

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)
SEM- 5 (GE-10)

HISTORY & FOUNDATION OF PHYSICAL EDUCATION

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
10	SEM-5 (GE-10) HISTORY AND FOUNDATION OF PHYSICAL EDUCATION	04	3	0	1	XII Pass	NIL

Learning Objectives

- To provide knowledge of the historical development of Physical Education & Sports and to familiarize the students with foundations of Physical Education & Sports about biological, psychological, sociological, and other foundations.
- To educate students on the historical development of Physical Education and Sports, and to familiarize them with its foundational aspects from biological, psychological, sociological, and other perspectives.

Learning Outcomes

At the end of the course, students will be able to:

- Develop knowledge of the history and foundation of Physical Education and understand its purpose and development in sports.
- Develop knowledge of the meaning, aim, objectives, scope, and importance of Physical Education
- Understand the concepts and qualities of movement, fundamental movements, their importance in educational programs, and the role of the wellness movement.
- Gain knowledge of the historical development of the Ancient and Modern Olympic movement.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

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 (Any Three)**(30 Hours)**

1. Prepare a report on sports facilities available in any one stadium/sports Complex.
2. Organize any intra-mural/ extra-mural competition in the format of University games.
3. Prepare a brief report on various schemes for sports promotion in India.
4. Selected anthropometry/ body type measurement.

Suggested Readings:

1. Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.
2. Lumpkin, A. (2007). Introduction to Physical Education, Excises Science and Sports Studies, McGraw Hill. New York, USA.
3. Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
4. Vanaik A. & Tyagi, Sarita (2018). Encyclopedia of Olympic Movement, Friends Publication. New Delhi
5. Vanaik A. (2005) Sharirik Shiksha ke Maulik Adhar, Friends Publication. New Delhi
6. Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA.
7. Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.
8. Singh, Ajmer et.al (2012), Essentials of Physical Education, Kalyani publishers, New Delhi.
9. Kamlesh, M.L (2013), Foundations of Physical Education, Sports publication, New Delhi.
10. Kanwar, Chand Ramesh (2010), Principles and History of Physical Education, Amit Brothers publication.

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