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NORTH MAHARASTRA UNIVERSITY
JALGAON - 425 001.

SYLLABUS FOR

B.Ed. - Revised.

PHYSICAL - NEW COURSE - June 92-

NORTH MAHARASHTRA UNIVERSITY, JALGAON

B.Ed. (PHYSICAL) CURRICULUM

- STRUCTURE -

		Total Marks 1100		Total Clock Hours 1200	
		Sub Heads	Courses	Marks	Clock Hours
↑ THEORY ↓	↑ A ↓	I	Principles & Psychology of Physical Education	100	80
		Sect. I	Principles of Physical Education		
		Sect. II	Psychology of Physical Education		
		II	Organisation, Administration, Officiating and Coaching in Physical Education.	100	80
		Sect. I	Organisation and Administration of Physical Education.		
		Sect. II	Rules of Officiating & Principles of Coaching in games & Sports		
		III	Anatomy, Physiology & Physiology of Exercises, Kinesiology, Body Mechanics & Health Education	100	80
		Sect. I	Anatomy, Physiology & Physiology of Exercises.		
		Sect. II	Kinesiology Body Mechanics and Health Education.		
		IV	Methodology and Historical Development of Physical Education	100	80
		Sect. I	Methodology of Physical Education		
		Sect. II	Historical Development of Physical Education & Recreation		
		V	Content cum Methodology of one School Subject.	100	80
	B	VI	Term End Examinations Tutorials	50 50	120
← Practical cum →	← C →	VII	Training Programme A Micro Lessons 16 B Integration Lessons 4 C School Practice Lessons 16 a) 8 School Sub.Lessons b) 8 Physical Education Lessons.	50 20 800	120 75 250
		VIII	Practical Ground Activities	250	230
	D	IX	Annual Lessons (Uni.Exam.)	100	--
				1100	1200

COURSE - III :- ANATOMY, PHYSIOLOGY OF EXERCISE :-

KINESIOLOGY, BODI MECHANICS AND HEALTH EDUCATION.

OBJECTIVES :-

1. To understand the structure and functions of the human body.
2. To understand the effect of exercise on the different systems of the human body.
3. To understand the basic principles underlying human motion.
4. To know the dietary requirements of children, athletes and sportsmen.
5. To understand the need of Health Education with reference to an individual, family and the community.
6. To understand the aspects of correct posture and remedial measures.
7. To understand the School health service programme.

SECTION - I ANATOMY,PHYSIOLOGY EXERCISE.

Unit - I :-a. Introduction to the human body , Origin of life, Evolutionary adaptation of man; cells tissues, organs and the systems.

Unit-II :- Structure of the Human Body.

- a) The skeleton - its study.
- b) Bones-form and general structure of bones including important muscles.
- c) Joints-kinds, flexibility and Co-Ordination.
- d) Posture, good and bad posture; causes of postural defects, knock knees, flat foot, corective exercises.

Unit-III :- Different systems.

- a) Muscular-structure of muscles, properties and development; effect of exercise on muscular structure and function; muscle fatigue, muscle pull; spasm; conditioning, warming-up training.
- b) Circulatory system : Structure and function of the Heart ; Blood ressels arteries reins and capitlaries, blood circulation, blood pressure, blood constituents, Haemo--rrhage, blood transfusion, blood clotting, effects of exercise on the heart and the circulatory system.

- c) Respiratory system :-
 Organ. of respiration, structure and function.
 Physiology of respiration, control of respiration tidal capacity, oxygen debt, endurance, second wind, effect of exercise on the respiratory system.
- d) Digestive system : Organs of digestion, structure and function. Enzymes-Absorption and assimilation of food . . metabolism, effect of exercise on digestion.
- e) Excretory system :-
 Organs : Structure and function, composition of normal Urine, fluid balance, Acid base balance skin, structure and function, sweat glands Heat regulation. Effect of exercise on the excretory system.
- f) Nervous system :
 Organs, location and function, brain and its parts, spinal cord, reflex action, Autonomous nervous system. Neuro muscular co-ordination.
- g) Reproductive system.
 Male, female, reproductive organs, structure and function. family planning and methods of contraception, sex and exercise.
- b) Endocrine system.
 Ductless glands, location and functions, role in growth normal functioning of the body and emotional make up of an individual.

SECTION - II : KINESIOLOGY BODY MECHANICS AND HEALTH EDUCATION.

Unit-IV :- General idea of muscle action in the :-

- i) Trunk. (ii) Shoulder. (iii) Elbow joints.
 iv) Hip joints. (v) Knee joints and (vi) Ankle.

