



DPG SCHOOL OF TECHNOLOGY & MANAGEMENT

(A unit of DPG Degree College, Sec-34, Gurugram)

(Affiliated to MDU Rohtak)

Recognized 2(f) by UGC & Accredited with 'A' Grade by NAAC



A

PRACTICAL FILE ON

HISTORY & PRINCIPLES OF PHYSICAL EDUCATION

(25PED403M1o1)

DEPARTMENT OF COMPUTER SCIENCE

BCA – 303 (SEMESTER – 3)

IN PARTIAL FULFILLMENT OF THE REQUIREMENT OF BACHELOR OF
COMPUTER APPLICATION



SUBMITTED TO

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MDU ROHTAK , HARYANA



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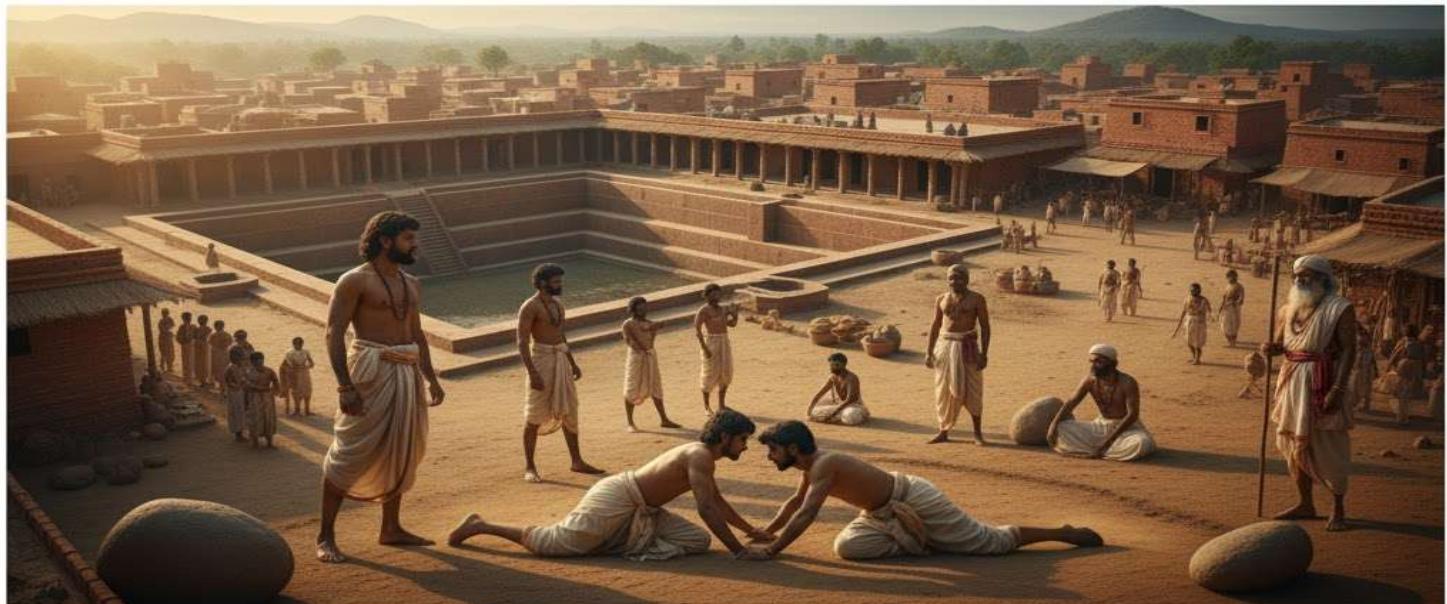
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SIGNATURE OF TEACHER

TIMELINE OF PHYSICAL EDUCATION IN INDIA

1. Physical Education in Indus Valley Civilization (3250 BC – 2500 BC)

The Indus Valley people valued physical fitness, cleanliness, and discipline. Evidence from seals and toys shows activities like hunting, swimming, wrestling, and dancing. The Great Bath of Mohenjo-Daro highlights their focus on hygiene and health. Yoga-like postures in terracotta figures suggest the beginning of exercise and meditation. Physical strength was linked to survival, spirituality, and social well-being.



