

Course Code	Course Name	Credits
26PE001	History and foundation of physical education	04

Course Objectives

- Introduce the concepts, scope, and importance of Physical Education in holistic development.
- Explain the nature of Physical Education and its interdisciplinary links with allied sciences.
- Examine the role of anatomy, physiology, biomechanics, and psychology in physical performance.
- Explore the historical development of Physical Education and the evolution of the Olympic Games.
- Assess the role of sports institutions, awards, and competitions in promoting sports culture.
- Understand learning theories and their application in physical training and skill development

Learning Outcomes

Upon successful completion of this course it is intended that a student will be able to:

- Define key concepts of education, physical education, training, and physical culture.
- Explain the multidimensional development achieved through Physical Education.
- Apply principles of allied sciences to enhance physical activity and performance.
- Differentiate between ancient and modern Olympic Games and their key features.
- Design basic strategies using learning theories for effective physical education practices

Unit 1 - Introduction to Physical Education

Meaning and Definition of Education and Physical Education. Need, Nature and Scope of Physical Education. Physical training and Physical culture.

Unit 2-Multiple Developments and Learning - Aim and Objectives of Physical Education. Development of Physical, Cognitive, Neuromuscular, Affective, Social, Emotional, Spiritual and Recreational. Theories of Learning. Laws of Learning.

Unit 3 - Physical Education and allied Sciences – Scientific basis Physical Education. Contribution of Allied Sciences - anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology, Sociology and Computer Science.

Unit 4 Olympic - History of Physical Education in Sparta Athens and Rome. Olympic Games: Ancient, Modern - Origin- Organization and conduct of the game - Olympic Flag, Torch, Oath, Emblem and Motto, Awards, Opening & Closing Ceremony, Eligibility Criteria.

Unit 5 Sporting Institutions and Awards - Recent developments in India: SAI, NSNIS, LNIPE. Sports Academics: Awards and Scholarships: Arjuna Award, Dhronocharya Award, Rajiv Gandhi Khel Ratna Award - International and National Competitions: Asian Games, SAF, SGFI.

Reference Books:

1. Bucher, C. A. (n.d.) - Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014) - Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Dash, B.N. (2003.) –Principles of Education, Neelkamal publication, Hyderabad.
4. Kamlesh, M.L. (2002) –Sociological Foundation of Physical Education, Metropolitan Book co. Pvt. Ltd., Delhi.
5. Pandey, R.S. (1991) Philosophical & Sociological Foundation of Education, Vinod PustakMandir, Agra,.
6. Bhatia, K.K. & Narang, C.L. (1984.)– Philosophical & Sociological Bases of Education, Prakash Bros., Ludhiana.
7. Adams, William.C (1991.) – Foundation of Physical Education Exercises and Sports Science