

Course Content for Physical Education

Course Title: Foundation and Principles of Physical Education

Unit I Introduction to physical education

Meaning, Definition, Scope, objective, and importance of Physical Education and sports. Scientific basis of physical education.

Unit II Foundation of Physical Education

Introduction of philosophies - naturalism, pragmatism, realism, idealism. Importance and need of philosophies in physical education programmes in present era.

Unit- III Historical Perspective of Physical Education

Historical perspectives of Greece, Rome, India, and Modern perspectives: USA, UK, China and INDIA. Olympic movement and its impact on modern society.

Unit IV Objectives and Trends in Physical Education

Importance of fitness and wellness movement in the modern culture. Sports for all and its role in the maintenance and promotion of fitness.