Unit-V : Body Mechanics :-

- a) Physical principles concerning motion : force, energy work and its measurements-efficiency-motion-velocity projectiles-laws of motion-gravity-force of gravity centre of gravity equilibrium-centrifugal force centripetal force-friction-levers-density-specific gravity.
- b) Physiological Principles concerning human motion.
 Types of muscular contraction - concentric-eccentric-static : pale (white) muscles-The stretch reflex extensor and its fundamental significance. The extensor reflexor and its practical applications. The balance reflexes-reciprocal innervations and inhibition and its effects on controlled muscular action, essential for true muscular movements-

Warmingup-Viscosity as muscles resistance fatigue and performance.

- c. Basic mechanical principles underlying efficient movement; What is efficient movement education, kinds or pattern of movement of objects-linear-rotatory curvilinear reciprocation pendulum-ballistic movements. Equilibrium-motion-leverage-force-angle of rebound and spin-projectiles.

Application of the basic mechanical principles to fundamental physical skills. Running, hopping, jumping, leaping and landing, throwing and catching-striking nanging, swimming and vaulting.

- d. Physiological Principles involved in the development of motor skills.

What is skill learning? Characteristics of a skillfull, performance pre-requisite to an effective skills, learning (Physical, emotional and mental), Practice and skills, Physical and mental practice, specific training kinesthetic feeling-techniques of teaching motor skills.

Unit-VI :- Health Education.

- a. Definition of Health Education-factors influencing health, Heredity, habits and environment.
- b. General Principles in administration of health education.
- c. Physical health, mental health.
personal hygiene, skin, mouth, teeth, nails, clothing, shoes, rest, sleep, food, exercise, relaxation etc.

Unit-VII :- Nutrition : Food :- Constituents of food, caloric value of food (daily)

Quantity of food :- daily requirement.

Balance diet and vegetarianism, under nutrition and nutrition

food habits, constipation and indigestion.

Unit-VIII:- Health of the community and Nation :-

- a. An analysis of the health problems in India.
- b. Role of Government in health education.
- c. Communicable disease-their causes, spread and prevention etc.

Unit-IX :- Co-ordinated School health programme :

- 1. Health service :-
 - a. Appraisal aspect including morning health inspecting.
 - b. Preventive aspects including safety, emergency care and first-
 - c. Supervision of Health education, medical examination and follow-up-Work.

- d. Posture, malposture-values of good posture, Remedial aspects including corrective measures.

: BOOKS RECOMMENDED :

1. Anatomy and Physiology - J.F.Williams.
2. Anatomy and Physiology - Dr. L.K. Govindarajulu.
3. Physiology of Exercise - Dr. P.A. Achmidt.
4. Good health personal and community - Miller and Miller.
5. School health education - Kalander.
6. Diatetics and Nutrition - A.Z. Brakar.
7. Health in India - Grant.
8. Kinesiology - K.Wells.
९. शरीरशास्त्र - जे.एन. भावे.
१०. सुगम शरीरशास्त्र - एम.एन. देशपांडे.
११. शरीर व व्यायाम - एच. जे. पटवर्धन.

NORTH MAHARASHTRA UNIVERSITY, JALGAON.

B.Ed. PHYSICAL SYLLABUS

Course-IV : Section I & II : METHODOLOGY AND HISTORICAL DEVELOPMENT IN PHYSICAL EDUCATION.

OBJECTIVE :- To help the students.

1. To understand the place of physical education in curriculum.
2. To understand the objectives of teaching physical Education.
3. To understand and to use the methods of teaching of physical Education.
4. To understand the physical movements involved in different activities.
5. To understand specific physical and behavioral changes.
6. To understand the organisation of sports meet and coaching them.
7. To plan different types of lessons for different Physical activities.
8. To understand the scope of recreation in providing leisure time activities for youth.
9. To understand the historical developments in physical Education.
10. To understand the international sports events and their influence.
11. To understand the modern trends in Physical education in India & Maharashtra.
12. To understand the various agencies in Physical education. e.g. Youth welfare and youth services.

SECTION- I : METHODOLOGY OF PHYSICAL EDUCATION AND RECREATION.

Unit.-I

- a. Place of Physical Education in curriculum.
- b. Objectives of teaching Physical Education and their specifications.

UNIT - II :-

- a. Methods of teaching.
Orientation, verbal explanation, Demonstrations, Explanation, formal & informal, whole part, whole method.
- b. Presentation Techniques in relation to Physical Education.
personal preparation, Technical preparation, presentation of subject matter, class management.

