

Subject Description:

This subject focuses on to familiarize the students to learn about the concepts in physical education and sports. It also emphasizes the principle involved in field of sports. The aim of this subject is to introduce the students, about various factors involved in Physical Education, such as Sports Psychology, Sports Training, Sports Sociology, Fitness and Performance, and Sports Physiology.

Pedagogy:

The content will be taught to the students through lecture and practical sessions. Evaluation will be done through assignments which focus on testing various factors involved in the subject and written tests. Apart from these, the students are required to work on a research paper that involves the review of recent research/ paper which are relevant to the subject.

Learning objectives:

To enable the students to understand and acquire knowledge in Sports Psychology, Sports Training, Sports Sociology, Fitness and Performance, and Sports Physiology.

Unit 1: Exercise physiology

Meaning and definition - Structure of the Skeletal Muscle– Chemical Composition – Types of Muscle Fiber –Sliding Filament Theory of Muscular Contraction –Structure and Function of Heart - Blood Supply to the Heart - Cardiac Cycle - Stroke Volume – Cardiac Output - Heart Rate - Factors Affecting Heart Rate -Cardiac Hypertrophy - Mechanics of Breathing -Lung Volumes and Capacities - Minute Ventilation- Ventilation at Rest - Ventilation During Exercise – Anaerobic Threshold - Oxygen Debt - Metabolism - ATP- PC or Phosphagen System - Anaerobic Metabolism- Aerobic Metabolism

Unit 2: Sport Training and Alternative Strategies for Fitness

Significance and importance of Sports Training, Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures- Training Plan-Macro Cycle, Meso-Cycle-Short Term Plan and Long Term Plans – Periodisation -Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period.- Gym based aerobic exercises/Gym based resistance training/ Exercises for flexibility/ Calisthenics/ other forms of Fitness - Organising and participating in workshops that teach alternative health strategies and therapies such as -Yoga - Mindfulness and meditation

Unit 3: Sports Sociology

Definition and Meaning – Sports and Socialization of Individual – Sociology of Sports – Difference between Sociology of Sport - Sports as Social Phenomena-Participation of women in sports in India- Problems-measures; Group: Definition and Meaning – Group Size - Groups on Composition –Group Cohesion – Group Interaction – Group Dynamics – Current Problems and Future Directions – Crisis Management – Role of Spectators.

Unit 4: Sports Psychology

Significance and needs of Sports Psychology - Effects of Sports on Personality and Sports Performance; Competitive Anxiety – Anxiety and Sports Performance; Stress and Performance – Arousal – Measuring Stress and Arousal; Psychological Tests- Types of test:- Paper pencil tests and Instrument based tests. Purpose, Procedure, Need and importance of the tests.

Unit 5: Sports Management

Sports Organization & Administration – Perspective and Management; Principles of Management – Sports Human Resource Management- Group and Teams: Meaning of a Group, Group Dynamics, Group Cohesiveness, Types of Groups, Task Groups, Work Teams, Nature of Teams, Team Building, Group/Teams Effectiveness, How to Make Teams More Effective. – Organisation Structure as Applied to Sports Organizations – Decision Making Process: Individual Decision Making, Rational Decision Making, Decision making Styles, Creativity in Decision Making, Participative Decision Making, Group decision Making – Conflict: Definition of Conflict, Stages in Conflict Process , Functional Conflict, Dysfunctional Conflict, Managing Conflict, Negotiation – Leadership in Sports Management -High Performance Leadership in Sports – Improving Leadership Effectiveness Strategic Management – Product & Brand Management – Sports Marketing Tools – Sports Analytics Management- Software - Management of Sporting and Recreation, Organisation, Decision process, Delivery of Recreation Services, Impact of Organizational Process on Individual - Sports Facility & Event Management –Celebrity Management –Digital Marketing in Sports

TEXT BOOKS/ REFERENCES:

1. Amrit kumar, R, Moses. (1995). *Introduction to Exercise Physiology*. Madras: Poompugar Pathipagam.
2. David, L Costill. (2004). *Physiology of Sports and Exercise*. Human Kinetics.
3. Vincent, T. Murche. (2007). *Elementary Physiology* Sports Publication.
4. Bunn, J.N. (1998) *Scientific Principles of Coaching*, New Jersey Engle Wood Cliffs, PrenticeHall Inc.
5. Cart, E. Klafs & Daniel, D. Arnhem (1999) *Modern Principles of Athletic Training*.
6. Daniel, D. Arnhem (1991) *Principles of Athletic Training*, St. Luis, Mosby Year Book.
7. Jay Coakley. (2001). *Sports in Society - Issues and Conterouersies in International Education*, Mc-Craw Seventh Ed.
8. Jain. (2002), *Sports Sociology*, Heal Sahety Kendre Publishers.
9. John D. Lauther. *Sports Psychology*. Englewood, Prentice Hall Inc.
10. Thelma Horn. (2002). *Advances in Sports Psychology*. Human Kinetic
11. Gil Fried (2015) *Managing Sport Facilities*
12. Janet B. Parks and Beverly R.K. Zanger (1990) *Sport and Fitness Management: Career Strategies and Professional Content*
13. John Beech and Dr Simon Chadwick (2013) *The Business of Sport Management*