Co-Curricular

(3rd Semester)

# SCIENTIFIC BASIS OF PHYSICAL EDUCATION

## UNIT-I

- Concept of Sports Sociology & Role of Sports in Socialization
- Games & Sports as Cultural heritage of mankind.
- Meaning definition & importance of Sports Psychology.
- Role of Motivation & Personality in Sports.

## UNIT-II

- Concept of Kinesiology, meaning & definition of Kinesiology.
- Role of Kinesiology in Physical Education & Sports
- Kinesiological Fundamental movements
- Posture: Value of good Posture , Causes of bad Posture

## UNIT-III

- Meaning & Definition of First Aid & its importance.
- Principles of First Aid & Qualities of First Aider.
- Common Sports Injuries & causes of Sports Injuries.
- Prevention and Treatment of common sports injuries.

## UNIT-IV

- Teaching Aids & Teaching Methods in Physical education.
- Meaning & Importance of Management
- Principles of Management
- Class Management: Meaning & types

30/7/2022 30/7/22 30/7/22