

SEMESTER III
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
UNIVERSITY OF DELHI

B.Sc. (Hons.) (Physical Education, Health Education and Sports)

SEMESTER- III

B.SC.-PE-DSC-7(4) KINESIOLOGY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.SC.-PE-DSC-7(4) KINESIOLOGY	4	3	0	1	Class XII pass	Nil

Learning Objective: To impart the knowledge, practices, Applications, and analysis related to Kinesiology.

Learning Outcome:

1. Understand the concepts, applications, aims, objectives, and importance of kinesiology in physical education and sports, including fundamental movements and muscle classification.
2. Develop skills in the location and action of muscles at various joints (upper extremity, neck and trunk, lower extremity) and analyze muscular actions in fundamental movements.
3. Gain knowledge and application of the structure of motor actions, including cyclic and acyclic motor actions and movement combinations.
4. Acquire knowledge and apply qualities and physiological principles of movements such as movement rhythm, coupling, flow, precision, and amplitude.
5. Analyze the muscular aspects of fundamental sports skills and apply innovative applications.

THEORY SYLLABUS (45 HOURS)

UNIT-I (11 HOURS)

1. Meaning, Aim & Objectives, Importance Of Kinesiology For Physical Education And Sports
2. Fundamental Concepts: Centre of Gravity, Line Of Gravity, Axis And Planes of Motion, Fundamental Starting Positions, Terminology of Fundamental Movements, And Classification of Muscles

UNIT-II (11 HOURS)

1. Location & Action Of Muscles At Various Joints:-
 - a) Upper Extremity–Shoulder Girdle, Shoulder Joints, Elbow Joint
 - b) Neck, Trunk (Lumbo-Thoracic Region)
 - c) Lower Extremity–Hip Joint, Knee Joint, Ankle Joint
2. Muscular Analysis of Fundamental Movements:-Walking, Running, Jumping, Throwing, Catching, Pulling, Pushing, Striking, Hanging

UNIT-III (12 HOURS)

1. Structure of Motor Actions: - Structure Of Cyclic And Acyclic Motor Action And Movement Combination,
2. Functional Relationship Of Different Phases Of Motor Action.

UNIT-IV (11 HOURS)

1. Qualities & Physiological principles of movements:-
Movement rhythm, Movement coupling movement flow, Precision And Amplitude.

PRACTICAL SYLLABUS (30 HOURS)

1. Demonstration Of Planes & Axes Of A Given Movement.
2. Determination Of The Location Of Muscles At Various Joints:
 - i. Shoulder Girdle
 - ii. Shoulder joints
 - iii. Elbow joint
 - iv. Hip joint
 - v. Knee joint
 - vi. Ankle joint
3. Muscular analysis of the techniques of the game of your specialization
4. Measurement Demonstration of qualities of movement.

SUGGESTED READINGS: -

- Bartlett,R.(2007).IntroductiontoSportsBiomechanics.RoutledgePublishers,USA.
- Blazevich,A.(2007). Sports Biomechanics .A&C Black Publishers, USA.
- McGinnis,P.(2004).BiomechanicsofSports&Exercise.HumanKinetics,USA.
- Shaw,D.(2014).MechanicalBasisofBiomechanics.SportsPublication:NewDelhi
- Rai,R.(2003).Biomechanics Mechanics Aspects of Human Motion. A grim Publication: Moha
- Shaw,D(2018).Pedagogic Kinesiology. Sports Publication: Delhi
- Robertson,D.G.E.Caldwell,G.E.,Hamil,J.KamenG.,&Whittlesey,S.N.(2014).Research MethodsinBiomechanics.(2nded.)EdwardsBrothersMalloy:USA
- Hoffman.J (2013), Introduction to Kinesiology, Human kinetics.
- Shaw Dhananjay (2017), Pedagogic Kinesiology, Sports Publication.
- Ziegler.F Earle (2007), Physical education and Kinesiology, Sports educational technologies.

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

SEMESTER III

BSc-PE-DSC-8(4) EXERCISE & SPORTS PSYCHOLOGY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC - 8(4): EXERCISE & SPORTS PSYCHOLOGY	4	3	0	1	Class XII pass	Nil

Learning Objective: - The student is provided with the knowledge Practices Applications and Innovative of psychological aspects of sports performance.

Learning Outcomes:

After completing the course, the students will be able to:

- Understand Concept, Scope, role of sports and exercise psychologist, Importance of Sports and exercise psychology and Historical development and future of Sports and Exercise Psychology
- Motivate athletes
- Understand Arousal and Anxiety: Types, phenomena of Anxiety in relation to performance – Drive Theory, Inverted U Theory and IZOF.
- Understand the concept of Personality and Team Cohesion
- Understand Aggression in sports, Leadership in Sports, psychological preparation, Goal setting and self-confidence
- Assess Motivation, Anxiety, Personality, Team Cohesion and Aggression

THEORYSYLLABUS (45 HOURS)

UNIT-I (12 HOURS)

- (i) Sports and Exercise Psychology
- (ii) Concept, Scope, role of sports and exercise psychologist
- (iii) Importance of Sports and exercise psychology
- (iv) Historical development and future of Sports and Exercise Psychology,

UNIT-II (11 HOURS)

- (i) Motivation: guidelines for building motivation, achievement motivation.
- (ii) Arousal and Anxiety: Types, phenomena of Anxiety in relation to performance – Drive

Theory, Inverted U Theory and IZOF.

