### Physical Education

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Objectives – The Student should be able:

1. To learn sports management
2. To learn the principles of sports management
3. To learn personnel management
4. To learn facilities and programme management
5. To learn accounting and budgeting of sports funds
6. To learn sports marketing
7. To learn sports strategic market management
8. To learn market awareness developing a target market strategy

MODULE I
Meaning of sports Management-principles of sports management-personnel management-Facility management -Programme Management.

MODULE II
Accounting and Budgeting:- Definition and role of accounting in the sport and fitness enterprise-Assumptions and principles of accounting-The accounting system- Depreciation-accounting for non profit organizations- Types of businesses-Cash management-Budgeting.

MODULE III
Sports Marketing:- Meaning of sport marketing-Factors involved in the marketing of sport- Strategic market management-Market awareness-developing a target market strategy-the sport product-Price-Promotion-Place-Marketing plan.

MODULE IV
Ethics:- Fundamental concepts of Ethics-Personal moral development-theories of ethics- Models of ethical analysis-Personal ethics and organizational responsibility-ethics and professionalization of sport management-Implication for sport management preparation and practice.

MODULE V
Computer Application: - Managing information of computers- using computers to help manage information- The administrative use of computers in professional sport-The administrative use of computers in college sport- sport management specific computer software.

COURSE OUTCOMES
The students shall be able to:

1. Manage sports budget, accounting, organization, administration, marketing sports goods, marketing strategy, personnel management and model of ethical analysis.

Reference:
14PHDPE002: Sports Training

Objectives – The Student should be able:

1. To understand the principles and variables of sports training
2. To develop knowledge and planning in sports training
3. To study the methods of sports training
4. To understand the importance of training load and recovery
5. To prepare various training schedules
6. To develop various motor components.

MODULE –I

MODULE –II

MODULE –III
Training for important motor components:- a) Strength: Forms of Strength, Characteristics of Strength means and methods of strength training strength training for women and children. b) Endurance; Forms of endurance, characteristics of endurance, mean and methods. c) Speed: Forms of speed – characteristics of speed – speed training mean and methods. d) Flexibility: Forms of flexibility, characteristics of flexibility, mean and methods. e) Co-ordinative abilities – (agility) eye, foot, hand co-ordination.
MODULE –IV

MODULE –V
Diet – diet for different sportsman and women, caloric requirement – diet for different seasons – doping – drugs – effects.

COURSE OUTCOMES
The students shall be able to:
1. Prepare suitable sports training programme for the individual
2. Give proper training load and recovery for an athlete
3. Prepare various training schedules for sports training
4. Evaluate motor component development after training
5. Prepare athletes for competition
6. Reference:
14PHDPE003: Fitness and Wellness

Objectives – The Student should be able:

1. Understand the concepts of fitness and wellness
2. Understand the concepts of speed, strength, endurance, flexibility, agility, etc.
3. Understand management of safety lifestyle of youth
4. Understand nutritional values of food
5. Awareness of ergogenic aids and doping

MODULE -I


MODULE -II


MODULE -III


MODULE -IV

MODULE -V

COURSE OUTCOMES
The students shall be able to:
1. Assess fitness and wellness of the individuals
2. Give proper dietary requirement of athletes
3. Give electrolyte and water replacements before, during and after competitions
4. Develop consciousness among athletes regarding nutrition, food habits, ill effects of doping, etc.

References:
3. Lederberg, J. “Health in the World of Tomorrow“, Pan American Health Organisation, Sanitary Bureau, WTO.
14PHDPE004: Yoga and Health

Objectives – The Student should be able to:

1. Understand the concepts of yoga and health
2. Understand the importance and benefits of yogic practices
3. Identify factors influencing health and wellness
4. Understand health related fitness components and assessment of them
5. Understand therapeutic benefits of yoga

MODULE -I
Yoga - Meaning – need and importance of Yoga, Historical background of yoga Types of yoga- Bhakti yoga- karma yoga- Gnana yoga- Raja yoga- Hatha Yoga- Ashtanga yoga.

MODULE -II

MODULE -III
Pranayama - Definition, aim and objective of – classification - Phases of pranayama comparison of pranayama with normal breathing and deep breathing – Respiratory factors involved in Pranayama. Kriyas - Definition, aim and objective of Kriyas- Pre-requisites and precautions in their practices - Outline of their techniques and classification

MODULE -IV
Meditation Bandhas and Mudras:- Definition, Aim and Objectives – Outline of selected Bandhas and Mudras – Role of Bandhas in different phases of pranayama – Neurophysiologic and psychophysiological mechanisms involved in Meditation, Bandhas and Mudras
MODULE -V

COURSE OUTCOMES
The students shall be able to:
1. Distinguish different asanas, pranamayas, mudras and meditation practices
2. Involve in yogic practices
3. Assess health related physical fitness
4. Prescribe yoga therapeutic practices to improve health.

References
2. Yogamimamsa, Quarterly Publication KaivalyadhamaLonavla, India.
4. Dr. Karambalkar, Therapeutic value of yoga, Kaivalyadhama, Lonavla, India.
Objectives – The Student should be able to:

1. Understand motor learning, coordination of motion and theories of learning.
2. Understand kinesthesia, proprioception & labyrinthine, receptors, reflex action & the automatizing motor skills.
3. Understand feedback, servomechanism and knowledge of result; reinforcement and reacting, retention and forgetting
4. Understand factors and conditions affecting motor learning
5. Understand different learning techniques

MODULE – I

MODULE – II

MODULE – III
Pulmonary ventilation – minute ventilation – ventilator mechanics - pressure change. 2 Gas exchange and transport- total oxygen to co2 blood. 3 Blood flow and gas transports – cardiac output during exercise. Circulating mechanics – changes in pressure and resistance during exercise. 4 Cardio – respiratory control at rest and during exercise.
MODULE – IV

MODULE – V

COURSE OUTCOMES
The students shall be able to:
1. Overcome stress, anxiety and fear.
2. Know how to motivate sports persons, identify stress related problems of athletes and to overcome their problems
3. Able to prepare athletes psychologically for competitions

Reference
8. Larry G. Shaver” Essential of Exercise Physiology” SurjestPublications Post Box.
No. 2157, Delhi 110 007. India 1982.
Objectives – The Student should be able to:

1. Understand concepts of test, measurement and evaluation in physical education
2. Understand criteria of a good test
3. Gain experience and skill to evaluate human performance
4. Understand various fitness test of physical education and sports science
5. Understand and evaluate sports skill tests

MODULE –I


MODULE –II

Tests of Physical Performance.Speed, Agility, Balance, Strength, Endurance, Flexibility, California Perceptual Motor abilities, and Generality of components. Tests of Physical fitness: -Basic fitness test, AAHPER Youth fitness test, -Physical fitness index, -Sargent test, -National Physical Efficiency tests, -Indiana motor fitness test, -Test for High School and college men, -Krausweber Tests,

MODULE –III

MODULE –IV

MODULE –I

COURSE OUTCOMES
The students shall be able to:
1. Establish criteria of good test
2. Evaluate various physical and motor fitness components
3. Interpret the results of test to acceptable standards
4. Prescribe suitable test to evaluate human performance
5. Sports specific fitness of the individuals

References