

**VAC 105**

Course Objectives

Course Outcome

Theory

Unit — I

Unit — II Unit - III

Practical Unit - I

Unit – II

Unit - III

**Sports and Fitness**

**2 Credit**

- 1) To provide the principles of physical education and sports to the pupils for their health and wellbeing
- 2) To familiarize the students with health related activity and sports for overall growth and development and to maintain the fitness
- 3) To create a base for professionals in physical education and sports
- 4) To impart the basic knowledge and skills to teach different games
- 5) To create the opportunity to maintain the mental health and wellness

By the end of the course students will

- 1) understand the basic principles and practice of physical education and sports
- 2) be able to instruct physical activities for fitness and wellness
- 3) have knowledge about the professionalism to conduct, organise and officiate different games at schools and community level

5 Hours

History, Principles and Foundation of Physical Education & Olympic Movement, Health Education Biomechanics, Anatomy and Exercise Physiology  
Sports Management, Officiating and Coaching, Sports Nutrition Officiating and Coaching, Science of Sports training, Sports

Psychology

0 Hours

Physical Fitness, Health related fitness. Motor Fitness General conditioning, Specific conditioning, Motor Skill development

Athletics. Running events, Jumping events, Throwing Events

Basic skills of Football, Volleyball, Hockey,  
Basketball(Any two from the ball games)

Basic skills of Badminton Table Tennis  
Tennis (any two from the racquet games);  
Gymnastics Floor Exercises, Swimming:  
Free style, Breast stroke, Butterfly and  
Back stroke (any one) Tug of war, Rope  
Skipping, Yoga Asans Plank Exercise  
(any one)

Suggested Reading:

- 1 Bucher, C. A. (1983) *Foundation of physical education* St. Louis The C.V Mosby
- 2 Deshpande S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education
- 3 Mohan, V M. ( 1969). *Principles of physical education*. Delhi: Metropolitan Book Dep
4. Sharman, J. R. ( 1964). *Introduction to physical education*. New York: A.S. Barnes & Co
- 5 Gupta, A. P. (2010). *Anatomy and physiology*. Agra: Sumit Prakashan
- 6 Frank, H & Walter, H., ( 1976). *Turners school health education*. Saint Louis. The C.V. Mosby Company
7. Nemir, A. (n. d.). *The school health education* New York: Harber and Brothers
8. Daughtrey, G. & Woods, J B (1976) *Physical education and intramural programmes. organization and administration* Philadelphia U S A W B. Saunders
9. Bunn, J. W. ( 1968). *The art of Officiating sports* Englewood cliffs N.J. Prentice Hall Bunn,
10. J W. (1972). *Scientific principles of coaching* Englewood cliffs N. J. Prentice Hall Dyson,
11. Brown, F Y.(2000). *How to use yoga* Delhi: Sports Publication
- 12 Bessesen, D H (2008) Update on obesity *J Clin Endocrinol Metab* 99(6), 2027-2034
- 13 Uppal, A.K. ( 1999). *Sports Training*. New Delhi. Friends Publication
14. Pasodi, M.S, Esudas(2020) *Health and wellness* , Keerto Prakashana, Bangalore
15. Hay, J. G. & Reid. J. G. ( 1982). *the anatomical and mechanical basis of human motion*. EnglewoodCliffs, N J.. prentice Hall Inc.
16. *Health Education for school-age children — A framework* central Health Education Bureau & NCERT, New Delhi — 16
- 17 Ajmer Singh Bains Jagdish, Gill J. S. , Brar R. S (2019). *Essentials of Physical Education* New Delhi. Kalyani Publisher ISBN 978935591786