UNIT-III

(11 HOURS)

- i. Personality- approaches to personality–Trait, types and psychodynamic theories, determinants of personality, assessment of personality.
- ii. Team Cohesion: a conceptual model of Cohesion, assessment of Cohesion, relationship of Cohesion with performance.

UNIT-IV (11 HOURS)

- i. Aggression in sports: types, phenomena of Aggression–Instinct Theory and Social Learning Theory, Assessment of Aggression and Leadership in Sports
- ii. Psychological preparation–Long-term and short-term psychological preparation, Goal setting and self-confidence

PRACTICAL SYLLABUS (30 HOURS)

1. Measurement of Motivation
2. Measurement of Anxiety
3. Measurement of Personality
4. Measurement of Team Cohesion
5. Measurement of Aggression

SUGGESTED READINGS:

- 1.Coaklay,J.J.(2009) .Sporting Sociology, Issues and controversies,
- 2.Cohen RJ and Swerdli ME (2002). Psychological testing and Assessment: An Introduction to Tests and Measurement. McGraw Hill.NewYork.U.S.A.
- 3.Liukkonen JED (2007).Psychology for Physical Educators. Human Kinetics.U.S.A.
- 4.Kornspan.S ,Alan (2009), Fundamentals of sports and exercise psychology, Human kinetics.
- 5.Rober, Weinberg.S &Gould ,Daniel (2011), Foundations of sports and exercise psychology (Fifth edition), Human kinetics.
- 6.Andrew, Lane. M (2016), Sports and exercise psychology, Routledge Taylor and Francis group.

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

SEMESTER-III

BSc-PE-DSC-9(4)-:PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION AND SPORTS

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSC-9(4) PROFESSIONAL PREPARATION AND CAREER AVENUES IN PHYSICAL EDUCATION AND SPORTS	4	3	0	1	Class XII pass	Nil

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Learning Objectives:

1. To develop an understanding of professional preparation in physical education.
2. To develop skills to meet professional requirements.
3. To understand the need for professional development.
4. To acquire skills and competencies for professional development.

Learning Outcomes: After completion of the course the student will -

1. Understand professional preparation in physical education, comparing perspectives from pre- and post-independence India and other countries.
2. Apply the knowledge of the foundation, objectives, and characteristics of professional preparation in preparing programs, courses available in physical education and sports
3. Understand the role of physical education teachers and institutes.
4. Define and understand concepts such as profession, professional, and professionalism in physical education, explore career avenues at different educational levels, and apply learning through practical activities like case studies and surveys.

THEORY SYLLABUS (45 HOURS)

UNIT-I HISTORICAL PERSPECTIVE (10 HOURS)

1. Professional Preparation in India
2. Pre-Independence perspective
3. Post-Independence perspective

UNIT-II PROFESSIONAL PREPARATION PROGRAMMES (12 HOURS)

1. Foundation: need, objectives, and characteristics of professional preparation programs
2. Courses available in physical education and sports
3. Role of physical education teachers and institutes in professional preparation programs

UNIT-III PHYSICAL EDUCATION AND PROFESSIONALISM (11 HOURS)

1. Concept and meaning of Profession, Professional and Professionalism
2. Physical education as a profession

UNIT-IV CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS (12 HOURS)

1. Career avenues after certificate course, diploma, under-graduation and post-graduation, and research degrees.
2. Planning for a career: self-assessment, motivational dynamics, decision-making, counseling, and guidance
3. Challenges and opportunities in physical education
4. Inter-relationships among various careers in physical education and sports

PRACTICAL SYLLABUS (30 HOURS)

1. Case study on National Sports Policy
2. Case study on National Education Policy highlighting the role of physical education.
3. A Survey on current job avenues with certificate courses, diploma courses, under-graduation degrees, post-graduation degrees, and doctoral degrees in physical education.

SUGGESTED READINGS:

1. Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, 2004 Professional Preparation and Curriculum Designing Physical Education & Sports Sciences, New Delhi, Friends Publications,.
2. Sandhu Kiran, 2004. Professional Preparation and Career Development in Physical Education, New Delhi, Friends Publications,.
3. Sandhu Kiran 2006, Trends and Development in Professional Preparation in Physical Education, New Delhi, Friends Publication,.
4. Zeigler E.F, 2007 Professional and Scholarly Foundation of Physical Education and Kinesiology, Sports Educational Technologies,.
5. Gupta, Rakesh (2017), Curriculum design, Friends publications.
6. Sharma, J.P (2005), Curriculum design in Physical education, Khel Sahitya Kendra.
7. James, Jose (2005) Curriculum design in Physical education and sports, Friends publications.

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