

COOCH BEHAR PANCHANAN BARMA UNIVERSITY



Syllabus of 3-Year Degree / 4-Year Honours Course in
PHYSICAL EDUCATION

Under Curriculum & Credit Framework for Under Graduate Programme
(CCFUP) as per NEP-2020
w.e.f. *Academic Session* 2023-2024

3year -132

4 Year without Research Total Credit- 186

4 Year UG Degree Honours with Research - 180

CBPBU_NCCF_Course Structure_2023-24

1ST YR				2ND YR				3RD YR				4TH YR				4TH YR (WITH RESEARCH)								
IST SEM	C	2ND SEM	C	3RD SEM	C	4TH SEM	C	5TH SEM	C	6TH SEM	C	7TH SEM	C	8TH SEM	C	7TH SEM	C	8TH SEM	C					
Major-1	6	Major -2	6	Major-3	6	Major-5	6	Major-7	6	Major-10	6	Major -13	6	Major-17	6	Major -13	6	Major-15	6					
Minor-1	6	Minor-2	6	Major-4	6	Major-6	6	Major-8	6	Major-11	6	Major-14	6	Major-18	6	Major-14	6	Major-16	6					
MDC-1	3	VAC-1	3	Minor-3	6	Minor-4	6	Major-9	6	Major-12	6	Minor-5	6	Minor-6	6	Minor-5	6	Minor-6	6					
SEC-1	3	SEC-2	3	SEC-3	3	AEC-2	4	MDC-3	3	VAC-2	3	Major-15	6	Major-19	6	Research-1	6	Research-2	6					
AEC-1	4	INTRN	4	MDC-2	3							Major-16	6											
	22		22		24		22		21		21		30		24		24		24					
		44			46				42				54				48							
132 (3 Year)																								
186 (4 Year)																								
180 (4 Year with Research)																								

➤ **DISCIPLINARY MAJOR (HONOUS SUBJECT) = Major (MAJOR)**

It is the discipline or subject of main focus and the degree will be awarded in that discipline. Students should secure the prescribed number of credits (about 50% of total credits) through core courses in the major discipline.

- 16 Major papers (2 in 1st year, 4 in 2nd year, 6 in 3rd year, 4 in 4th year) & additional 3 Major papers, only for those who will not take Research paper in 4th year.

Thus, 4Year UG Degree with Research will have 16 Major subjects & 4Year UG Degree without Research will have 19 Major subjects

➤ **MINOR= Minor (MINOR)- To gain a broader understanding beyond the major discipline**

Students need to choose any two Minor Discipline/Subjects, each comprising of 3 papers(Two Minors in 1st year, two in 2nd Year and two in 4th Year)

- Each Minor discipline will have 3 papers, follow the below mentioned minor subject combinations:

Semester	Course Type	Level	Name of the Course	Credit	Lect.	Tuto.	Pract./Viva	Full Marks	Distribution of Marks				
									Theory	Pract./Tuto./ Viva-voce	PROJECT	I. A/ C.E	Attendance
I	Major Course	100-199	History and Foundation of Physical Education and Sports	6	4	0	2	100	50	25	10	10	5
	Minor Course	100-199	(Course of any allied subject for the students other than with Major Physical Education and Sports) History and Foundation of Physical Education and Sports	6	4	0	2	100	50	25	10	10	5

Semester	Course Type	Level	Name of the Course	Credit	Lect.	Tuto.	Pract./Viva	Full Marks	Distribution of Marks				
									Theory	Pract./Tuto./ Viva-voce	PROJECT	I. A/ C.E	Attendance
II	Major Course	100 - 199	Management of Physical Education and Sports	6	4	0	2	100	50	25	10	10	5
	Minor Course	100 - 199	(Course of any allied subject for the students other than with Major Physical Education and Sports) Management of Physical Education and Sports	6	4	0	2	100	50	25	10	10	5

SEMESTER- I

Course Title: **History and Foundation of Physical Education and Sports**

Course Type: **Major** Credit: 6 (Lect.- 4 & Pract.-2)

Full Marks- 100 (Theory: 50, Practical: 25, Project, 10 & Internal Assessment 10 and Attendance 5)

Objectives:

- i. Students may understand the historical development and the concept of Physical Education and Sports.
- ii. Students may learn the Philosophical, Biological and Sociological foundations of this subject.

