

Extra Departmental Course for the Under Graduate Courses, Faculty of Arts

Syllabus

ED 1.11: Physical Education (50 Marks)

Semester - I (Theory)

- a. Physical Education – Its Meaning, Aim, Objectives, Needs for Physical Education.
- b. History of Olympics – Modern and ancient Olympics, Olympic ideals and Olympic Motto, Olympic Flag, Opening and Closing ceremony of Olympic games.
- c. Biological and Sociological foundation of Physical Education – Biological basis of life, Components of Physical Fitness, Socialization through Physical Education, National Integration through Physical Education, Development of Social qualities through Physical Education.
- d. Psychology of Physical Education – Individual Differences, Physical Education and Psychological Development, Personality Development through Physical Education.
- e. Exercise Physiology – Beneficial effects of Exercise on
 - i. Heart
 - ii. Circulatory system
 - iii. Respiratory system
 - iv. Muscular system
- f. Organization of Sports
- g. Health education – What is health ? Physical and mental health, Personal Hygiene, Spread of Communicable diseases and their control, Posture, Postural deformities – causes and remedies.

ED 2.14: Physical Education (50 Marks)

Semester - II (Practical)

1. Formal Activities : (a) Callisthenics (b) Marching (c) Apparatus Drill.
2. Yoga : (a) Surya Namaskara (b) Asanas (c) Pranayama.
3. Minor Games / Small area games
4. Team Games – Basketball/Khokho/Handball/Football (any one to be selected)

ED 2.14: SPORTS SOCIOLOGY (50 Marks)

Semester – III

1. Introduction – Sociology and Sociology of Sports
2. Socialization through sports – Sports and integration
3. Sports and Violence –Is sports a cause or cure to violence ?
4. Sports, Gender and Race
5. Sports and Economy – Commercialization of sports
6. Sports and the Media-Influence on each other
7. Sports and Social Mobility-Sports and general career Success
8. Sports and educational opportunities
9. Sports in future-Will things change or remain the same ?

REFERENCES

1. C.A. Bucher, Foundations of Physical Education and Sports
2. Dharam Vir (Editor), Sports and Society – Readings in Sociology of Sports
3. Jay, J. Coakley, Sports in Society – Issue and Controversies
4. Wilbert Marcellus Leonard II, A Sociological Perspective of Sport
5. Donald Chu, Dimensions of Sports Studies
6. ED Sauners, G. White, Social Investigation in Physical Education and Sport

4.27 : SPORTS PSYCHOLOGY (50 Marks)

Semestre – IV

1. Introduction – psychology and sports psychology – dimension of sports performance
2. Sports participation and psychological development
3. Some psychological factors influencing sports performance
4. Aggression and Sports
5. Sports and personality structure
6. Building of self confidence and sports performance
7. Competition and Cooperation
8. Psychology and sports coaching

REFERENCES

1. Robert S. Weinberg, Daniel Gould, Foundations of Sports and Exercise
2. H.T.A. Whiting (Editor), Readings in Sports Psychology 2
3. Frank L. Smoll, Ronald E Smith, Psychological Perspective in youth Sports
4. Richard J Butler (Editor) Sports Psychology in Performance
5. Richard m. Suinn, Psychology in Sports
6. R.B. Alderman, Psychological Behavior in Sports