

M.P.Ed. Integrated (Three Years Degree Course)

Outline of Syllabus

Semester-I

THEORY COURSE

IMTC-101 - HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION

ESSENCE OF THE COURSE

This course offers an introduction of History and Principles of Physical Education. It aims to develop understanding about physical education, its aim and objectives, philosophical foundation, historical developments, 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 1. Meaning and Definition of Education and Physical Education, Aim and Objectives of Physical Education, Role of Physical Education in General Education.

Unit 2. Historical Development of physical education in India and World

Unit 3. Policies, Schemes, Awards, Honors and Awardees, Trophies/ Cups in Physical Education and Sports at State / National level.

Unit 4. Institutes for Physical Education and Sports in India (YMCA, LNUPE, SAI, NSNIS, IOA, AIU, SGFI etc.)

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

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

REFERENCES

1. Mohan V.M. Principles of Physical Education (P.E., Series No., 1) (Hindi) Delhi, Metropolitan Book Dep.) 1969.
2. Nixon, E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia.W.B. Saunders Co. 1969.
3. Obertuffer; Delbert Physical Education. New York, Harper & Brothers Publisher, 1970.
4. Sharman, J.R. Introduction to Physical Education, New York, A.S. Barnes & Co. 1964.
5. William J.F. The Principles of Physical Education, Philadelphia, W.B. Saunders Co1964.
6. Deshpande, S.H. Physical Education in Ancient India. Amravati, Degree College of Physical Education 2014