

Semester – I
PART – A: THEORY COURSE
BTC-101: HISTORY, PRINCIPLES, FOUNDATION OF PHYSICAL EDUCATION AND
OLYMPIC MOVEMENT

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
4	-	4	64	-	64	30	70	100

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course offers an introduction of Physical Education and Olympic Movement. It aims to develop understanding about physical education, its aim and objectives, philosophical foundation, historical developments, origin of Olympic movements and structure / functions of different committees.

COURSE LEARNING OUTCOMES

After completing this course, the students will be able to

- understand the concept of physical education.
- understand the historical development of physical education in India and abroad.
- describe the different Olympic games and its committees.
- classify and identify the Olympic values and apply the same to the society.
- apply the concept of Olympism in organizing various sports activities.
- recognize and distinguish the functional operations of national and international Olympic federations.

COURSE CONTENT

Unit-I: Introduction

- Meaning, Definitions and Scope of Physical Education
- Aim and Objectives of Physical Education
- Importance of Physical Education in the present era.
- Misconceptions about Physical Education.
- Philosophical foundation:
 - Idealism, Pragmatism, Naturalism, Realism, Humanism and Existentialism .

Unit-II: Historical Development of Physical Education in India

- Indus Valley Civilization Period. (3250 BC – 2500 BC)
- Vedic Period (2500 BC – 600 BC)
- Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
- Medieval Period (1000 AD – 1757 AD)
- British Period (Before 1947)
- Physical Education in India (After 1947)

Unit-III: Origin of Olympic Movement and Modern Olympic Games

- The early history of the Olympic movement
- The significant stages in the development of the modern Olympic movement
- Educational and cultural values of Olympic movement

- Significance of Olympic Ideals, Olympic Rings, Olympic Flag
- Olympic Protocol for member countries
- Olympic Code of Ethics

Unit-IV: Different Olympic Games and Committees

- Para Olympic Games
- Summer Olympics
- Winter Olympics
- Youth Olympic Games
- International Olympic Committee - Structure and Functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

TEACHING LEARNING STRATEGIES

- The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

- Laboratory Work/Field Work/Outreach Activities/Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

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| ● End Semester Exam | Marks: 100 (70+30) |
| | Marks: 70 |
| ● Classroom Test, Project Work, Assignments, Presentations | Marks: 30 (10+20) |
| ○ Classroom Tests: Best one out of two unit tests | (Marks: 10) |
| ○ Project Work, Assignments, Presentations | (Marks: 20) |

SUGGESTED READINGS

- Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner
- Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
- Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.
- Osborne, M. P. (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics*. New York: Random House Books for Young Readers.
- Bucher, C.A., (2010). *Foundation of Physical education (16thed.)*. New Delhi: Tata McGraw-Hill.
- Barrow, H.M. (1983). *Man and Movement: Principles and Physical Education*. Phi: Lea and Febiger
- Bucher & Wuest (1987). *Foundations of Phy.Edu & Sports*. Missouri: C.V.Mosby co.
- Ziegler, E.F. (2007). *An introduction to Sports & Phy.Edu.Philosophy*. Delhi: Sp. Educational Tehno.

Kretchmar, R.S. (1994). Practical Philosophy of Sport. IL: Human Kinetics.
Young, D.C. (2004). A brief History of Olympic Games. UK: Blackwell Publishing.
Frank, A.M. (2003). Sports & education. CA: ABC-CLIO
Susan Capel, Susan Piotrowski (2000). Issues in Physical Education. London: Routledge