

**PHYSICAL EDUCATION (UP) [CODE-54]  
UPPER-PRIMARY, 2016**

1. **Fundamentals of Physical Education:** Definition and true meaning of Physical Education misconceptions and public misunderstanding about physical education its aim and objectives modern concept and its interdisciplinary approach - Sports Science including Sports Medicine Biomechanics Kinesiology Kin anthropometry physical education and competitive sports Body Type and its significance.
2. **Historical Aspects:** History of Olympics –ancient and modern-physical education in India recent developments-contribution of important personality/ events/ Movement for the development of the physical education in Europe and in India.
3. **Psychological Aspects:** Instincts – Reflex action – Reaction time – Movement time – Response time. Learning – its laws and theories and their application in the field of physical education and sports – Plateau – Transfer of learning – Perceptual motor learning. Factors affecting performance – Motivation – Interest – Attention – Habit – Emotion – Personality.
4. **Social Aspects:** Social value of sports – Play theories – Role of physical education and sports in national integration and international understanding - Activities for national integration, Social service and strengthening of community relation.
5. **Anatomical & Physiological Aspects:** (a) Bones of the various synovial joints-types of joints and movement around the joints skeletal deformities-anatomical sex difference. (b) Types of muscles and their functions – types of muscular contractions – Composition and functions of blood-Pulse blood pressure and their measurements Respiration Lung Ventilation – Vital capacity. (c) Heart and exercise –Oxygen and exercise – Oxygen debt – Second wind – Athletic heart – Homeostasis – Effects of exercise on muscular/circulatory/respiratory systems.
6. **Health and Health Education:** Health instruction –Health supervision- Health services – Agencies promoting health Environmental pollution Prevention and control of communicable diseases- Balanced diet and its constituents - Effect of smoking, alcohol and drug on health and Sports performance – First-Aid management of common sports injuries.
7. **Teaching Methodology:** Lesson planning presentation techniques-use of teaching aids-coeducational activities and their management qualities of physical education teacher and coach.
8. **Management Aspects:** House system – Classification of students – Intramural and extramural competitions – Officiating, Rules and regulations of common games and sports including Swimming, Gymnastics and Track and Field events – Layout of play fields (Kabaddi, Kho-Kho, Badminton, Volleyball, Hockey, Track & Field) – Budgeting. Various types of tournaments, Administration of sports and physical education in School, College and University.
9. **Recreation and Outdoor Education:** Recreation its definition and objectives its need in modern society. Purpose of outdoor education importance of camp, excursion, picnic, playday.
10. **Aspects of Sports Training:** Warm-up-Conditioning – Weight training and its basic principles-Load and overload – Periodisation Different Types of sports training – Interval training – Circuit training – Physical fitness- Health related and performance related.

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11. **Developmental, corrective and therapeutic exercises:** Exercises for developing strength, endurance, flexibility, speed- Postural deformities and corrective exercises – Exercises for common diseases like blood sugar, high/low blood pressure etc. – Use of Yoga therapy – Use of sports as therapy-Massage and its uses Exercises for sedentary persons male & female elderly adults and aged persons.
12. **Test & Measurement:** Definition of a test and measurement – Criteria of a good test – Measurement of strength, endurance, agility, Flexibility, speed and physical fitness. Skill test items of Football, Basketball, Volleyball and Badminton.
13. **Special Physical Education:** Physical education for special population – objectives and programmes. Physical activities according to the types of disability.