2. Physical Education in Vedic Period (2500 BC – 600 BC)

During the Vedic period, education in Gurukulas included both physical and mental training. Students practiced archery, wrestling, horse riding, running, and chariot racing. Yoga and meditation, mentioned in the Vedas, became essential for maintaining physical and mental balance. The aim of physical education was to develop discipline, courage, and character among youth while preparing them for defense and righteous living.



3. Physical Education in Early & Later Hindu Period (600 BC – 1000 AD)

This period emphasized military and warrior training. Epics like Ramayana and Mahabharata inspired physical culture through activities like sword fighting, mace fighting, wrestling, and horse riding. Martial arts such as Kalaripayattu evolved in South India. Physical training became an important part of royal education. The main purpose was to prepare youth for defense, bravery, and national protection, while promoting teamwork and discipline.



4. Physical Education in India Before 1947 (British Period)

During British rule, education focused mainly on academics. However, military drills and games like cricket, football, and hockey were introduced. The YMCA played a major role in promoting physical education. Training centers and PE colleges were established in cities like Madras, Lahore, and Delhi. The Indian Olympic Association was founded in 1938, marking a step toward organized sports. The goal was to encourage teamwork, health, and discipline in youth.



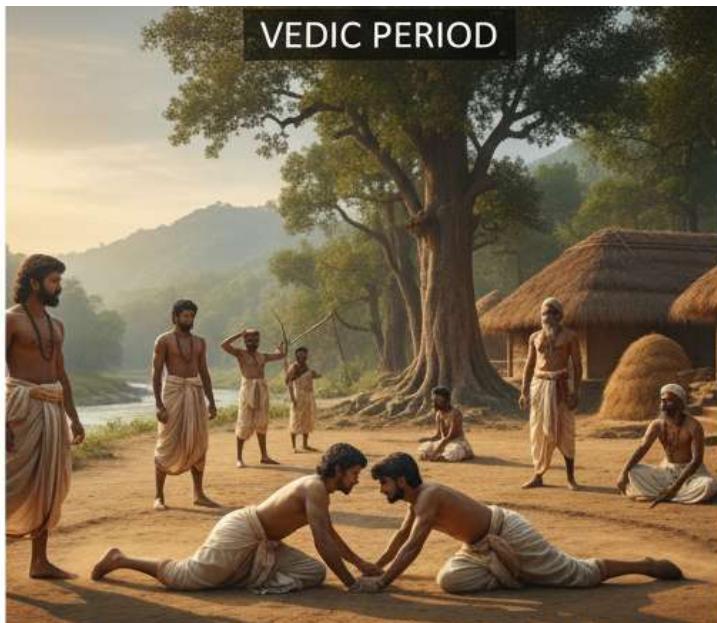
5. Physical Education in India After 1947 (Post-Independence)

After independence, physical education became part of national education. The government promoted sports and health programs to build a strong nation. Key developments include the All India Council of Sports (1950), First Asian Games (1951), and establishment of Laxmibai National College of Physical Education (1956). Modern programs like Fit India Movement and Khelo India focus on youth fitness and sports excellence. PE now aims to create a healthy, active, and united nation through physical fitness and sports.



COMPARITIVE POSTURE ON PHYSICAL EDUCATION PRACTICES IN VEDIC & BRITISH PERIODS

Aspects	Vedic Period	British Period
Primary Goal	Holistic Development : To achieve spiritual, mental, and physical perfection. Integrated with <i>Dharma</i> and <i>Moksha</i> (liberation).	Military & Health: To ensure physical fitness for service (police, army) and to introduce modern concepts of health and discipline.
Core Activities	Indigenous: Yoga (<i>Asanas</i> , <i>Pranayama</i>), Traditional wrestling (<i>Malla-Yuddha</i>), Archery (<i>Dhanurvidya</i>), Chariot racing, Swimming, Hunting.	Western Sports: Cricket, Football, Field Hockey, Tennis, Athletics (track and field), Gymnastics (imported drills).
Curriculum Focus	Individual Discipline: Emphasis on self-mastery, ethical training, and developing skills for livelihood and warfare. Taught by a <i>Guru</i> in <i>Gurukuls</i> .	Teamwork & Rules: Emphasis on standardized rules, organized competitions, and developing <i>esprit de corps</i> . Taught in schools and colleges.
Posture Value	Integrated: Physical activity was not a separate subject but an integral part of life, philosophy, and spiritual pursuit.	Formalized: Physical Education became a structured, timetabled subject with specific, measurable outcomes and drills.



