

5th Sem

Socio-Psychological Foundation of Physical Education

Socio-Psychological Foundation of Physical Education														
Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	Marks				
			(Hrs)			Credits				T	T	P	P	Total
Core Course(s)														
CC-A5	Socio-Psychological Foundation of Physical Education		2		4	2		2	4	15	35	15	35	100

Internship is to be done during summer break after 4th Sem, Marks will be added in 5th Sem

For Paper Setter:- Set Eight questions in all. Question one is small answer type questions from all the units. Each question carries seven marks.

For Students:- Attempt any five questions. Question one is compulsory. All questions carries equal marks.

Unit – I: Introduction to Socio-Psychological Foundations

- Meaning and Definition of **Sociology** and **Psychology**
- Meaning and Importance of Socio-Psychological Foundations in Physical Education
- Relationship between Physical Education, Sociology, and Psychology
- Meaning and concept of Personality Development in Physical Education
- Social Values and Ethics in Sports and Physical Education

Unit – II: Sociological Foundation of Physical Education

- Meaning, Definition and Importance of Sociology
- Agencies of Socialization: Family, School, Peer Group, Media
- Sports as a Cultural Phenomenon
- Social Stratification and Inequality in Sports (Gender, Caste, Economic Status)
- Leadership in Physical Education and Sports
 - Types of Leadership: Autocratic & Democratic
 - Qualities of a Good Leader

Unit – III: Psychological Foundations of Physical Education

- Meaning and Definition of Sports Psychology
- Meaning and Definition of Learning Process in Physical Education
 - Laws of Learning
 - Types of Learning
- Motivation in Sports
 - Intrinsic and Extrinsic Motivation
- Role of Emotion, Stress, and Anxiety in Sports Performance
- Meaning and Definition of Personality and its Types in Sports

Unit – IV: Group Dynamics and Behaviour in Sports

Zakeer Hussain

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Faculty of Humanities
Gurugram University Gurugram

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- Meaning and Types of Groups in Physical Education
- Group Cohesion and Team Building
- Cooperation, Competition, and Conflict in Sports
- Role of Audience and Crowd Behaviour in Sports
- Psychological Preparation of Athletes
- Mental Training Techniques (Goal Setting, PMR Relaxation, Visualization)

Practical/Assignments Work

- Case study on team behaviour
- Observation of leadership qualities during sports events – leadership scale for sports
- Survey on motivation levels among students – sports motivation scale
- Report on social issues in sports (any two)

Suggested Books:

1. **Socio-Psychological Foundation of Physical Education** = Authors: Prof. Monika Verma, Dr. Surjeet Neema friendspublicationsindia.com
2. **History, Principles and Foundation of Physical Education** = Author: Dr. Mandeep Singh Nathial Google Books
3. **Foundation of Physical Education** = Authors: Jaswinder Singh, Kulbeer Singh ibpbooks.com
4. **History, Foundation of Physical Education and Educational Psychology** = Authors: C.S. Tomar, Piyush Jain AbeBooks
5. **Sports Psychology** = Authors: Dr. S. Velkumar, Dr. P. Muthuveera, Dr. J. Suresh, Dr. M. Sathish Dr.BGR Publications
6. **Foundations of Physical Education** = Authors: Dr. G. Kanagaraj, Dr. R. Petchimuthu, Dr. M. Syed Ali, Dr. P. Manikandan Dr.BGR Publications
7. **Methods in Physical Education** = Authors: (Late) Dr. M. S. Sangral, Dr. M. L. Kamlesh sportspublication.net

6th Sem

Organization and Management of Physical Education

Organization and Management of Physical Education														
Course Code	Course Title	Course ID	L	T	P	L	T	P	Credits	Marks				
			(Hrs)			Credits				T	T	P	P	Total
Core Course(s)														
CC-A6	Organization and Management of Physical Education		2		4	2		2	4	15	35	15	35	100
The curriculum of Semester 7 and 8 will be provided in the following manner:														

The curriculum of Semester 7 and 8 will be provided in due course of time

For Paper Setter:- Set Eight questions in all. Question one is small answer type questions from all the units. Each question carries seven marks.

For Students:- Attempt any five questions. Question one is compulsory. All questions carries equal marks.

