



# Unit -1

Physical Education



**Plus Course on**

**Changing Trends And Career  
in Physical Education..!!**



# Syllabus

01

## Theory

35 Marks = 5 Units

02

## Practical

15 Marks

03

## Sincerity

+5 Marks



# Syllabus



## **Unit I Changing Trends & Career in Physical Education**

- Concept, Aims & Objectives of Physical Education
- Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements
- Career Options in Physical Education
- Khelo-India and Fit-India Program

## **Unit II Olympism**

- Ancient and Modern Olympics
- Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)
- Olympics - Symbols, Motto, Flag, Oath, and Anthem
- Olympic Movement Structure - IOC, NOC, IFS, Other members

## **Unit III Yoga**

- Meaning & Importance of Yoga
- Introduction to Ashtanga Yoga
- Introduction to Yogic Kriyas (Shat Karma)

## **Unit IV Physical Education & Sports for CWSN (Children with Special Needs - Divyang)**

- Concept of Disability and Disorder
- Types of Disability, its causes & nature (Intellectual disability, Physical disability)
- Aim & Objective of Adaptive Physical Education
- Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)

## **Unit V Physical Fitness, Health and Wellness**

- Meaning and Importance of Wellness, Health and Physical Fitness
- Components/Dimensions of Wellness, Health and Physical Fitness
- Traditional Sports & Regional Games for promoting wellness



# Syllabus



## **Unit VI Test, Measurement & Evaluation**

- Concept of Test, Measurement & Evaluation in Physical Education & sports.
- Classification of Test in Physical Education and Sports.
- Test administration guidelines in physical education and sports

## **Unit VII Fundamentals of Anatomy, Physiology in Sports**

- Definition and Importance of Anatomy and Physiology in exercise and sports
- Functions of Skeletal system, classification of bone and types of joints.
- Function and Structure of Circulatory system and heart.
- Function and Structure of Respiratory system.

## **Unit VIII Fundamentals of Kinesiology and Biomechanics in Sports**

- Definition and Importance of Kinesiology and Biomechanics in sports
- Principles of Biomechanics
- Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation
- Axis and Planes – Concept and its application in body movements

## **Unit IX Psychology & Sports**

- Definition & Importance of Psychology in Physical Education & Sports
- Adolescent Problems & Their Management
- Team Cohesion and Sports

## **Unit X Training and Doping in Sports**

- Concept and Principles of Sports Training
- Training Load: Over Load, Adaptation, and Recovery
- Concept of Doping and its disadvantages

# UNIT CONTENTS :



**1.1**

**Concepts,  
Aim and  
Objectives  
of Physical  
Education**

**1.2**

**Changing Trends  
in Sports-playing  
surface,  
wearable gears &  
sports  
equipment,  
technological  
advancements**

**1.3**

**Career  
Options in  
Physical  
Education**

**1.4**

**Khelo India  
and Fit  
India  
Programme**

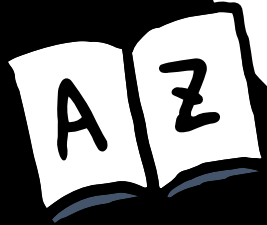




## Meaning and Definition of Physical Education :

### Meaning :

Physical Education is composed of two words 'Physical' means body and 'Education' means modification of behavior thus PE means Education through the medium of physical Activities.



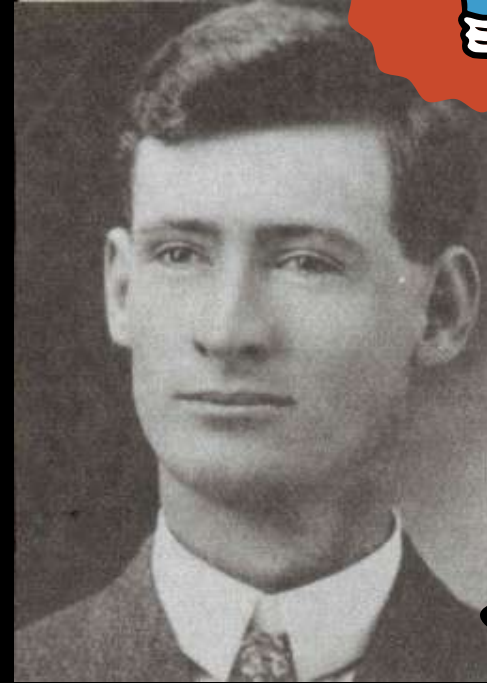
It **aims** at **overall development** of human being through participating in various games and sports activities.

