

Semester-III
BPE-C301
SCIENTIFIC BASIS 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

Definition of Warming up and cooling down
Significances of Warming up and cooling down in Sports.
Principles of Physical Fitness Developments.
General Fitness Programme-Aerobics, Jogging, Cycling.

UNIT-II

Types of Bone.
Types of Joints and their Classification.
Muscles and types of muscles.

UNIT-III

Meaning and Definitions of Anatomy.
Meaning and Definitions of Physiology.
Structure and Function of Cell.
Meaning and Definitions of Tissue, Organs and systems.

UNIT-IV

Meaning and Definitions of Health.
Role of WHO in promoting health services.
Meaning, Aims and Objectives of School/College Health Programme.
Variations in Temperature
Exercise in Heat and Cold

Text books and References:

1. Wilmore, Jack H. "Athletic Training and Physical Fitness", 1977, Allyn and Bacon, Inc., 470, Atlantic A venue, Boston, Massachusetts.
2. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
3. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
4. Dagar,RKS & Chauhan, SK "Kinesiology in Physical Education" friends publications, New Delhi 2007