

VAC 106 Sports and Fitness 2 Credit

- Course Objectives**
- 1) To provide the principles of physical education and sports to the pupils for their health and wellbeing.
 - 2) To familiarize the students with health related activity and sports for overall growth and development and to maintain the fitness
 - 3) To create a base for professionals in physical education and sports.
 - 4) To impart the basic knowledge and skills to teach different games.
 - 5) To create the opportunity to maintain the mental health and wellness.

- Course Outcome**
- By the end of the course students will:
- 1) understand the basic principles and practice of physical education and sports.
 - 2) be able to instruct physical activities for fitness and wellness.
 - 3) have knowledge about the professionalism to conduct, organise and officiate different games at schools and community level.

Theory 15 Hours

Unit – I History, Principles and Foundation of Physical Education & Olympic Movement, Health Education, Biomechanics, Anatomy and Exercise Physiology

Unit – II Sports Management, Officiating and Coaching, Sports Nutrition

Unit - III Officiating and Coaching, Science of Sports training, Sports Psychology

Practical 30 Hours

Unit - I Physical Fitness, Health related fitness, Motor Fitness, General conditioning, Specific conditioning, Motor Skill development

Unit – II Athletics: Running events, Jumping events, Throwing Events.
Basic skills of Football, Volleyball, Hockey, Basketball(Any two from the ball games)

Unit - III Basic skills of Badminton, Table Tennis, Tennis (any two from the racquet games); Gymnastics: Floor Exercises; Swimming: Free style, Breast stroke, Butterfly and Back stroke (any one); Tug of war, Rope Skipping, Yoga Asans, Plank Exercise (any one)

Suggested Reading:

1. Bucher, C. A. (1983) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
3. Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.
4. Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co.
5. Gupta, A. P. (2010). *Anatomy and physiology*. Agra: Sumit Prakashan
6. Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
7. Nemir, A. (n.d.). *The school health education*. New York: Harber and Brothers.
8. Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.
9. Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programmes, organisation and administration*. Philadelphia U.S.A. : W.B. Sounders Cp.
10. Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall. Bunn,
11. J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall. Dyson,
12. Brown, F. Y.(2000). *How to use yoga*. Delhi: Sports Publication
13. Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab*.93(6), 2027-2034
14. Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.
15. Pasodi, M.S, Esudas(2020) *Health and wellness*, Keerto Prakashana, Bangalore.
16. Hay, J. G. & Reid, J. G.(1982). *The anatomical and mechanical basis of human motion*. EnglewoodCliffs, N.J.: prentice Hall Inc.
17. Health Education for school-age children – A framework central Health Education. Bureau & NCERT, New Delhi – 16.
18. Ajmer Singh, Bains Jagdish, Gill J.S., Brar R.S. (2019). *Essentials of Physical Education*. New Delhi: Kalyani Publisher, ISBN: 978935591786