### **Concept :**

**Modern Physical Education** was started in 18th century in Germany. Where Physical Education was an integral part of School Curriculum.

Since then many changes have taken place and various aspects have emerged with time.

According to **Charles A Bucher**, “Physical Education is an integral part of total education process and has its aim in the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realize these out comes.”



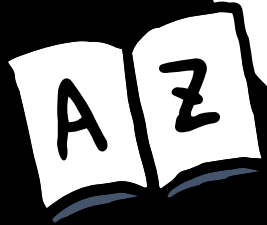
Charles



Physical education has been defined in different ways by experts and institutes in this field.

These are as follows:

“Physical education is that phase of education which deals with big muscle activities and their related responses.” —  
**J.B. Nash**



“Physical Education is the sum of changes in an individual caused by experience centering **motor activity**” – **Cassidy**

“Physical Education is the **sum of men’s physical activities** selected as to kind and conducted as to outcomes” – **Williams**

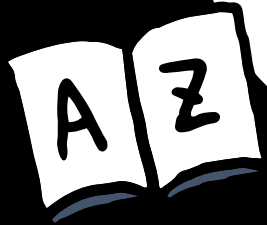


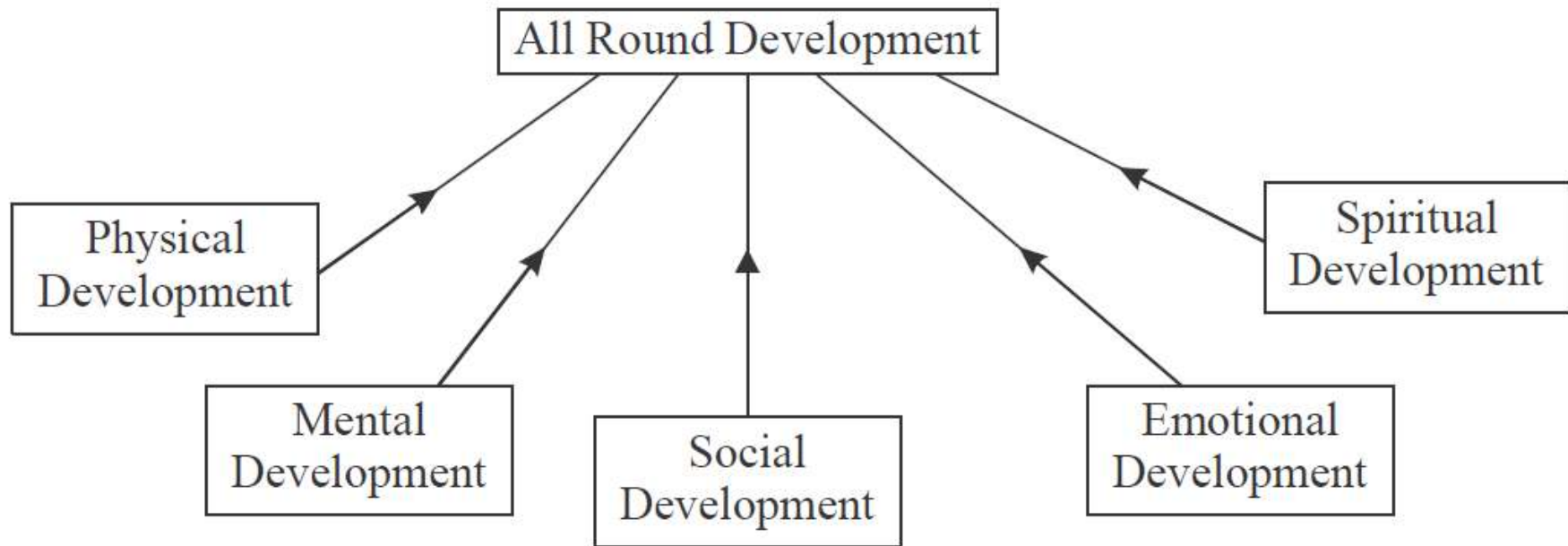


## 1.1 Concept, Aims and objectives of Physical Education :

**Aim** is the **ultimate one**, i.e., **all-round development of an individual**. The means and ways we adopt to achieve our aim are called objectives and those are:

