



# COOCH BEHAR PANCHANAN BARMA UNIVERSITY

PANCHANAN NAGAR, VIVEKANANDA STREET, COOCH BEHAR – 736101

---

## 4 Year Under Graduate Degree (Honours) In Physical Education

### 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

**Course: *Minor1***

**Paper Name:**History and Foundation of Physical Education and Sports

**Paper Code:** PED-MIN1

### **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)



# COOCH BEHAR PANCHANAN BARMA UNIVERSITY

PANCHANAN NAGAR, VIVEKANANDA STREET, COOCH BEHAR – 736101

---

## References:

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. LloihEa, nlllφnrjl φiφš J Cφaqjp, LÓjφpLhφLp, LmLja; -12
15. LloihEaHhwjäm, C³cÊe£m (2010) EµQalnlllφnrj, nlllφnrj fËLjne£, φnEφshlii” z



# COOCH BEHAR PANCHANAN BARMA UNIVERSITY

PANCHANAN NAGAR, VIVEKANANDA STREET, COOCH BEHAR – 736101

---

## 4 Year Under Graduate Degree (Honours) In Physical Education

### Course Outcome:

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

*Course:Minor2*

**Paper Name:Management of Physical Education and Sports**

**Paper Code: PED-MIN2**

### 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)



# COOCH BEHAR PANCHANAN BARMA UNIVERSITY

PANCHANAN NAGAR, VIVEKANANDA STREET, COOCH BEHAR – 736101

---

## References:

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. Cassidly, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
5. Pandy, L.K. (1977). Methods in Physical Education. Delhe: Metropolitan Book Depo.
6. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education.  
7. Amaravati: Shakti Publication.
8. Thomas, J. P.(1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
9. Tirunarayanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
10. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
11. Singh, A. et al. (2010) Essential of Physical Education. Kalyayani Publishers.
12. Kar, S & Santra. D.C. (2018): Snatak Sarirsiksha Porichaya (Vol.-1), Santra Publication, Kolkata.