

**BPE-C401**  
**GENERAL COACHING AND FITNESS IN 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 and definition of sports coaching.  
Need and Role of sports coaching.  
Various methods of sports coaching.

**UNIT-II**

Principles of coaching.  
Role of a coach.  
Importance of coaching.

**UNIT-III**

Meaning and concept of Athletic care.  
Introduction of common sports injuries i.e. Contusion, Strain, Sprain and Abrasion.  
Prevention and management of common sports injuries.

**UNIT-IV**

Role of A.I.U. in promotion games and Sports.  
Eligibility of participants in A.I.U. Games.  
List of A.I.U. Games.  
Meaning and definition of Fixture.  
Draw of Fixture  
a. Knock out  
b. League  
c. Combination

**Text books and References:**

1. Singh, Shamsher, "Anatomy and Physiology".
2. Pears, Elwin C., "Anatomy and Physiology for Nurses", London, 1972.
3. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000.
4. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000.