1. Physical development
2. Mental development
3. Social development
4. Emotional development
5. Spiritual development





**Fig. Aim and Objectives of Physical Education**

**The concept** of ‘physical education’ is in use from ancient times as **physical fitness is essential for survival.**

The foundation of physical education was laid in **ancient Greece** when philosophers like Socrates, Aristotle and Plato strongly advocated physical training and knowledge for the youth.

Physical education is derived from the phrase **‘physical fitness’**, which refers to the capacity of a person to meet the physical demands of daily life and to carry out regular activities **without undue fatigue.**



It is the **integral part of the general education** which promotes harmonious growth and development of an individual.

This branch of education promotes harmonious growth and development along with behavioural modifications, so that an individual is able to **bring efficiency in his/her ability to work.**



# Objectives of PE :

## 1. Physical Development:

The main objective of physical education is physical development. Physical education is related to several physical activities. When we do any physical activity, it effects our different body systems— **blood circulation**, respiratory system, muscular system, digestive system, etc.



It results in the **development of the size and shape of organs.**

It is helpful to make body healthy and strong. If our body systems are fine and healthy, only then we shall be able to do our work efficiently and be safe from several disease like high blood pressure, diabetes, obesity and arthritis.

For e.g., Running increases the heart rate which helps the blood to flow efficiently through the whole body.

## 2. Mental Development:

This objective is related to mental development.

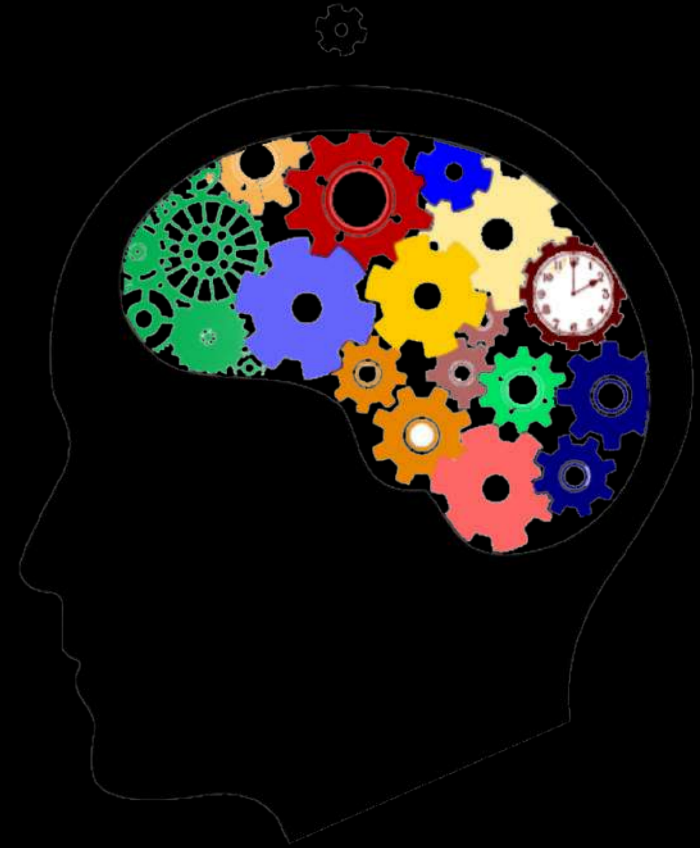
There should be some **activities** in physical education which **keep our brain alert and concentrated**.

Now-a-days, physical education is not related to physical exercises only but it also includes rules of game, principles, structures of body, personal cleanliness, etc.



