

Theory Papers

Semester-I

Foundation of Physical Education

Subject Code: BPE 2101

Unit-I

Chapter-I

Meaning and Definition of Education, Meaning, Definition and Scope of Physical Education, Aim and Objectives of Physical Education.

Chapter-II

Need and Importance of Physical Education in present era, Misconceptions about Physical Education, Relationship of Physical Education with General Education.

Unit-II

Chapter-I

Meaning and Definition of Philosophy, functions of philosophy, Idealism and physical education.

Chapter-II

Pragmatism and physical education, Naturalism and physical education, Realism and physical education.

Unit-III

Chapter-I

Growth and development- meaning and definition, Factors affecting Growth and development, Gender differences (anatomical & physiological)

Chapter-II

Body Types- Katchmar & Sheldon's classification, Chronological Age, Anatomical Age, Physiological age.

Unit-IV

Chapter-I

Meaning and Definition of Psychology, Meaning and definition of following terms; Individual differences, Anxiety, Aggression, Attention and their relationship with sports performance, Play-Play theories.

Chapter-II

Meaning and Definition of Sociology, socialization process, social nature of man and physical activity, sports as cultural heritage of mankind, customs, traditions and sport, competition and cooperation.

References:

- Barker, C. A. (ed.) (1960). *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
- Devdaswala, S. H. (2014). *Physical Education in Ancient India*. Anaravati Degree college of Physical education.
- Mohun, V. M. (1989). *Principles of physical education*. Delhi: Metropolitan Book Dep.
- Nixon, E. E. & Curran, F.W. (1989). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.
- Overholfer, Delbert (1970). *physical education*. New York: Harper & Brothers Publisher.
- Sherman, J. R. (1984). *Introduction to physical education*. New York: A.S. Barnes & Co.
- William, J. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.