

SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER-VII
B.A.-DSE-PE-3.3
SPORTS PEDAGOGY
DSE

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/ Practice		
3	B.A.-DSE-PE-3.3-SPORTS PEDAGOGY	04	3	0	1	XII Pass	NIL

Learning Objective:

The objective of this course is to provide an understanding through practical knowledge, skills, and practices about sports pedagogy which will promote the communication of educational experiences in physical education and youth sport and related fields.

Learning Outcomes:

1. The learner will be able to understand the concept of pedagogy and its applications in the field of physical education and sports.
2. The learner will be able to apply various teaching and coaching techniques in physical activity sessions.
3. The learner will be able to implement various teaching aids and technology during teaching sessions.
4. The learner will be able to differentiate between different types of lesson plans as per the requirements.
5. The learner will be able to develop and create various lesson plans as needed.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT-I INTRODUCTION TO PHYSICAL EDUCATION PEDAGOGY (12 hours)

- 1.1 Physical Education Pedagogy: Definition and Scope.
- 1.2 Pedagogical Approaches: Constructive, Collaborative, Integrative, Reflective, Inquiry-Based Learning
- 1.3 Characteristics of Effective Teaching
- 1.4 Importance of Devices and Methods of Teaching.

UNIT-II TEACHING TECHNIQUE, TEACHING PROCEDURE AND PRESENTATION TECHNIQUE (12 hours)

- 2.1 Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method, etc.
- 2.2 Teaching Procedure – Whole method, whole – part – whole method, part – whole method.
- 2.3 Presentation Technique – Personal and technical preparation

UNIT-III TEACHING AIDS (10 hours)

- 3.1 Teaching Aids – Meaning and Importance
- 3.2 Types of Teaching Aids – Audio-visual, Charts, Models, Films, Blackboard etc.
- 3.3 Criteria for selecting teaching aids

UNIT-IV LESSON PLANNING AND MICRO TEACHING

(11 hours)

4.1 Lesson Planning – Meaning and principles of lesson plan

4.2 Types of Lesson Plans

4.3 Qualities of a good lesson plan

PART B- PRACTICALS

(30 hours)

1. Prepare a presentation using any teaching aid.
2. Prepare a lesson plan of 30 minutes duration for any physical activity.
3. Conduct a classroom activity using different teaching techniques/ teaching procedures.

Suggested Readings:

1. Abels. (2010) **Teaching Movement Education** Human Kinetics: Champaign, IL
2. Bonnie S. Mohnsen. (2003) **Teaching Middle School Physical Education** Human Kinetics: Champaign, IL
3. Daryl Siedentop. Et.l (2004) **Complete Guide to Sports Education** Human Kinetics: Champaign, IL
4. Graham, George. H. S. Ann. P. Melissa. (2010) **Children Moving: A Reflective Approach to Teaching Physical Education**, McGraw Hill.
5. Healthy Schools. (2007) **Physical Activity HS Booklet A: At least one-hour-a-day.** www.healthyschools.gov.uk/Theme-Physical-Activity.aspx
6. Higgs, C., Way, R., Vicki Harber, M., Jurbala, P., Balyi, I., Carey, A. (2019). **Long-Term Development in Sport and Physical Activity 3.0.** Canadian Sports for Life https://spectrumofteachingstyles.org/assets/files/book/Teaching_Physical_Edu_1st_Online.pdf
7. Isobel Kleninman (2001) **Complete Physical Educational Plan for Grade 7-12.** Human Kinetics: Champaign, IL
8. Shaw D. (2018). **“Pedagogic Kinesiology”** Sports Publication, ISBN: 978-93-86592-43-9.
9. Shaw D. (2021) **“Lesson Planning & Teaching Methods”** Khel Sahitya Kendra, ISBN:978-81-7524-022-9.
10. USDHHS. (1999) **Promoting Physical Activity-A Guide for Community Action.** Human Kinetics: Champaign, IL

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