Co-Curricular (1st Semester)

ESSENTIALS OF PHYSICAL EDUCATION

Credit: 04 T-04/P

Course outcomes:

- To know the meaning and development of physical education and sports.
- To develop the knowledge of basic concepts, principles and their application in physical education and sports.
- To understand the need, scope, importance and objectives of physical education and sports.
- To develop skills and value for health, fitness and well-being through physical education and sports activities.

UNIT-I

- Meaning and Definition of Physical Education
- Need and Importance of Physical Education
- Scope of Physical Education
- Misconception about Physical Education

UNIT-II

- Basic Concept of Games and Sports
- Basic Concept of Individual Sports, Team sports and combat Sports
- Basic Concept of Indigenous Game
- Basic Concept of Minor and Major Game

UNIT-III

- Role of Physical Activities in growth and development of an individual
- Age and Sex differences in relation to physical activities and sports
- Meaning, definition and importance of Recreation
- Recreation in communities

UNIT-IV

- Meaning, definition, importance and types of Warming Up
- Meaning, definition, importance of Conditioning
- Meaning of Physical Fitness and their affecting it
- Intramural and Extramural (Merits and demerits)

15/10/22 15/10/22 15/10/22 15/10/22

Scanned by CamScanner