

Semester II - Theory courses

EC-202 HISTORY OF GAMES AND SPORTS (ELECTIVE)

Objectives:

- To familiarize the students with meaning and definition of games and sports.
- To understand the role of games and sports in physical education.
- To know about the misconception about sports and games.
- To understand the origin and history of indigenous and western games.
- To familiarize the students with history, objectives and functions of various national and international sports bodies.

Unit –I Introduction

- Definition of Games and Sports
- Origin and history of Games and sports
- Importance of games and sports in physical education
- Misconception of sports and Games

Unit –II History of Indigenous Games

- Origin and History of Indigenous game.
- Influence of indigenous games on modern games.
- Impact of indigenous games on health
- Indigenous games and Personality

Unit-III History of Western Games

- Cricket, Football, Volleyball, Hockey,
- Badminton, Tennis, Table Tennis,
- Handball, Throw ball, Basketball

Unit-IV National and International Bodies

- IOA, AIU, Armature Federation of India, SGFI
- IOC, FIFA, IAAF, Asian Games, Commonwealth Games
- SAF, Afro-Asian

References:

- Dr. Mnikashi Pathak (2017), History Principle and Fondation of Physical Education, Khel Sahitya Kendra
- S. R. Tiwari (2016), History of Physical Education,
- Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.

New Course Introduced

Semester – I- Theory courses

EC-102 GENERAL SCIENCE AND COMPUTER APPLICATIONS IN PHYSICAL EDUCATION (ELECTIVE)

Objectives:

- To understand the theory of evaluation and heredity.
- To know the Components and sources of balance diet.
- Understand the principles of physics as applied to sports skills
- Applications of latest technology in physical education and sports.
- To familiarize the students with fundamental concept of computer.
- Understand the Concept and importance of ICT.
- To know the importance of ICT in teaching learning process project based learning.

Unit – I: Human Biology

- Theory of Evolution and Heredity.
- Cell, Tissues, Tendons, Ligaments, Bones, Joints, Muscles, organs and systems.
- Metabolism- anabolism and catabolism
- Nutrition – Balance diet, its components, their sources and functions

Unit-II Basic Mechanics and Latest Technology in Physical Education and Sports

- Meaning and Definitions of Mechanics, force, motion, speed, acceleration, velocity, distance, displacement, Axes and Planes.
- Centre of gravity, mass, stability, friction, spin.
- Surface and Infrastructure–Types of surfaces and infrastructure
- Sports Equipments and wears

Unit –III Introduction to Computer

- Meaning, need and importance of information and communication technology (ICT).
- Application of Computers in Physical Education
- Components of computer, input and output device
- Application software used in Physical Education and sports

Unit-IV Microsoft Office

- Introduction to MS Word, MS Excel and MS Power Point
- Creating, saving, opening a document, Formatting, Editing features, Drawing table, page setup, paragraph alignment, inserting page number, graph, footnote in MS Word Document.
- Creating, saving and opening spreadsheet, creating formulas.
- Creating, saving, opening a ppt. file, format and editing features slide show , design , inserting slide number, picture ,graph ,table in MS Power Point

References:

- Irtegov, D. (2004). Operating system fundamentals. Firewall Media.