Unit – I: Introduction to Organization and Management in Physical Education

- Meaning and Definition of Organization and Management
- Importance and Principles of Organization and Management in Physical Education
- Scope of Physical Education in Schools, Colleges, and Community
- Aims and Objectives of Physical Education Programmes
- Functions of Sports Management: Planning, Budgeting, Organizing, Staffing, Directing, Controlling

Unit – II: Organization of Physical Education Programmes

- Meaning definition and concept of Curriculum in Physical Education
- Time Table Management in Schools and Colleges
- Organization of Intramural and Extramural Activities
- House System and its Importance
- Organization of Sports Competitions and Tournaments
 - Knock-out
 - League
 - Combination Tournaments

Unit – III: Facilities, Equipment, and Budget Management

- Planning and Construction of Playfields – Athletics, Basketball, Badminton, Cricket, Kabaddi, Kho-Kho, Handball, Hockey, Football, Volleyball
- Care, Maintenance, and Storage of Equipment
- Purchase Procedures and Stock Register Maintenance
- Budgeting in Physical Education
 - Preparation of Budget
 - Sources of Funds
- Safety Measures and Risk Management in Physical Education

Unit – IV: Administration, Leadership, and Public Relations

- Qualities and Role of Physical Education Teacher/Director
- Leadership in Physical Education and Sports
 - Types and Styles of Leadership
- Public Relations in Physical Education
 - Role of Media and Community Support
- Organization of Sports Events
 - Duties of Officials
 - Ceremonies (Opening and Closing)

Practical/Assignments Work

- Prepare a Physical Education time-table for a school/college
- Draw layouts of standard playfields
- Organize a mock sports event/tournament
- Prepare a sample budget for sports activities
- Maintain a model stock register

Suggested Books

- "Organization and Administration of Physical Education" – Dr. R.K. Sharma
- "Physical Education: Organization and Management" – Dr. S.K. Uppal
- "Principles of Physical Education" – Dr. A.K. Uppal & G.P. Sharma
- "Sports Management" – Dr. M.L. Kamlesh
- "Khel Prabandhan" (Hindi) – Dr. S.K. Gupta

5th Sem

Course Code	Course Title	Course ID	Health and Safety Education														
			L	T	P	L	T	P	Credits	Marks							
			(Hrs)			Credits				TI	TE	PI	PE	Total			
Core Course(s)																	
	Health and Safety Education		2		4	2		2	4	15	35	15	35	100			
VOC-2	One from Pool								4					100			

For Paper Setter:- Set Eight questions in all. Question one is small answer type questions from all the units. Each question carries seven marks.

For Students:- Attempt any five questions. Question one is compulsory. All questions carries equal marks.

Unit – I: Introduction to Health Education

- Meaning and Definition of Health, Health Education, and Safety Education
- Dimensions of Health: Physical, Mental, Social, Emotional, and Spiritual
- Importance of Health Education in Physical Education and Society
- Determinants of Health: Heredity, Environment, Lifestyle, Healthcare Services
- Personal Hygiene and Healthy Living Habits

Unit – II: Community Health and Social Aspects

- Concept of Community Health and Public Health
- Role of Family, School, and Community in Health Promotion
- Meaning Definition of Nutrition and Balanced Diet
 - Components of Diet – Micro, Macro
 - Malnutrition and its Effects
- Communicable and Non-Communicable Diseases
 - Causes, Prevention, and Control
 - Modes of Transmission
- Social Health Problems: Drug Abuse, Alcoholism, Smoking

Unit – III: Safety Education and Accident Prevention

- Meaning and Importance of Safety Education
- Types and Causes of Accidents in Daily Life and Sports
- Safety Measures in Schools, Playgrounds, and Sports Activities

- First Aid and Emergency Care
 - Principles of First Aid
 - Treatment of Common Injuries (Fractures, Sprains, Cuts, Burns)
- Disaster Management
 - Types of Disasters (Natural and Man-made)
 - Basic Preparedness and Response

Unit – IV: Health Services, Environment, and Wellness

- Health Services and Agencies
 - Role of Government and NGO's, WHO, UNICEF, Red Ribbon
- Environmental Health
 - Pollution (Air, Water, Noise) and its Effects
- School Health Programme
 - Objectives and Components
- Wellness and Lifestyle Management
 - Stress Management
 - Yoga and Physical Activity for Health
- Health Education Programmes and Awareness Campaigns

Practical/Assignments Work

- Prepare a balanced diet chart for different age groups
- Demonstration of First Aid techniques
- Survey on health habits of students
- Organize a health awareness programme
- Report on environmental health issues in the local area

Suggested Books

- "Health Education and Physical Education" – Dr. S.K. Uppal
- "School Health Education" – Dr. B.K. Mahajan
- "Health and Physical Education" – Dr. A.K. Uppal
- "First Aid and Safety Education" – Dr. R.K. Sharma
- "Yoga and Health" – Dr. M.L. Gharote

6th Sem

Life Style Management

Course Code	Course Title	Course ID	Life Style Management											
			L	T	P	L	T	P	Credits	Marks				
			(Hrs)			Credits				T	T	P	P	Total
Core Course(s)														
	Life Style Management		2		4	2		2	4	15	35	15	35	100
VOC-3	One from Pool								4					100

For Paper Setter:- Set Eight questions in all. Question one is small answer type questions from all the units. Each question carries seven marks.

