

SEMESTER-I

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-1-(4)- HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-1-(4)-HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION	4	3	0	1	Class XII pass	NIL

Learning Objectives: To provide knowledge of the historical development of physical education and sports to familiarize the students with the philosophical, biological, psychological, and sociological foundations of physical education.

Learning Outcomes:

1. The learners will be able to conceptualize about physical education and sports.
2. The learners will develop factual knowledge of existing various terminologies and information.
3. The learners will be able to comprehend historical perspectives and recent developments in the field of physical education and sports.
4. The learners will be able to understand the multi-disciplinary foundations of physical education and sports.

SYLLABUS

Credit: 4 - (3 Theory, 1 Practical)

Theory: 45 Hours

Practical: 30 Hours

PART-A: THEORY

Unit-1: Introduction to Physical Education and Sports and General Awareness (11 Hours)

1. Meaning and Definition of Physical Education
2. Aim and Objectives of Physical Education
3. Physical Education as an Art and Science
4. Significance of Physical Education in the Modern Society
5. Meaning and Definition of Sports, Types of Sports–Individual, Team, Combative, Recreational, etc.

Unit-2: Growth and Development of Physical Education and Sports (11 Hours)

1. History of Physical Education and Sports in the World: Greece, Rome, Sweden, Germany and Denmark
2. Growth and Development of Physical Education in India (Pre and post-Independence)
3. Various Schemes for the Promotion of Sports in India

Unit-3: Major Competitions at National and International Level (12 Hours)

1. Major Sports Competitions at International Level: Olympics Games (Summer, Winter, and Paralympics), Asian Games, Commonwealth Games, SAF Games, World Cups, World Universities
2. Major Sports Competitions at the National Level: National Games, Khelo India University Games (KIUG), Khelo India Youth Games (KIYG), Inter-University (All India & Zonal) Competitions, National Championships
3. Prominent Honors and Awards in Games and Sports in India, Different Cups and Trophies at National and International levels in different sports.

Unit-4: Foundations of Physical Education (11 Hours)

1. Philosophical Foundations of Physical Education: Idealism, Pragmatism, Naturalism, Realism
2. Biological Foundations of Physical Education: Growth and Development, Age and Gender Characteristics, Body Types, Anthropometric differences
3. Psychological Foundations of Physical Education: Learning types, Learning Curves, Laws of Learning.
4. Sociological Foundations of Physical Education: Society and Culture, Social Integration and Cohesiveness.

PART-B: PRACTICALS (30 Hours)

1. Prepare a report on sports facilities available in any one stadium/sports Complex.
2. Organize any intra-mural/ extra-mural competition.
3. Prepare a brief report on various schemes for sports promotion in India.
4. Prepare a presentation on major competitions, awards and trophies in sports.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Graham, G. (2001), Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M. K. (2006), Physical Education (Naveen Publications).
3. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publications
4. Lumpkin, A. (2007), Introduction to Physical Education, Exercise Science, and Sports Studies, McGraw Hill, New York, U.S.A.
5. Shaffer, D.R. (2002), Developmental Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
6. Sharma K. (2014), *Sharirik Shiksha Ka Itihas*, Friends Publications (India), New Delhi.
7. Siedentop, D. (2004), Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
8. Singh, A. et.al. (2000), Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006), Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.