These physical activities sharpen the brain. By taking part in physical activities a person learn to tackle various situations.

During sport many situations occur in which player takes his/her self-decision. So, this results in their mental development and decreases the stress level.



### 3. Social Development:

This objective of physical education is related to **social skills** which are helpful in coordination. During a competition, players of different region come together on single platform.

So, they learn cooperation, support, respect, good sportsmanship, etc. through these skills, **players can make their nation healthy and strong.**



## 4. Emotional Development:

The objective of physical education is to make an individual emotionally develop through physical activity.

A man is endowed with different emotions like happiness, jealousy, hope, despair, joy, fear, loneliness, weal and woe, etc, If they do not control these emotions, then there will be no place for them in the society, which can be harmful for them.



## 5. Spiritual Development:

The objective of physical education for an individual is to reflect time to evaluate their experiences to allow them to **build a positive mindset** and promote progression.

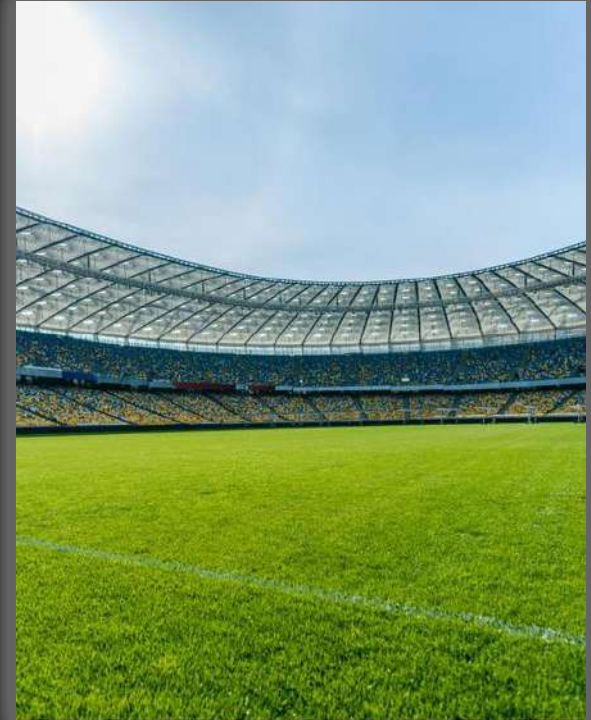


## 1.2 Changing Trends in Sports-playing surface, wearable gears & sports equipment, technological advancements :

### (A) Playing surface

Playing surface means any outdoor area used or capable of being used for any organized sport or recreation.

Playing surface is an important factor which affects the performance of an individual, in modern times when the course of the sports has been totally changed due technical advancements, the changes in the playing surfaces also become very important, specially in athletics.



Construction of **Artificial Turf (AT)** playing fields has increased, therefore the number of athletes playing on AT has increased.

Performance variables, such as **speed, appear to improve on AT**, however injury rate has increased.

To date, few publications have studied the effect of playing surfaces on markers of athletic performance.



## B. Wearable Gears and Sports Equipment :

Sports equipment is constantly advancing thanks to the evolution of technology, and coaches are taking notice.

There are several smart sports gear products able to track an athlete's performance and allow coaches to help enhance their abilities.

**InfoMotion Sports** created a basketball which measures the **player's ball-handling skills**. This product includes nine accelerometers that detect movement and track the ball's speed and rotation when shot through the air.



As a result of recent advances in technology, **smart sports gear now provides better safety** and wellness to athletes and their coaches.