For Students:- Attempt any five questions. Question one is compulsory. All questions carries equal marks.

Unit – I: Introduction to Lifestyle Management

- Meaning and Definition of Lifestyle and Lifestyle Management
- Importance of Healthy Lifestyle in Modern Society
- Components of Lifestyle: Physical, Mental, Social, Emotional, and Spiritual
- Factors Influencing Lifestyle: Culture, Family, Media, Environment
- Role of Physical Education in Promoting Healthy Lifestyle

Unit – II: Physical and Nutritional Aspects of Lifestyle

- Meaning and Concept of Physical Fitness and Wellness
- Components of Physical Fitness
- Role of Exercise and Physical Activity in Daily Life
- Factors affecting Physical Fitness

Unit – III: Mental and Social Well-being

- Mental Health and Hygiene
- Stress and Stress Management Techniques
 - Relaxation Techniques, Meditation, Yoga
- Time Management and Work-Life Balance
- Social Relationships and Interpersonal Skills
- Impact of Technology and Social Media on Lifestyle

Unit – IV: Healthy Practices and Behavioural Change

- Personal Habits and Behaviour Modification
- Substance Abuse and its Prevention (Drugs, Alcohol, Tobacco)
- Sleep and Rest for Healthy Living
- Health Promotion Strategies and Lifestyle Modification Programmes

Practical/Assignments Work

- Prepare a personal fitness and lifestyle plan
- Maintain a daily health diary (diet, exercise, sleep)
- Conduct a survey on lifestyle habits of students
- Demonstration of yoga/meditation practices
- Case study on lifestyle disorders

Suggested Books

- "Health and Physical Education" – Dr. A.K. Uppal
- "Lifestyle Management" – Dr. S.K. Uppal
- "Yoga, Health and Physical Education" – Dr. M.L. Gharote
- "Wellness and Fitness" – Dr. R.K. Sharma

- "Applied Nutrition and Dietetics" – Dr. Srilakshmi

6th Sem

Game Officiating

Course Code	Course Title	Course ID	Game Officiating						Credits	Marks				
			L	T	P	L	T	P		TI	TE	PI	PE	Total
			(Hrs)			Credits								
Core Course(s)														
	Game Officiating		1		4	1		2	3	15	35	5	20	75
SEC-3	One from Pool								3					75

For Paper Setter:- Set Eight questions in all. Question one is small answer type questions from all the units. Each question carries seven marks.

For Students:- Attempt any five questions. Question one is compulsory. All questions carries equal marks.

Unit – I: Introduction to Officiating

- Meaning and Definition of Officiating
- Importance of Officiating in Sports
- Qualities and Responsibilities of Officials
- Ethics and Code of Conduct for Officials
- Basic Knowledge of Rules and Regulations in Games and Sports
- Role of Officials in Maintaining Fair Play and Discipline

Unit – II: Duties and Functions of Officials

- Pre-game, During-game, and Post-game Duties
- Decision-making and Judgment Skills
- Use of Whistle, Flags, and Other Equipment
- Coordination among Officials (Referee, Umpire, Judges, Timekeepers, Scorers)
- Handling Protests and Disputes

Unit – III: Rules and Officiating in Major Games

- Basic Rules, Terminology, and Officiating Techniques of your choice
- Standard Signals Used in Games
- Score-Sheets, Scoring Systems and Match Procedures

Unit – IV: Technology, Evaluation, and Practical Aspects

- Use of Technology in Officiating
 - Video Replay Systems, Decision Review Systems
- Evaluation and Training of Officials
- Organization of Officiating Clinics and Workshops
- Career Opportunities in Officiating
- Practical Officiating
 - Conducting Matches

- Preparation of Score Sheets and Reports

Practical/Assignments Work

- Demonstration of signals for different games
- Officiating practice in inter-class matches
- Preparation of score sheets for various games
- Case study on controversial decisions in sports
- Organizing a mini sports competition with officiating roles

Suggested Books

- "Officiating and Coaching" – Dr. S.K. Uppal
- "Rules and Officiating in Sports" – Dr. R.K. Sharma
- "Khel Niyam Evam Nirnay" (Hindi) – Dr. S.K. Gupta
- "Sports Officiating" – Dr. M.L. Kamlesh
- "Physical Education and Sports" – Dr. A.K. Uppal