**QUALIFYING COURSE (FOR ALL STREAMS OF BA STUDENTS)**

**SPORTS & PHYSICAL EDUCATION (002)**

**Unit I : Education and Physical Education**

* Meaning and Definition of Education and Physical Education, Aims and Objectives, Scope of Physical Education, Need and Importance of Physical Education.

**Unit II : Health Education and Nutrition**

* Meaning. Definition and Dimensions of Health, Meaning. Definition. Objectives and Principles of Health Education, Balanced Diet. its Elements and Sources, Mal-nutrition and Adulteration.

**Unit III : Biological Basis of Physical Education**

* Meaning of Growth and Development, Factors affecting Growth and Development Heredity and Environment, Effect of Heredity and Environment of Growth and Development.

**Unit IV : Psychological Basis of Physical Education**

* Meaning and Definition of Psychology, Nature of learning,lows of learning,transfer of training,nature of motivation: types of motivation,factors influencing motivation; nature of anxiety, kind of anxiety.

**Unit V Sports training**

* Meaning and definition of sports training,aim and objective of sports training.Training components: strength- mean and methods of strength development, Speed- mean and methods of speed development, Endurance- mean and methods of endurance, coordination- mean and methods of coordination development,flexibility- mean and methods of coordination development, training load: definition and types of training load, principles of intensity and volume, periodization:meaning and types of periodization , phrases of periodization.

**Practical**

**Maximum Marks : 50**

1. Athletics – Running event, Throwing event, jumping event

2. Gymnastics- floor exercises

3. Games and sports- kabaddi, khokho, volleyball and basketball ( any one)