

Semester III

Paper-5 - METHODS OF TEACHING IN PHYSICAL EDUCATION

Max. Marks =150

(42 Hours)

UNIT I	
Meaning of teaching, coaching, officiating and as a career in Physical Education & Sports. (Book-3, Ch-4 & 6, Page-35-36)	
Meaning and need for methods, factors effecting teaching method. (Book-1, Ch-5, Page-110-137, Ch-2, Page-23-46)	8 Hours
UNIT II	
Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation.	
Techniques of presentation: personal and technical preparation. (Book-2, Ch-5, Page-133-156)	8 Hours
UNIT III	
Class management: techniques, formations, command (types and techniques) factors effecting class management	
Lesson Plan: Need, construction, Introduction development, skill/recreation. (Book-1, Ch- 6, Page-132-164)	8 Hours
UNIT IV	
Qualification and qualities of a coach, Personnel in physical education/sports. (Book-2, Ch-2, Page-15-70)	
Teaching Aids: Need and Importance, Types of teaching aids. (Book-2, Ch-8, Page-239-272)	9 Hours
UNIT V	
Fundamental skills: athletics, aquatics, badminton, basketball, cricket, football, hockey, handball, kabaddi, Kho-Kho, volleyball and Judo, Yoga Assanas, Grounds: Preparation and marking of standard play areas, courts and track. (Book-4)	9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

Practical (28 Hours)

1. Teaching of fundamentals skills
2. Teaching Aids
3. Demonstration of fundamentals skills
4. Grounds
5. Preparation of lesson planning and skill

ESSENTIAL READINGS:

Book- 1 : Scientific Art of Teaching Physical Education (1994). Jagtamba Offset printers, New Delhi.

Book-2 : Sitaram's Vanaik A. Principles of Teaching Physical Education (2003). Friends Publications. New Delhi.

Book-3 : Naruka JS & Dagar (2004), Praspsects of Career Development in Physical Education & Sports. Friends Publications, New Delhi.

Book-4: Stabbers R. The Sports Book. (2007) Hung Hing Offset Printing Company. England.

SUGGESTED READINGS

- Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
- Graham, G.M. (2009). Children Moving : A Reflective Approach to Teaching Physical Education. 8th Ed. McGraw Hill, USA.
- Kamlesh ML (2005). Methods in Physical Education. Friends. Delhi.
- Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends. Delhi.
- Panday Laxemikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
- Shaw D and Kaushik S (2001). Lesson Palnning- Teachinh Methods and Classman in Physical Education. K.S.K. Delhi.
- Shrivastava A.K. (2004). Shareerik Shiksha Khel Main Santan Avum Prashashan. Sports. New Delhi.
- Wrisberg A (2007). Sport Skill Instruction for Coaches. Human Kinetics. Champain. Illinois. U.S.A.

Theory : 100 (75+25 Int. Assessment)

Practical : 50