



केन्द्रीय हिमालयीय संस्कृति शिक्षण संस्थान
ཨ་ཁྱུང་རྫོང་ཁོངས་སྡེ་ལོ་སྒྲིག་ཁང་མཐོ་རིམ་སློབ་གྲྭར་ཁབ་
CENTRAL INSTITUTE OF HIMALAYAN CULTURE STUDIES
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(An Autonomous Body of the Ministry of Culture, Govt. of India)

PHYSICAL EDUCATION
(CLASS-PRAK SHASTRI, First- Year)

Written Examination-60/लिखित परीक्षा-60

Internal-40/आंतरिक मूल्यांकन-40

Unit-I

Changing Trends & Career in Physical Education

- Concept, Aims & Objectives of Physical Education
- Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements.
- Career Options in Physical Education

Unit-II

Olympism

- Ancient and Modern Olympics
- Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)
- Olympics - Symbols, Motto, Flag, Oath, and Anthem

Unit III

Yoga

- Meaning & Importance of Yoga
- Introduction to Ashtanga Yoga

Unit-IV

Physical Education & Sports for CWSN (Children with Special Needs - Divyang)

- Concept of Disability and Disorder
- Types of Disability, its causes & nature (Intellectual disability, Physical disability)
- Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & Special Educator)

Unit-V

Physical Fitness, Health and Wellness

- Meaning and Importance of Wellness, Health and Physical Fitness
- Components/Dimensions of Wellness, Health and Physical Fitness.

Unit-VI

Test, Measurement & Evaluation

- Concept of Test, Measurement & Evaluation in Physical Education & sports.
- Classification and Importance of Test in Physical Education and Sports.

Unit- VII

Fundamentals of Anatomy, Physiology in Sports

- Definition and Importance of Anatomy and Physiology in exercise and sports
- Functions of Skeletal system, classification of bone and types of joints.
- Function and Structure of Circulatory system and heart.





Unit-VIII

Fundamentals of Kinesiology and Biomechanics in Sports

- Definition and Importance of Kinesiology and Biomechanics in sports
- Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation.

Unit-IX

Training and Doping in Sports

- Concept and Principles of Sports Training
- Training Load: Over Load, Adaptation, and Recovery
- Concept of Doping and its disadvantages

PRACTICAL

- Yoga Asanas/Exercises, Skill test, fitness test, BMI etc.
- Record File
- Viva Voce

Reference Books:

- *Healthy and Physical Education (Revised Edition)
Sarwaswati by, Dr. V K Sharma
- *Essential of Physical Education

