

PHYSICAL EDUCATION AND YOGA CENTRE
GRI-DU, GANDHIGRAM

17SPOU001- Optional Paper – Sports and Games (One Credit)

Objective:

To gain knowledge about the Sports and games

Learning Outcomes:

Students should be able to

- **To know about the major games like Football, Volleyball etc..**
- **Explain about the basic skills involved in sports and games.**
- **Realize the importance of Safety Procedures.**
- **To know the modern trends and development in Physical Education.**

UNIT-I

Concept and meaning of Physical Education –Definition of Physical Education-
Aims and Objectives of Physical Education - Scope of Physical Education.

Text Books:

1. Bucher Charles A., (1983), Foundations of Physical Education, St. Louis the C.V. Mosby Company.
2. Kamalesh M.L., (1988), Physical Education : Facts and Foundation, New Delhi, P.B. Publication.

UNIT –II

Origin of games (Basketball, Ball-Badminton, Cricket, Football, Hockey, Kabaddi, Kho-Kho, Tennikoit, Volleyball)

Text Books:

1. Hal Wissel,(2011), Basketball: Steps to Success (Steps to Success Activity Series).
2. Joseph A. Luxbacher, (2013), Soccer-4th Edition: Steps to Success.
3. National Club Games Rule Book Kho-Kho - Indian Olympic Association.
4. Rule Book, (2014), 9 Provinces battling for the Indigenous Games champs trophy.

UNIT-III

Basic skills of any one of the major games (Basketball, Volleyball, Kabaddi and Football etc) and two events in Track and Field Events.

Text Books:

1. The Step-by-Step Training Manual of Soccer Skills & Techniques: Hundreds of Training Tips and Techniques, with Easy-to-Follow Instructions in Over 750 Photographs and Diagrams, (Mar 2011), Anness Publishing Ltd (Creator).
2. Conling David,(1980), Athletics, London, Robert Hale.
3. Ken O. Bosen Track & Field Fundamental Techniques NIS Publications, Patiala.
4. Elizabeth Anders, (July,2008), Field Hockey (Steps to Success)

UNIT - IV

Concept and meaning of Intramural and Extramural tournaments – Recreational activities.

Text Books:

1. Joseph. P.M. “Organization of Physical Education”.
2. Kamlesh, M.L., Management concepts physical education and sport Metropolitan Book Co., Pvt., Ltd., Nethaji Subhash Marg, New Delhi.
3. Singh M.K. Teaching Methods in Physical Education.
4. Thiru. Narayanan C and & Harihara Sharma (1989), “Methods in Physical Education “ Karaikudi CJ and S.H.
5. Thirunarayanan, C. and Hariharan, S., (1990), Analytical History of Physical Education, Karaikudi, C.T. & S.H., Publications.

UNIT-V

Common athletic injuries and their treatment – Personal Hygiene – Safety education with special reference to playfield – Modern trends in Physical Education - counseling against doping, drug addition, smoking, alcoholism – Nutrition and Sports diet.

Preparation of Physical Education record/album in the area of specialization of one of the major game and two track and field events is a must for each student.

Text Books:

1. Anderson “School Health Practice”.
2. Ashwani Bhardwaj, A Complete Guide to Family Safety and First-aid, Goodwill Publisher.
3. Goswami Shashikant,(1996), Nutrition for sports, SAINSNIS, Patiala.
4. Hoeger W.K. Werner and Sharon A. (1990), Hoeger, Fitness and Welness : Mortor Publishing Company, Englewood.
5. Park and Park “Preventive and social medicine”
6. Sanju Sira, (2016), First Aid Manual for Nurses.

References Books:

1. A& C Black Authors, (2006), 3rd ED: Soccer (Know the Game), London, A&C Black.
2. Drez David, (1989), Therapeutic Modalities for Sports Injuries, London: Year Book Medical Publishers, INC.
3. England Hockey, (2008), 4th ED: Hockey (Know the Game), London, A&C Black.
4. Football Association, (2006), 5th ED: Soccer (Know the Game), London, A&C Black.
5. Rogers Joseph L., (2000), USA Track & Field Coaching Manual, Champaign Illinois: Human Kinetics Publishers Inc.

Pattern

First CFA	Second CFA	Third CFA		Total Marks 50
		25 Marks		
10 marks	15 marks	Test 20 marks	Assignment 5 marks	