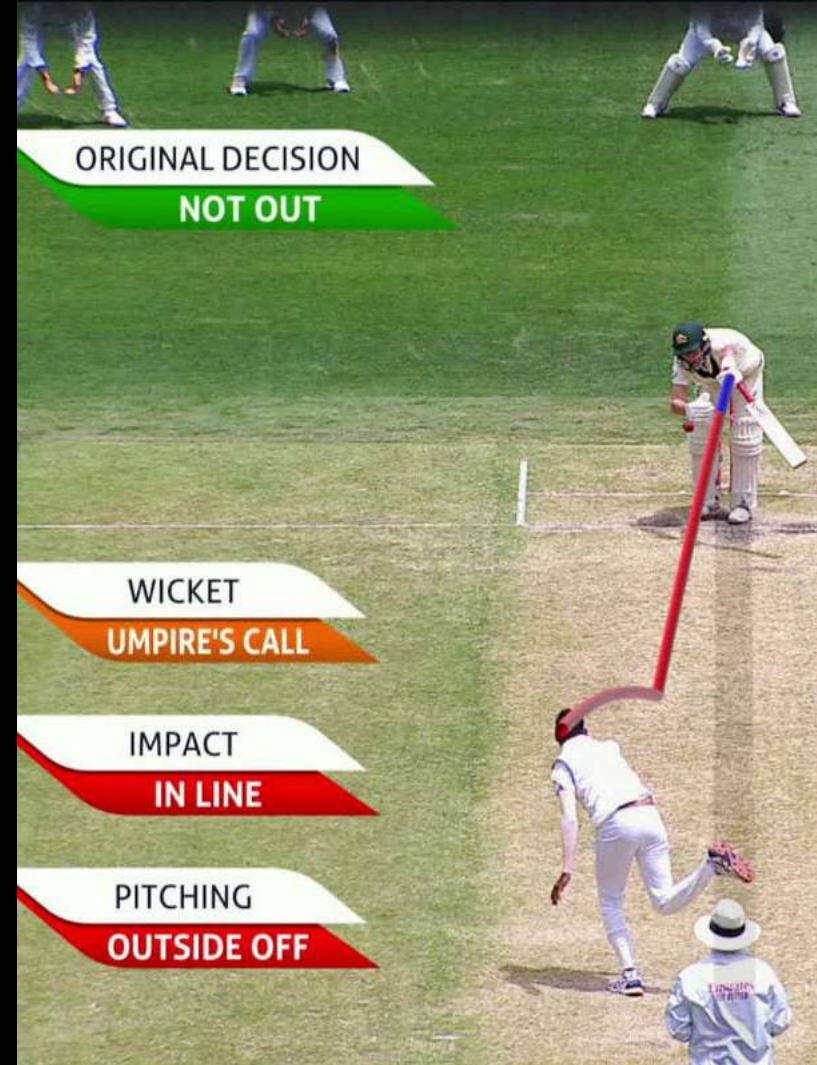
Professionals within the health care field expressed positive thoughts toward mobile apps and wearable trackers.



## Technological Advancements in Sports :

Within the last five years, the athletic world has been entirely transformed by emerging sports technology. These technologies make it easier than ever for fans to get into the game, and for athletes to **optimize their performance**.

**1. Sensors :** The greatest of all sport technology advancements has been the development of devices that can measure different metrics during a game.



## 2. Protective Gears :

From helmets to pads, new technology in sports equipment has revolutionized the way that manufacturers keep athletes safe from injury.

These advancements provide players with the gear they need to stay safe, without compromising their ability to play at their peak.



## 1.3 Career Options in Physical Education

The opportunities in the field of physical education were teaching and training only till 1990.

