

Physical education -1

Unit-1

Fundamentals of Physical Education:

1. Meaning and definition of physical education.
2. Aim and objective of physical education.
3. Definition, meaning and concept of Health and Health education
4. Dimension of Health and wellness.

Unit-II

Anatomy and physiology

1. Introduction to Cell structure and function.
2. Fundamentals of body system : Circulatory System, Respiratory System and Digestive System.
3. Meaning of Concept Posture.
4. Digestive system: Structure and function , essential food elements, carbohydrate, protein and fat, Balance diet.

Unit-III

Management of Physical education.

1. phase of management: Planning, Organisation, Staffing, Directing, Co-ordinating, Supervision, Concept of budget.
2. Types of tournament, Methods of preparing fixture: Single knockot, Single League.
3. Concept of ground, court and field: track and field, Football, Volleyball, Basketball, badminton, kabadi, Kho-kho, Hockey, Cricket, Swimming Pool.

Practical:

1. Track and field: Running event, Relay race, Walking.
2. Formal Activity: Callisthenics, Drills and marching
3. Yogasana
4. i. Standing Asana: Tadasana, Trikonasana, Urdhahastotanasana, Vrikshasana, Ardhanakrasna, Padhastanasana, Ashwasthasana
ii. Sitting Asana: Padmasana, Vakrasana, Ardhamatsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Ushtrasana, Shasankasana, Gomukhasana, Mandukasana, Bhadrasana, Singhasana
iii. Prone Lying Asana: Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
iv. Supine Lying Asana: Pawanmuktasana and its variation ,setubandhasana, sarvangasana, Ardhahalasana, Utanpadasana, Halasana, Naukasana , Cakrasana, Markatasana, Shavasana
v. Yogic SukshmaVyayama, ShulaVyayama and Surya Namaskar
Yogic Sukshmayyama
Yogic ShulaVyayama
Surya Namaskara

Reference:

1. Essential of Physical Education- Ajmer Singh
2. Health Education and Hygiene- Rai B. C.
3. Principles of Physical Education- Kamlesh M.L.

4. Management of Sports Physical Education-
5. Adhunik Sarir Shikhya ki Itihas- P.N. Saha