Outcomes:

- i. Students may know a strong background in Physical Education and Sports.
- ii. This subject may generate vibration for further development of Physical Education and Sports.

UNIT- 1: Concept of Physical Education and Sports

- 1.1 Meaning, Definition and Scopes of Physical Education and Sports.
- 1.2 Misconceptions and Modern concept of Physical Education and Sports.
- 1.3 Aim, Objectives and Importance of Physical Education and Sports.
- 1.4 Concept of Play, Games and Sports; Physical Education and Sports as a Profession.

UNIT- 2: Historical Development of Physical Education and Sports

- 2.1 Historical development of Physical Education and Sports in India- Pre & Post Independence period
- 2.2 Contribution of Akhadas, Vyayamshalas and National Institutes of Physical Education in India.
- 2.3 National Sports Awards: Major Dhyana Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Major Dhyana Award, Maulana Abul Kalam Azad Trophy.
- 2.4 Contribution of Eminent Physical Educationists: J.F. Gustmuth, H.C, Buck, James Buchanan, Baron Pierre de Coubertin Swami Vivekananda.

UNIT- 3: Olympic Movement, Commonwealth and Asian Games

- 3.1 Ancient Olympic Games.
- 3.2 Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes, Olympic Village; Opening, Victory and Closing Ceremony.
- 3.3 Historical background of Commonwealth and Asian Games.
- 3.4 Indian Success in Asian Games, Commonwealth Games and Olympic games in the last decade.

UNIT- 4: Foundation & Principles of Physical Education and Sports Science

- 4.1 Philosophical Foundation in Physical Education and Sports: Idealism, Realism, Pragmatism and Naturalism.
- 4.2 Biological Foundation: Meaning and Principles of growth and development, Factors affecting growth and development, Differences between growth and development.
- 4.3 Meaning of Body Types, Classification of Sheldon's Body types, Age and Sex difference in relation to physical activities; Age: Chronological age, Anatomical & Physiological age and Mental age.
- 4.4 Sociological Foundation: Meaning and concept of Sociology, Society and Socialization. Role of games and sports in National and International Integration, Sports Ethics.

Field Practical (Preparation of Record Books is Compulsory)

- | | |
|-----------------------------------------------------------------------------|------------|
| 1. Formal Activities (Marching) | (Marks- 5) |
| 2. Callisthenic activities minimum 5 exercises (with and without apparatus) | (marks-10) |
| 3. Aerobic activities (Minimum 5 Series of activities) | (marks-10) |

Suggested Reading:

1. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
3. Lau, S.K. (1999) Great Indian Players, New Delhi, Sports.
4. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
5. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
6. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
7. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
8. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
10. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
11. Kansal, D.K. (2012) A Practical Approach to Test Measurement and Evaluation Sports and Spiritual Science Publication, New Delhi.
12. Sharma, N.P.(2009), Sports History, KSK Publisher & Distributors, New Delhi – 110002 14.
13. Bhattacharyya, A.K. (2012), Dimensions of Physical Education: Principles, Foundations Interpretations, Classique Books, Kolkata-12
14. কর শুভ্রত, শারীরশিক্ষার ভিত্তি ও ইতিহাস, ক্লাসিক বুকস, কলকাতা - ১২
15. কর শুভ্রত এবং মন্ডল, ইন্দ্রনীল (২০১০) উচ্চতর শারীরশিক্ষা, শারীরশিক্ষা প্রকাশনী, শিউড়ি বীরভূম ।

SEMESTER- I

Course Title: Foundation and History of Physical Education and Sports

Course Type: Minor-1 (Code: PEDS1021)

Credit: 6(Lect.- 4 & Pract.- 2)

Full Marks- 100 (Theory: 50, Practical: 25, Project, 10 & Internal Assessment 10 Attendance 5)

Objectives:

- i. Students may understand the historical development and the concept of Physical Education and Sports
- ii. Students may learn the Philosophical, Biological and Sociological foundations of this subject.

