

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)
SEM- 8 (GE-18)

PHYSICAL EDUCATION FOR INCLUSIVENESS

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
18	SEM- 8 (GE-18) PHYSICAL EDUCATION FOR INCLUSIVENESS	04	3	0	1	XII Pass	NIL

Learning objective:

This course aims to provide understanding through practical knowledge and practices with enough scope for creativity/Innovations.

Learning Outcomes:

- Learning experiences help students understand & practice Inclusivity.
- Acquire skills to make the world more accepting & accessible
- The general people can handle the PWD people with more ease and include their knowledge and skills for the collective benefit of society
- Learners can materialize the knowledge of the challenges faced by women with disability
- Learners can perform the skill of Yoga and Meditation, recreational activities, etc. for their benefits
- Learners would become more effective volunteers
- Learning & practice of advanced technology would help to make society more inclusive in nature including.

SYLLABUS

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

Theory: 45 hours, Practical: 30 hours.

Unit-I MEANING & SCOPE OF INCLUSIVE PHYSICAL EDUCATION (11 hrs. lectures)

- 1.1 Concept and significance of inclusiveness in Physical Education
- 1.2 Initiatives to promote inclusiveness in physical education
- 1.3 Role of educational Institutions and agencies in promoting Inclusiveness in Physical Education for challenged populations

Unit-II CHALLENGES & PROMOTION OF INCLUSIVENESS. (11 hrs. lectures)

- 2.1 Need and Importance of Inclusiveness in Physical Education
- 2.2 Challenges in implementing inclusiveness
- 2.3 Sports for Promoting Inclusiveness.

Unit -III INSTRUCTIONAL PROGRAM FOR LEARNERS (11 hrs. lectures)

- 3.1 Learning the Sports skills, leisure & recreation
- 3.2 Physical Fitness and Yoga
- 3.3 Practices, Volunteer Training, and different management.

Unit-IV PHYSICAL EDUCATION FOR INCLUSIVE EDUCATION (12 hrs. lectures)

- 4.1 Developing Physical Education programs for people with disability
- 4.2 Social development and society's responsibility
- 4.3 Supervision of carefully designed physical education program for People with disability.

PRACTICAL

(30 hrs.)

- 1- Organize inclusive sports events in your Institute.
- 2- Volunteer at sports events for people with disability
- 3- Write briefly about any two teaching aids used in Inclusive Physical education

Suggested Readings:

- 1. Arora S., Agarwal M Gupta B. (2018), "Fitness; Wellness And Nutrition", Vivechan Publications (INDIA) ISBN: 978-93-83914-89-0.
- 2. Morris L R, Schulz L, (1989) "Creative play activities for children with disabilities" Human Kinetics books,ampaign Illinois.
- 3. Davis RW, (2002) "Teaching Disability Sports." Human Kinetics.
- 4. Mishra, S.C, (2007) "Viklang aur Khel", Sports Publications.
- 5. Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.

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