UNIT-III:- Teaching of Physical activities :-

Games of high organisation (Major games) Individual, team game Track and field - Running, Jumping, Throwing. Gymnastics - Callisthenics, Rhythmic activities.

UNIT-IV :- Lesson planning : Important types of lessons, Preparation, parts of a lesson.

UNIT-V :- Methods of organising camps, hikes and varied programmes for different age groups.

UNIT-VI :- Recreation :-

- a. Meaning, significance and scope of Recreation.
- b. Principles of recreation, programme planning according to age groups.
- c. Rural, Urban industrial recreations.
- d. Agencies promoting recreation.
- e. Leadership in recreation.
- f. Facilities (and their use) for recreation.

SECTION II : METHODOLOGY AND HISTORICAL DEVELOPMENT IN PHYSICAL EDUCATION.

UNIT-VII :-

- a. Physical education in ancient civilization - Greek, Roman, Indian.
- b. Evolution of Physical education on the continent and in America, with special reference to aims programmes and methods.
- c. Contributions of (i) Germany (ii) Sweden. (iii) Denmark. (iv) Britain. (v) U.S.A. to Physical Education.

UNIT-VIII : International sports events and their influence the Olympic games, Asian games, Commonwealth games.

UNIT-IX :- Modern trends in Physical education, games and sports in India.

- a. (i) Central Government and its efforts in promoting physical education games and sports.
- (ii) All India council of sports, its constitution, functions and its role in promoting sports.
- (iii) All India Institutes - The National Institute of sports. The Laxmibai College of Physical Education.
- (iv) All India federation of different games and sports. The School games federation, The Inter-University Sports Board.

UNIT-X :- a. A study of the development of Physical Education sports and games in Maharashtra with reference to :-
i) The present organisation set up in state.
ii) Important Schemes and activities, including Yoga Education and indigenous activities.
iii) Role of voluntary Physical education and sports bodies in state.

UNIT-XI :- Youth Welfare and youth Services :-

- a. Concept of youth welfare and youth work.
- b. Youth organisation in India.
- c. Programmes under youth development.
- d. Youth services such as securiting and guiding, N.C.C., N.S.S., Civil defence and like.

BOOKS RECOMMENDED

1. Methods in Physical Education - Kozman, Carsidy & Jackson.
2. Method in Physical Education - Tirunorayanan & H.Hariharan.
3. Physical Education lesson - J.P. Thomas.
4. Teaching of Physical Education in Secondary Schools - Fait.
5. Physical Education for Teacher - Barbara Churchur.
6. Philosophical foundations for physical, Health and Recreation Education - Ziegler.
7. School organisation - Koccher.
8. Organisation and Administration - E.F. Walimore, A.A.E.Eslinger.
9. Manual of Physical Education in India - D.G. Wakharkar.
10. A World History of Physical Education - Van Dalen Micher.
11. History of Physical Education - C.W.Hyensmith, Bennett.
12. A Brief History of Physical Education - Emmel A Rice and John L. Hutchingson.
१३. शारीरिक शिक्षण - शास्त्र व परिचय - प्रा. प्री. वि. गंधि.
१४. शालेय संघटन प्रशासन - डॉ. भा. गो. बापट.
१५. महाराष्ट्रातील शा. शिक्षणाची वाटचाल - दि. गो. वाखारकर.
१६. शारीरिक शिक्षणाचा विकास भाग-२ - डी. बी. कोठीवाले.

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B.Ed. (PHYSICAL) SYLLABUS

Course-2 :- ORGANISATION & ADMINISTRATION, OFFICIATING & COACHING
IN PHYSICAL EDUCATION.

OBJECTIVES :- To help the students :-

1. To understand the general Principle organization and Administration of Physical Education.
2. To understand heirachy of administration.
3. To understand the scheme of organisation.
4. To understand the facilities needed for Physical Education.
5. To understand the principles of time-table framing.
6. To understand the concept of methods of classification of Students.
7. To understand the need of keeping records and registers.
8. To understand the importance and type of tournaments and Competitions.
9. To understand the concept and importance of supervision.
10. To understand the rules of officiating and principles of coaching.
11. To understand the concept of evaluation.
12. To understand different tests.

SECTION : I : ORGANISATION AND ADMINISTRATION OF
PHYSICAL EDUCATION.

- UNIT.1 : (a) Meaning and scope of Organisation and Administration of Physical Education.
- (b) Organisation at different levels :-
The Physical Education department set up in :-
(1) School; (2) College, (3) University.
- (c) Scheme of organisation at National, State, District, Taluka, Village levels for non-School going populations.

Unit-II :- Facilities and standards :- Physical Education Plant.