Outcomes:

- iii. Students may know a strong background in Physical Education and Sports
- iv. This subject may generate vibration for further development of Physical Education and Sports

UNIT- 1: Concept of Physical Education and Sports

- 1.1 Meaning, Definition and Scopes of Physical Education and Sports.
- 1.2 Misconceptions and Modern concept of Physical Education and Sports.
- 1.3 Aim, Objectives and Importance of Physical Education and Sports.

UNIT- 2: Historical Development of Physical Education and Sports

- 2.1 Historical development of Physical Education and Sports in India- Pre & Post Independence period.
- 2.2 Contribution of Akhadas, Vyayamshalas and National Institutes of Physical Education in India.
- 2.3 National Sports Awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Major Dhyan Award, Maulana Abul Kalam Azad Trophy.

UNIT- 3: Olympic Movement, Commonwealth and Asian Games

- 3.1 Ancient Olympic Games.
- 3.2 Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes, Olympic Village; Opening, Victory and Closing Ceremony.
- 3.3 Historical background of Commonwealth and Asian Games.

UNIT- 4: Foundation & Principles of Physical Education and Sports Science

- 3.1 Biological Foundation: Meaning Definition and Principles of growth and development, Differences between growth and development.
- 3.2 Classification of Seldon's Body types, Age and Sex difference in relation to physical activities; Age: Chronological age, Anatomical & Physiological age and Mental age.
- 3.3 Sociological Foundation: Meaning and concept of Sociology, Society and Socialization. Role of games and sports in National and International Integration.

Field Practical (Preparation of Record Books is Compulsory)

- i. Formal Activities (Marching)
- ii. Callisthenic activities minimum 5 exercises (with and without apparatus)
- iii. Aerobic activities (Minimum 5 Series of activities) (marks-25)

Suggested Reading:

16. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
17. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
18. Lau, S.K. (1999) Great Indian Players, New Delhi, Sports.
19. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
20. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
21. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
22. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
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24. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
25. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
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27. Sharma, N.P.(2009), Sports History, KSK Publisher & Distributors, New Delhi – 110002 14.
28. Bhattacharyya, A.K. (2012), Dimensions of Physical Education: Principles, Foundations Interpretations, Classique Books, Kolkata-12
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30. কর শুভব্রত এবং মন্ডল, ইন্দ্রনীল (২০১০) উচ্চতর শারীরশিক্ষা, শারীরশিক্ষা প্রকাশনী, শিউড়ি বীরভূম ।

SEMESTER- II

Course Title: **Management of Physical Education and Sports**

Course Type: **Major-2** Credit: 6 (Lect.- 4 & Pract.- 2)

Full Marks- 100 (Theory: 50, Practical: 25, Project:10 & Internal Assessment 10 and attendance 5)

Course Outcome-

- 1) Know sports management and employ principles of strategic planning, and financial and human resource management.
- 2) Assess marketing needs and formulate short-term long terms solutions.
- 3) Develop critical thinking in analysing sports management issues and in managerial planning and decision.
- 4) Able to organize Tournament and activities.

Unit-I: Introduction

- 1.1 Meaning, Definition and Importance of Management and Sports Management.
- 1.2 Scope, Principles of Sports Management in the Field of Physical Education and Sports.
- 1.3 Aims, and Objectives of Intramural and Extramural Competition.
- 1.4 Management of events, Equipment and Play Fields in Physical Education and Sports.

Unit-II: Leadership in Physical Education and Sports

- 2.1 Meaning, Definition and Elements of Leadership.
- 2.2 Importance and Principles of Leadership.
- 2.3 Form of Leadership (Autocratic, Laisser-faire, Democratic, Benevolent Dictator and qualities of administrative Leader.
- 2.4 Method of Development Organizational Leadership Performance.

