

Semester II
Theory Course
IMTC 202-METHODS IN PHYSICAL EDUCATION

ESSENCE OF THE COURSE

This course will enable students to understand the concept of educational technology and methods of teaching in physical education and sports. It aims to develop understanding about educational technology, importance of devices, methods of teaching, teaching technique and style, teaching aids, lesson planning, teaching innovations and organization of tournament

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) Understand the concept of educational technology and methods of teaching.
-) Describe and use various teaching methods according to suitability
-) Construct the lesson plans for various physical education activities.
-) Classify the types of presentation, techniques and technical preparations required for physical education lessons.
-) Understand the principles of class management and factors affecting class management.
-) Effectively utilize various teaching aids for conduct of physical education program.

COURSE CONTENTS

- 7.1 Meaning, Definition, Importance and Factors Influencing Method of Teaching
- 7.2 Principles of Presentation Technique and Class Management in physical education; Commands, Class Formation
- 7.3 Methods of teaching for different kinds of physical activities (Calisthenics, Gymnastics, Minor Games, Major Games, Rhythmic Activities); Principles of Teaching (Simple and complex, Part and whole, Learning by doing, Intrinsic and extrinsic motivation, Frequency and duration in instructional periods, Recognition etc)
- 7.4 Lesson Plan – Concept, Objectives, Types of Lesson Plan; Preparation of Lesson Plan in Physical Education

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/Project Work/Viva/Seminars/Term Papers/Presentations/Self-Learning Instructional Material etc.

ASSESSMENT RUBRICS

Marks: 100

-) End Semester Exam **Marks: 70**
 - Theory paper **(Marks: 50)**
 - Practicum **(Marks: 20)**
-) Classroom Test, Project Work, Assignments, Presentations **Marks: 30**
 - Classroom Tests: Best one out of two unit tests **(Marks: 10)**
 - Project Work, Assignments, Presentations **(Marks: 20)**

REFERENCES:

1. Bossing, N.L. Progressive, Methods & Teaching Secondary Schools.
2. Knap, C. & Hagma. E.P. Teaching Methods for Physical Education, New York: McGraw Hill Book Co. Inc 1958.
3. Kozman H.C. Cassidy R. & Jackson C. Methods in Physical Education London: W.B. Saunders Co. 1960.
4. Pandey, L.K. Methods in Physical Education (Hindi) Delhi, Metropolitan Book Depot, 1977.
5. Sharma, V.M. & Tiwari, R.H.: Safal Path Niyojan, (Hindi) Amaravati, Shakti Publication. 1979.
6. Tirunarayanan, C. & Hariharan, S. Methods in Physical Education Karaikudi: South India Press, 1969.

