

## **TEST NAME: 203 Physical Education**

### **HISTORY, PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION:**

Historical Development of Physical Education, Physical Education in India (After 1947), Greece, Germany, YMCA, LNIPE, NSNIS, IOA, SAI, Foundations of Physical Education Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism Biological: Growth and development, Gender Difference: Physical, Physiological & Anthropometric (Sheldon and Kretschmer). Psychological: Types of Learning, learning curve, Laws and principles of learning.

**ANATOMY AND PHYSIOLOGY:** Meaning and Definition of Anatomy, Physiology and their importance in Physical Education. Structure, function and division of cell, Functions and types of tissues, Skeletal System, Types of Bones and Joints, Blood and circulatory system, Blood and circulatory system, Digestive system, Digestive system, Endocrine system, effect of training on cardiovascular system, Effects of training on respiratory system, Effects of training on muscular system, Fatigue and performance in sports,

**METHODS OF TEACHING:** Teaching Technique, Presentation Technique, types of command, Teaching Aids, Meaning and Importance of teaching aids. Types of Teaching aids types of Method of drawing Fixtures, Intramural and Extramural and their importance, Sports Day/Play Day, Lesson planning: Meaning, Type, principles and lesson plan. General, particular / specific and coaching lesson plan.

**SPORTS PSYCHOLOGY:** Meaning, Definition of Psychology and Sports Psychology - Heredity and environment – Personality: Types of Personality – Personality Traits – Need and Importance of Sports Psychology.

**OLYMPIC MOVEMENT:** Origin of Olympic Movement Aims of Olympic movement, The early history of the Olympic movement, The significant stages in the development of the modern Olympic movement, Educational and cultural values of Olympic movement, Olympic Rings, Olympic Flag, Olympic Protocol for member countries, Olympic Code of Ethics, Olympics in action, Sports for all, Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games, International Olympic Committee, Olympic medal winners of India.

**KINESIOLOGY AND BIOMECHANICS:** Terminology of Fundamental Movements, Planes and Axes, Gravity, Base, Centre of Gravity, Equilibrium, Line of Gravity, Structure and functional classification of joints and muscles. Types of Muscle Contractions, Postures, Levers, Newton's Laws of Motion.

**HEALTH EDUCATION AND ENVIRONMENTAL STUDIES:** Definition of Health, School Health Programs, Communicable Diseases, Non-Communicable Diseases, first-aid,

**MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION:** Principles of Evaluation, Criteria of Good Test, AAHPER youth fitness test, JCR test, Cooper's 12 minute run/walk test, Harvard Step test, Indiana Motor Fitness Test, Barrow motor ability test,