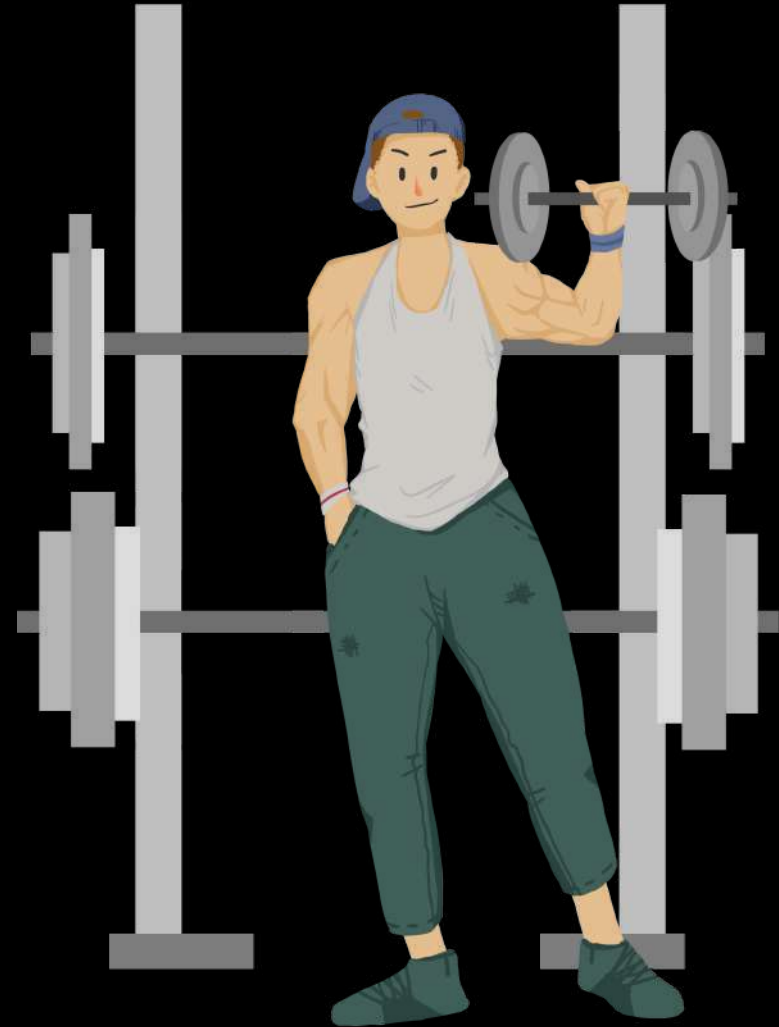
There are **ample employment opportunities** for people in the field of physical education due to increase in interest towards training and increase in number of activities.

There are **two types** of career options in physical education.



The **first kind** is related to teaching and training of physical education. These are called traditional careers also.

The **second kind** is related to the careers when emerge out of it related to health, management, sports performance and media.