1. Playgrounds, Gymnasium, Swimming pools, construction and maintanance.
2. Equipment-purchase, supplies, care and upkeep.
3. Leadership Physical Education, teacher and class-teacher, pupil leaders.

- UNIT-III :- (A) The time table :- Principles and factors influencing time-table. Type of Physical Education period time allotment for them.
- (B) Classification :- Objectives of classification of students for routing physical education activities.
- (C) Public relations :- Exhibitions, demonstrations, Physical education days, displays, Playdays, Public media, radio, television, Newspapers, bulletines and filmshows.

- UNIT-IV :- (a) Maintenance of records and registers.
(b) Finance Budget-income and expenditure, rules regarding expenditure preparation and administration of budget, accounting and auditing.

UNIT-V :- TOURNAMENTS AND COMPETITIONS :-

- (a) Importance and their place in the programme.
(b) Types of tournaments : (1) Simple elimination.
(2) Double elimination for consolidation.
(3) League types (4) Ladder (5) Spider. (6) Kings etc.
(c) Types of competitions ; (1) Group (2) Athletics types (3) Gymnastics types.
(d) Awards and incentives, Awards, Crests, honour boards, trophies, certificates, ribbon & badges.
(e) Intramurals and extramurals : Need and importance, Place, types, of organisation. Methods of grouping fixtures.
- UNIT-VI :- Supervision : Meaning and scope of supervision-objectives and essential features of good supervision. Methods of supervision.

SECTION - II : RULES OF OFFICIATING AND PRINCIPLES COACHING IN GAMES AND SPORTS.

- UNIT-VII :- Origin, development and rules of the following games and sports :-

- | | |
|----------------------|--------------------------------|
| 1. Track and fields. | 9) Kho-Kho. |
| 2. Cricket. | 10) Tennis. |
| 3. Foot Ball. | 11) Badminton (Ball & Shuttle) |
| 4. Hockey. | 12) Tennisball. |
| 5. Basketball. | 13) Aquatics. |
| 6. Volley-ball. | 14) Combatives & Wrestling. |
| 7. Soft-ball | 15) Netball. |
| 8. Kabbaddi. | 16) Throwball. |

- UNIT-VIII :- OFFICIATING :

- (a) Grounds and equipments (constructions and maintenance of all play areas including sports track
(b) Marking.
(c) Officiating system positioning-hind signals.

- (d) Field work : Officiating local meets under supervision ;
Evaluation of work charts.
- (e) Score sheets and methods of scoring.

UNIT-IX :- Coaching :-

- a) Principles and philosophy of coaching.
b) Qualifications and responsibilities of a coach.
c) Coaching of individual in activities with reference to :-
i) Fundamental skills. (ii) Lead-up Games.
iii) Positional play.
iv) Team techniques. (v) Selection of team.
vi) Discipline, control and management of team.
vii) Coaching camps.

UNIT-X :- EVALUATION IN PHYSICAL EDUCATION.

- (a) Foundations of tests and measurements.
(b) Types of test and measurements.
(c) Characteristics of good test.
(d) Procedure work for testing in Physical Education.

BOOKS RECOMMENDED :

1. Organisation & Administration of Physical Education.-
E.F. Waltimor, A.A.Eslinger.
2. School orga isation - Kochher.
3. Organisation & Administration of Physical Education -
Dr. J.P. Thomas.
4. The Administration of Physical Education - Jay B. Nash.
5. Organisation and Administration of Physical Education -
Seymor.
6. Rules of Games and Sports - H.C. Buck.
7. Manual of Athletic competition - Jal D. Pardiwala.
8. Rules books of various sports & Games by different National
Federation of India.
9. Modern Track and field - Doherty.
- 10) Skills in sprots - Knepp.
11. Scientific Principles of coaching - John Brown
12. Basketball - Jagger.
13. Volleyball - Dhanraj V. Hubert.
14. Tennis for Beginners - Murphy.
15. Science for Swimming - Dr. Counsilman.
16. Football - Caswell.
17. Cricket - Jardine.
18. Netball - Bulloch.
19. Kabbaddi - D.G. Wakharkar.
20. Kho-Kho - Prof. Jogesh Jadhav.
21. Code of Points in Gymnastics - International Gymnastic
Fedration.
22. Gymnastics for Girls & Women - Alison.
23. Softball - Noren.
24. व्या. शिक्षणाचे संघटन व प्रशासन - प्रा. शंकर तिवारी
25. क्रीडा ज्ञानकोष - प्रा. सुरेशचंद्र नाडकर्णी.
26. मैदानी स्पर्धा - राम भागवत, रमेश तावडे.