Unit-III: Management of Sports Programs and Tournament

- 3.1 Management of Physical Education Programs and Games & Sports Meets in School, College and University.
- 3.2 Concept of Management Planning and Factors Affecting Planning.
- 3.3 Meaning, Definition, Importance and Types of Tournaments and Procedure of Drawing Fixture.
- 3.4 Merit and demerit of Knock-out, League and Combination Tournaments.

Unit-IV: Financial Management

- 4.1 Financial Management in Physical Education and Sports in School, College and University.
- 4.2 Meaning, Definition, Importance and criteria of a good Budget in Physical Education and Sports, Steps for preparing a good Budget in Physical Education and Sports.
- 4.3 Time Table: Meaning, Definition, Importance and Principles of Time Table.
- 4.4 Sports Sponsorship: Meaning, Aim, Objective, Trends and Management Process of Sports Sponsorship.

Field Practical (Preparation of Record Books is Compulsory)

Yoga: 1. Surya Namaskar (12 Steps)

2. Asana, (Standing, Sitting, Lying and Inversion,) (any one from each Position)

3. Pranayama (Any two)

4. Kriyas. (Any One)

(Marks- 25)

SUGGESTED READING:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2. Nada, S.M. ports management, Friend Publication, New Delhi.
3. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
4. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
5. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
6. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
7. Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
8. Tirunaryanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
9. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
10. Singh, A. et al. (2010) Essential of Physical Education. Kalyani Publishers.
11. Kar, S & Santra. D.C. (2018): Satak Saririksha Porichaya (Vol.-1), Santra Publication, Kolkata.

SEMESTER- II

Course Title: **Management of Physical Education and Sports**

Course Type: **Minor-2** Credit: 6 (Lect.- 4 & Pract.- 2)

Full Marks- 100 (Theory: 50, Practical: 25, Project:10 & Internal Assessment and attendance 5: 15)

Course Outcome-

1. Know sports management and employ principles of strategic planning, and financial and human resource management.
2. Assess marketing needs and formulate short-term long terms solutions.
3. Develop critical thinking in analysing sports management issues and in managerial planning and decision.
4. Able to organize Tournament and activities.

Unit-I: Introduction

- 1.1. Meaning, Definition and Importance of Management and Sports Management.
- 1.2. Scope, Principles of Sports Management in the Field of Physical Education and Sports.
- 1.3. Aims, and Objectives of Intramural and Extramural Competition, Management of Play Fields in Physical Education and Sports.

Unit-II: Leadership in Physical Education and Sports

- 2.1 Meaning, Definition and Importance and Principles of Leadership.
- 2.2. Form of Leadership (Autocratic, Laisser-faire, Democratic, Benevolent Dictator and qualities of administrative Leader.
- 2.3 Method of Development Organizational Leadership Performance.

Unit-III: Management of Sports Programs and Tournament

- 3.1 Management of Physical Education Programs and Games & Sports Meets in School, College and University.
- 3.2 Meaning, Definition, Importance and Types of Tournaments and Procedure of Drawing Fixture.
- 3.3 Merit and demerit of Knock-out, League and Combination Tournament.

Unit-IV: Financial Management

- 4.1. Meaning, Definition, Importance and criteria of a good Budget in Physical Education and Sports. Steps for preparing a good Budget in Physical Education and Sports.
- 4.2. Time Table: Meaning, Definition, Importance and Principles of Time Table.
- 4.3. Sports Sponsorship: Meaning, Aim, Objective, Trends and Management Process of Sports Sponsorship.

Field Practical (Preparation of Record Books is Compulsory)

Yoga: 1. Surya Namaskar (12 Steps)

2. Asana, (Standing, Sitting, Lying and Inversion,) (any one from each Position)

3. Pranayama (any two)

(Marks- 25)

SUGGESTED READING:

12. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
13. Nada, S.M. sports management, Friend Publication, New Delhi.
14. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
15. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
16. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
17. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
18. Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
19. Tirunaryanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
20. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
21. Singh, A. et al. (2010) Essential of Physical Education. Kalyani Publishers.
22. Kar, S & Santra. D.C. (2018): Snatak Saririksha Porichaya (Vol.-1), Santra Publication, Kolkata.

