

SEMESTER- I

Credits: 03

Theory: 02

Practical: 01

Course Objectives:

A students should be able to understand:

1. *Ways of all round physical development.*
2. *Effect of physical exercises on health.*
3. *Development and assessment of physical fitness components.*

Course Outcomes.

After completion of course a student will be well acquainted with:

1. *Ways to develop physical health.*
2. *Should be well versed with the impact of active life style on health.*
3. *Should have adequate knowledge regarding various career options in Physical education and sports.*

Unit- I: Introduction to Physical Education and Sports Science.

- 1.1 Meaning and definition of Physical Education and Sports Sciences.
- 1.2 Aims, objectives and importance of Physical Education and Sports Sciences in present era.
- 1.3 Career Advancement in Physical Education and sports Sciences.
- 1.4 Misnomers in Physical Education and Sports Sciences.

Unit- II: Exercises and their effects.

- 2.1 Short and long term impacts of exercises on Musculo -skeletal system.
- 2.2 Short and long term impacts of exercises on Circulatory System
- 2.3 Short and long term impacts of exercises on Respiratory System.
- 2.4 Short and long term impacts of exercises on Neuro -endocrine system.

Unit- III: Assessment of Fitness.

- 3.1 Physical Fitness
- 3.2 Motor fitness
- 3.3 Health Related Fitness

REFERENCES

1. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
2. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science,
3. Kansal, D.K. (2012) A Practical Approach to Test Measurement and Evaluation Sports
4. John Wiley and Sons, Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical
5. . Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and
6. Measurement (2nd edition) Lanham: Scarecrow
7. Tiwari, S. (1999). Exercise Physiology. Sports Publishers.
8. Willmore J.H and Costill D.L. (2005). Physiology of Sports and Exercise: 3rd edition
Champaign IL:Human Kinetics. 