education in promotion of social values
Meaning and Definition of Personality.
Factors Affecting Development of Personality.
Meaning and Definitions of Emotions.

UNIT-IV

Meaning of Communicable Disease and its effects on the Society.
Give Detail Notes on- AIDS, Rabies, Tetanus, Malaria, Tuberculosis and Hepatitis.
Role of WHO in irradiation of communicable disease.
Modern Olympic Games.
Objectives, Charter, Olympic Torch, Motto and Olympic Flag.

Text books and References:

1. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
2. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
3. Dagar,R.K.S. et. al., "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005.
4. Dagar,R.K.S. & Chauhan, S.K "Historical and Modern bases of Physical Education" friends publications, New Delhi 2007.