Physical Education and Sports

Semester-1

Multi-Disciplinary Course (MDC)- 1

Course Title: Introduction of Physical Education and Sports

Total Credit: 3

Objectives:

- i. Students may understand the historical development and the concept of Physical Education and Sports.
- ii. Students may learn the Philosophical, Biological and Sociological foundations of this subject.

Outcomes:

- i. Students may know a strong background in Physical Education and Sports.
- ii. This subject may generate vibration for further development of Physical Education and Sports.

Theory Part:

UNIT- 1: Concept of Physical Education and Sports

- 1.1 Meaning, Definition, Importance of Physical Education and Sports. Aim, Objectives & Scope of Physical Education & Sports.
- 1.2 Misconceptions and Modern concept of Physical Education and Sports
- 1.3 Need and Importance of Physical Education and Sports in Modern Society.

UNIT- 2: Historical Development of Physical Education and Sports

- 2.1 Historical development of Physical Education and Sports in India- Pre & Post Independence period
- 2.2 National Sports Awards- Arjuna Award, Dronacharya Award, Dhyanchand Award
- 2.3 Olympic Movement in India- Ancient Olympic Game & Modern Olympic Games.

UNIT- 3: Biological, Psychological and Sociological Foundation

- 3.1 Biological Principles: Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
- 3.2 Psychological Foundation- Concept of learning, Learning Curve, Laws of Learning. in Physical Education and Sports: Idealism, Realism, Pragmatism and Naturalism
- 3.3 Sociological Foundation: Meaning and definition of Sociology, Society and Socialization. Role of games and sports in National and International Integration

Suggested Reading:

31. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
32. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
33. Lau, S.K. (1999) Great Indian Players, New Delhi, Sports.
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41. Kansal, D.K. (2012) A Practical Approach to Test Measurement and Evaluation Sports and Spiritual Science Publication, New Delhi.
42. Sharma, N.P.(2009), Sports History, KSK Publisher & Distributors, New Delhi – 110002 14.
43. Bhattacharyya, A.K. (2012), Dimensions of Physical Education: Principles, Foundations Interpretations, Classique Books, Kolkata-12
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45. কর শুভব্রত এবং মন্ডল, ইন্দ্রনীল (২০১০) উচ্চতর শারীরশিক্ষা, শারীরশিক্ষা প্রকাশনী, শিউড়ি বীরভূম ।

Physical Education and Sports

Semester-3rd

Multi-Disciplinary Course (MDC) - 2

Course Title: Introduction of Physical Education and Sports

Total Credit: 3

Course Outcome-

- i. Know sports management and employ principles of strategic planning, and financial and human resource management.
- iii. Assess marketing needs and formulate short-term long terms solutions.
- iv. Develop critical thinking in analyzing sports management issues and in managerial planning and decision.
- iv. Able to organize tournament and activities.

Unit-I: Introduction

- 1.1 Meaning, Definition and Importance, Scope, Principle and Management and Sports Management of Physical Education and Sports Programs.
- 1.2 Aims, Objectives and Management of Intramural and Extramural Competition.
- 1.3 Management of events, Equipment and Play Fields in Physical Education and Sports.

Unit-II: Leadership in Physical Education and Sports

- 2.1 Meaning, Definition, Importance and Principles of Leadership.
- 2.2 Form of Leadership (Autocratic, Laisser-faire, Democratic, Benevolent Dictator and qualities of administrative Leader.
- 2.3 Development Organizational Leadership Performance.

Unit-III: Management of Sports Programs and Tournament

- 3.1 Management of Physical Education Programs and Games & Sports Meets in School, College and University.
- 3.2 Concept of Management Planning and Factors Affecting Planning.
- 3.3 Meaning, Definition, Importance and Types of Tournaments and Procedure of Drawing Fixture.

SUGGESTED READING:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2. Nada, S.M. ports management, Friend Publication, New Delhi.
3. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Lolis: The C.V. Hosby Co.
4. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
5. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depo.
6. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
7. Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
8. Tirunarayanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
9. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
10. Singh, A. et al. (2010) Essential of Physical Education. Kalyayani Publishers.
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