

GENERIC ELECTIVE COURSE
INTRODUCTION OF PHYSICAL EDUCATION
BPE-G501 PAPER-I

UNIT-I

Meaning, Definitions, and Objectives of Physical Education.

Foundations of Physical, Education:-

Biological foundation – Introduction, Growth and Development and Body types.

Psychological Foundation – Introduction, Learning process and theories.

Sociological Foundation – Introduction, Socialization process.

UNIT-II

Modern and Ancient Historical perspectives: USA

Modern and Ancient Historical perspectives: UK

Modern and Ancient Historical perspectives: Greece

Modern and Ancient Historical perspectives: Rome

Modern and Ancient Historical perspectives: India.

UNIT-III

Physical Fitness and Wellness:- meaning, Importance and Components

Factors Affecting Physical Fitness and Wellness

Principles of Physical Fitness

UNIT-IV

Professional preparation in Physical education.

National Sports awards and Honors.