

COURSE NAME : VOCATIONAL COURSE IN PHYSICAL EDUCATION & SPORTS

FACULTY : SCIENCE, ARTS & COMMERCE

COURSE LEARNING OUTCOME:

The immediate need is of good quality physical education and sports professionals at various levels. This demand is increasing these days offering opportunities for all who want to be associated with Sports and build a career in this field. Several job opportunity already exist and new one are taking shape.

There is already a gap today in the demand and supply of professionals in this sector in quantity as well as quality. This vocational course on physical training and sports gives basic exposure of the relevant knowledge and skill required for someone interested in this sector

Participation in such vocational courses should build entry level knowledge and skills giving the student an advantage when pursuing further education in this field or employability skills, should the student decide to go for a job.

Credits: 3

Program: Vocational

Max. Marks: 100

Passing Marks: 33

Department :
**Physical
Education &
Sports**

Course Code:

SEMESTER I	UNIT	TOPICS	NO OF LECTURES
	I (Theory)	<p>History, Principles and Foundation of Physical education.</p> <p>1. Meaning, Definition and Scope of Physical Education, Aims and Objective of Physical Education, Importance of Physical Education in present era. Misconceptions about Physical</p>	15

		Education Relationship of Physical Education with General Education. Physical Education as an Art and Science.	
	II (Practical)	<p>Track and Field (Running Jumping Events)</p> <p>Running Event Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug Ground Marking, Rules and Officiating Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques. Types of Hurdles Ground Marking and Officiating. Relays: Fundamental Skills Various patterns of Baton Exchange Understanding of Relay Zones Ground Marking Interpretation of Rules and Officiating.</p> <p>Track and Field Athletics: Jumping Events High Jump (Straddle Roll) Approach Run, Take off Clearance over the bar. Landing</p>	60
	UNIT	TOPICS	NO OF LECTURES
SEMESTER 2	I (Theory)	<p>Anatomy and Physiology</p> <p>Brief Introduction of Anatomy and physiology in the field of Physical Education. Introduction of Cell and Tissue. The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral Column and the extremities – joints of the body and their types Gender differences in the skeleton. Types of muscles.</p>	15
	II (Practical)	<p>Swimming/ Gymnastic (Any one)</p> <p>Gymnastics: Floor Exercise</p>	

Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap. Vaulting Horse Approach Run, Take off from the beat board, Cat Vault, Squat Vault

Swimming:
 Fundamental Skills
 Entry into the pool.
 Developing water balance and confidence
 Water fear removing drills.
 Floating-Mushroom and Jelly fish etc.
 Gliding with and without kickboard.
 Introduction of various strokes
 Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
 Start and turns of the concerned strokes.
 Introduction of Various Strokes.
 Water Treading and Simple Jumping.
 Starts and turns of concerned strokes.
 Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

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