

Certificate course in Physical Education

SYLLABUS

Course Hours: 8 Hrs per week

Duration: 60 days

This certificate course can lead students to join NCC, become a coach, athletic trainer, fitness instructor, sports manager and journalist.

Module 1 Organisation & Management of Physical Education in School (Theory)

- I. Introduction.
- II. Objectives and structure of Organization.
- III. Concept.
- IV. Importance.
- V. Functions and Activities,
- VI. Objectives of Management.

Module 2 Learning, Evaluation & Organisation of Physical Education (Theory)

- I. Introduction
- II. Discussion
 - Learning.
 - Program Evaluation.
 - Test, Measurement, Assessment and Evaluation.
 - Evaluation Models Program: Evaluation Models Kirkpatrick (Evaluating Reaction, Evaluating Learning, Evaluation Behaviour Evaluation Results), Evaluation Model CIIP, Evaluation Stake model (Model Countenance),
 - Coverage Evaluation of Physical Education Learning Programs: Design Learning Programs.
 - Implementation of Physical Education Learning Program.
 - Results Physical Education Learning Program.
- III. Conclusion.

Module 3 Organisation & Management of Sports & Games (Theory)

- I. Introduction
- II. Principles of Management: Planning, Organizing, Directing, Controlling and Recruiting the Personnel.
- III. Basic Function of management: Division of work, Authority and responsibility, Discipline, Unity of Command, Centralization, Order, Equity, Stability, Initiative.
- IV. Importance and significance.
- V. Conclusion.

Module 4 Psychology, Physiology, Statistics and Physical Education (Theory)

- I. PSYCHOLOGICAL ASPECT OF PHYSICAL EDUCATION
 - Introduction of Psychology,
 - Sports Psychology: definition, Meaning, Importance,
 - Achievement and Motivation in Sports,

- II. GENERAL PHYSIOLOGICAL CONCEPTS IN PHYSICAL EDUCATION AND SPORTS
 - Introduction
 - General Physiological Concepts
 - Second Wind, Oxygen Debt, Fatigue, Muscular Contraction, Blood Pressure, Pulse Pressure, Blood Volume, Blood Flow, Heart Rate, Cardiac output, Stroke Volume, Restoration of muscle Glycogen, Carbohydrate Loading, Proprioception, Muscle Tone, Posture, Equilibrium.
 - Conclusion

- III. STATISTICS
 - Meaning and Definition of Statistics.
 - Need and importance of Statistics.
 - Types of Statistics. Meaning, uses and construction of frequency table.
 - Meaning, Purpose, Calculation and advantages of Measures of central tendency - Mean, Median and Mode.
 - Meaning, Purpose, Calculation and advantages of Range, Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error.
 - Meaning, Purpose, Calculation and advantages of Scoring scales: Sigma scale, Z Scale, Hull scale.
 - Graphical Representation in Statistics: Line Diagram, Pie diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

Module 5 Drill with equipment like dumbbells, flags, etc. (Practical)

Module 6 Mass drill (Practical)

Module 7 Athletics - 100 metres running, long jump, shot put (Practical)