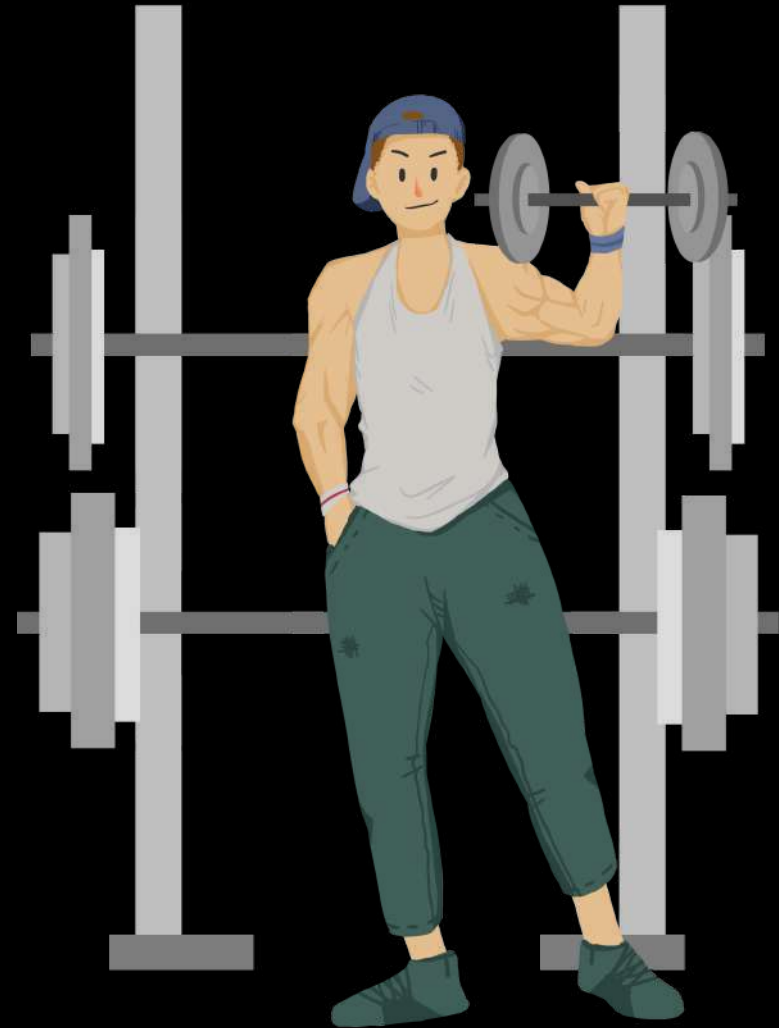


1. In Teaching Sector	2. In Training Sector (Coaching)	3. In Health/Fitness related Sector	4. In Performance related Sector	5. In Media Sector
• At Primary level	• In Schools, Colleges, University	• Sports Fitness Trainer Medicine • Sports Dietician	• Professional Players	• Sports Journalism • Book Author
• At Middle	• In Various Sports Institution	• Sport Psychology	• Sports Planning Officer	• Sports Photography
• At Secondary level	• Industrial Recreation	• Sport Nutritionist	• Sports Management	• Sports Broadcasting
• At College and University level	• Sports Facility Management	• In Gyms as Athletic Trainer	• Recreational Sport Management	• Sports advertising (Sports equipments marketing)
• Teaching at other Professional Institution	• Administration	• Health/Fitness Industry	• Performance	• Sports Industry

## 1.4 Khelo India Program

The importance of sports and fitness in one's life is invaluable. Playing sports **inculcates team spirit**, develops strategic and analytical thinking, leadership skills, goal setting and **risk taking**.

A fit and healthy individual leads to an equally healthy society and strong nation.



## History of Khelo India :

On 31st January, 2018 the **Prime Minister Narendra Modi**, inaugurated Khelo India school games at the opening ceremony based on Guru-Shishya tradition held at Indira Gandhi Stadium, **New Delhi**.

Khelo India School Games, which are a part of the Khelo India programme, are being held from **31st January to 8th February, 2018 in New Delhi**. Under-17 athletes have been invited to participate across 16 disciplines.



To accomplish the above objectives, Khelo India programme has been divided into 12 verticals, namely:



## Objectiveness of Schemes :

1. To encourage, promote and popularize the **indigenous sports** and games and those played in the rural and tribal areas of the country.

2. To ensure maximum entries for organized sports competitions, the programme encourages the school and colleges to organize programmes of high standards.

3. Forming an active population with a healthy lifestyle is also the focus of this programme. For this purpose, a National Physical Fitness Drive is planned where children falling in the age bracket 10-18 years will be checked for physical fitness.



4. Further, activities to support their **physical fitness** will be planned.

5. The aim is to impact the whole of the sports ecosystem inclusive of the sports economy, competition structure, **talent identification**, coaching and infrastructure.

6. The programme plans to engage youth living in deprived and disturbed areas into sporting activities so that they will be mainstreamed into the process of **nation-building** and weaned away from disruptive activities.



<b>Name of the event</b>	Khelo India
<b>Ministry</b>	Ministry of Youth Affairs and Sports
<b>Year of Launch</b>	2018
<b>Occurrence</b>	Annually
<b>Financial Assistance</b>	5 lakhs – 8 lakhs per annum
<b>Applicability of Scheme</b>	PAN India
<b>KIYG 2020 Venue</b>	Guwahati
<b>KIYG 2021 Venue</b>	Haryana
<b>Registration Mode</b>	Online/ Offline
<b>Official Website</b>	<a href="http://kheloindia.gov.in">kheloindia.gov.in</a>

# Hosts of Khelo India Games :

2018 – Delhi

2019 – Pune

2020 – Guwahati

2021 – Haryana

2022 - Bhopal



## Fit India Movement :

Fit India Movement was launched on **29th August, 2019** by Honorable Prime Minister with a view to make fitness an integral part of our daily lives.

The mission of the Movement is to bring about **behavioral changes** and move towards a more physically active lifestyle.



Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following **objectives** :

1. To promote fitness as easy, fun and free.
2. To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
3. To encourage indigenous sports.
4. To make fitness reach every school, college/university, panchayat/village, etc.