NORTH MAHARASHTRA UNIVERSITY, JALGAON.

B.Ed. (PHYSICAL) SYLLABUS.

For 1992-93, 1993-94, 1994-95.

Course + I :- PRINCIPLES & PSYCHOLOGY OF PHYSICAL EDUCATION.

OBJECTIVES :- To Help the students :-

1. To understand the meaning of Physical Education.
2. To understand different interpretation of Physical Education.
3. To understand the Philosophical base of Physical Education.
4. To understand the aims and objects of Physical Education.
5. To understand the biological base of Physical Education.
6. To understand the Sociological base of Physical Education.
7. To understand the Physiological base of Physical Education.
8. To understand how values are inculcated through Physical Education.
9. To understand the meaning and usefulness of Psychology of Physical Education.
10. To understand concept of human growth and development.
11. To understand the effect of Heridity and environment on human growth and development.
12. To understand Psycho physical unity of behaviour.
13. To understand the concept of personality.
14. To Understand process of development of personality.
15. To understand emotional growth and development.
16. To understand the concept and theories of play.

SECTION-I : PRINCIPLES OF PHYSICAL EDUCATION.

UNIT-I :- The meaning and scope of physical education.
Different interpretations of physical education.
past and present. Physical Education as an integral part of education

UNIT - II :- Philosophical

- (a) Aims and objectives of modern Physical Education.
- (b) Modern Physical education - Its basis for Health fitness.
- (c) Physical education and Nationalism. The role of Physical Education and sports in fostering international understandings.

UNIT-III :- Biological and Physiological :-

- a) Sex Differences in Males and Females.
- b) Body types.
- c) Principles of exercise - normal load, creast load, overload.
- d) Athelatic Heart
- e) Chronological, Physiological and Anotomical ages.
- f) Practical suggestions from Biology.
- g) Fatigue and stress-Their effect on Physical and Mental health, Tention, Relaxation, Strength, Rhythm and coordi nation.

UNIT-IV :- Sociological :-

- a) Social inheritance - traditions and their influnece on behaviour patterns particularly games and dances.
- b) Social values and development of different traits and ideas.
- c) Physical education as a Socializing agency.

SECTION - II : PSYCHOLOGY OF PHYSICAL EDUCATION

UNIT-V :- Psychology as a Science :- Meaning, usefulness to Physical education teachers.

UNIT-VI :- Human growth and development.

- 1) General nature of growth and development.
- 2) Physical mental, emotional and social development with special emphasis on adolescence.
- 3) Heredity and Environment .

UNIT-VII :- Psycho-Physical unity of human organism & behaviour :

- a) Emphasis-drives-urges, reflex actions and conditional reflex-dynamics and theories of behaviour.
- b) Emotions effect on health :- Role of physical education in preventing maladjustment and promoting proper mental health.

UNIT-VIII :- Learning :-

- a) The process of learning, observation and immitation trail and error-method learning by insight. conditional learning, laws of learning.
- b) Factors effecting learning :- Biological, Physical, mental and sociological.
- c) Measurement of learning :- 1) The learning curve.
(2) Concept of transfer of learning.

UNIT-IX :- Personality :-

- a) Its meaning and nature, development of personality, Integrated personality.
- b) Individual differences, Implications for physical education.
- c) Intelligence : (1) concept of intelligence and its nature.
(2) concept of M.A. and I.O.

UNIT-X :- Play :-

Defination :- Theories, Play in Physical Education.

BOOKS RECOMMENDED

1. Philosophical foundations for physical, Health and recreation education - Ziegler.
2. Elements of educational Psychology - W.R. Bhatia.
3. Psychology applied to education & Physical Education-Gupta & Maury.
4. Psychological aspects of physical education and sports-Kane.
5. Educational Psychology - Blair, James & Simpson.
६. शारिरीक शिक्षणाचे आधुनिक स्वस्म - डी. जी. वाखारकर.
७. शा. शिक्षक सिध्दांत तथा इतिहास - डॉ. कमलेश.
८. शा. शिक्षणाचा विकास भाग-२ - द. ब. कोठीवाले.
९. शिक्षणाचे मानसशास्त्रीय अभिष्ठान - आफळे, बापट.
१०. शैक्षणिक व प्रायोगिक मानसशास्त्र - वा. ना. दांडेकर.
११. क्रीडा मानसशास्त्र - डॉ. व. म. आलेगांवकर.
१२. शा. शिक्षणाची अध्यापन पध्दती व मुलतत्त्वे - डॉ. वि. कृ. कानडे

दुबाशा/-