OBSERVATION OF PHYSICAL CHANGES BASED ON AGE & GENDER THROUGH BASIC FITNESS TEST

Physical Changes: Age and Gender in Fitness Tests

Observing physical changes through basic fitness tests reveals predictable patterns based on **age** and **gender**. These tests, which include measures like the push-up count (strength), mile run time (endurance), and sit-and-reach score (flexibility), clearly illustrate the human performance curve.

Age dictates the performance trajectory:

- **Childhood** shows a steady improvement in all areas as the body grows.
- **Adolescence** marks a significant increase in performance, especially for boys due to hormonal changes leading to greater muscle mass.
- Performance **peaks** in the 20s and early 30s.
- After the mid-30s, there is a **gradual decline** in strength, speed, and cardiovascular fitness, largely due to sarcopenia (muscle loss) and decreased aerobic capacity (VO₂ max).

Gender differences become prominent after puberty:

Males generally show superior scores in tests requiring **strength and endurance** (due to higher testosterone, muscle mass, and greater lung capacity). Females often excel in tests of **flexibility and balance**. These differences necessitate the use of gender-specific **normative data** for accurate fitness evaluation.

Simple Observation Table

Fitness Component	Peak Age Group	Male Trend	Female Trend
Muscular Strength	20s-30s	Higher scores, greater peak	Lower scores, better relative endurance
Cardiovascular Endurance	20s-30s	Higher VO ₂ max, faster run times	Lower VO ₂ max, often better flexibility
Flexibility	Childhood/Youth	Tends to be lower	Tends to be higher/better

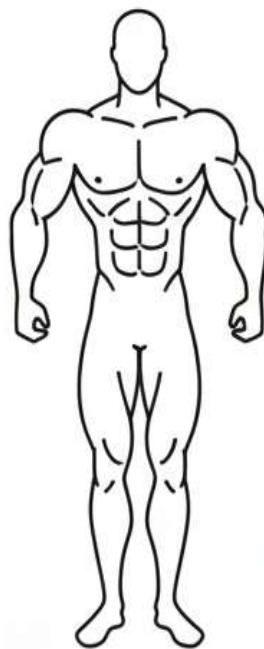
SOMATOTYPES - THREE BODY TYPES USING STICK FIGURES OR CHARTS

HUMAN SOMATOTYPES: THE THREE BODY TYPES

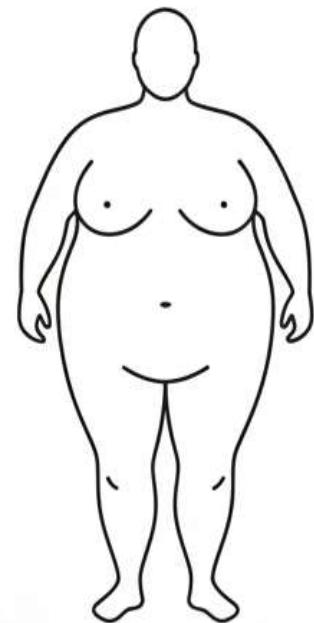
1. ECTOMORPH



2. MESOMORPH



3. ENDOMORPH



- Lean & Long
- Difficulty Gaining Weight
- Fast Metabolism
- Narrow Frame

- Muscular & Athletic
- Easily Gains Muscle
- High Strength
- Medium Frame

- Soft & Round
- Gains Weight Easily
- Slow Metabolism
- Broader Frame

PREPARE A FLOWCHART SHOWING TYPES OF LEARNING AND LEARNING CURVES IN SPORTS PERFORMANCE

LEARNING & PERFORMANCE IN SPORTS

