

AMITY UNIVERSITY MUMBAI

PHYSICAL EDUCATION & SPORTS

SUBJECT CODE- PES001

SEMESTER- I

GENERAL FITNESS, BASKETBALL, CARROM, ATHLETICS

UNIT-I

- INTRODUCTION & DEFINITION OF PHYSICAL EDUCATION
- FITNESS (INTRODUCTION, NEED & IMPORTANCE)
- TYPES OF FITNESS (GENERAL FITNESS, MOTOR FITNESS)
- MOTOR FITNESS COMPONENT
- SPECIFIC FITNESS

UNIT-II

BASKETBALL, CARROM

- INTRODUCTION
- RULES
- SKILLS
- TECHNIQUE & TACTIS
- SPECIFIC EXERCISES FOR BASKETBALL

UNIT-III

ATHLETICS

- SHOT PUT
- 100 MTR
- 5000 MTR

SUBJECT CODE- PES002

SEMESTER-II

HEALTH EDUCATION, VOLLEYBALL, LAWN TENNIS, ATHLETICS

UNIT-I

- INTRODUCTION OF HEALTH EDUCATION & DEFINITION, OBJECTIVES & PRINCIPLES OF HEALTH EDUCATION
- NUTRITION
- DRUG AND TOBACCO
- FIRST AID
- COMMUNICABLE DISEASES

UNIT-II

VOLLEYBALL & LAWN TENNIS

- INTRODUCTION
- RULES
- SKILLS
- TECHNIQUE & TACTIS
- SPECIFIC EXERCISES FOR VOLLEYBALL & LAWN TENNIS

UNIT-III

ATHLETICS

- DISCUSS THROW
- 110 MTR
- 10,000 MTR WALK

SUBJECT CODE- PES003

SEMESTER-III

ANATOMY & PHYSIOLOGY, KABADDI, ATHLETICS

UNIT-I

ANATOMY & PHYSIOLOGY

- DEFINITION OF ANATOMY & PHYSIOLOGY
- INTRODUCTION
- NEED AND IMPORTANCE OF ANATOMY & PHYSIOLOGY IN PHYSICAL EDUCATION
- EFFECT OF EXERCISE ON HUMAN BODY SYSTEM SKELETON SYSTEM & MUSCULAR SYSTEM.

UNIT-II

KABADDI & TABLE TENNIS

- INTRODUCTION
- RULES
- SKILLS
- TECHNIQUE & TACTIS
- SPECIFIC EXERCISES FOR KABADDI & TABLE TENNIS

UNIT-III

ATHLETICS

- JAVELIN THROW
- 400 MTR
- 3000 STEEPLECHASES

SUBJECT CODE- PES004

SEMESTER-IV

YOGA, KHO-KHO, HOCKEY & ATHLETICS

UNIT-I

YOGA (ASTHANG YOG)

- PRANAYAM
- PRATYAHAR
- DHYAN
- DHARNA
- KRIYA
- SAMADHI

UNIT-II

KHO-KHO & HOCKEY

- INTRODUCTION
- RULES
- SKILLS
- TECHNIQUE & TACTIS
- SPECIFIC EXERCISES FOR KHO-KHO & HOCKEY

UNIT-III

ATHLETICS

- HIGH JUMP
- 4 x 100 MTR RELAY
- 4 x 400 MTR RELAY

SUBJECT CODE- PES005

SEMESTER-V

**ORGANISATION, ADMINISTRATION & SUPERVISION IN PHYSICAL
EDUCATION & SPORTS,& HANDBALL , BADMINTON**

UNIT-I

**ORGANISATION, ADMINISTRATION & SUPERVISION IN PHYSICAL
EDUCATION & SPORTS**

- INTRODUCTION, MEANING, DEFINITION NEED & IMPORTANCE OF ORGANISATION, ADMINISTRATION & SUPERVISION IN PHYSICAL EDUCATION & SPORTS
- CONCEPT AND PRINCIPLES OF ORGANISATION, ADMINISTRATION & SUPERVISION

UNIT-II

HANDBALL & BADMINTON

- INTRODUCTION
- RULES
- SKILLS
- TECHNIQUE & TACTICS
- SPECIFIC EXERCISES FOR HANDBALL & BADMINTON

UNIT-III

ATHLETICS

- LONG JUMP
- DECATHLON

SUBJECT CODE- PES006

SEMESTER-VI

CONDITIONING, REHABILITATION, FOOTBALL, CHESS & PROJECT WORK

UNIT-I

CONDITIONING, REHABILITATION

- MEANING OF CONDITIONING, TYPES OF CONDITIONING, PRINCIPLES OF CONDITIONING
- SPORTS INJURY
- REHABILITATION

UNIT-II

FOOTBALL AND CHESS

- INTROUCTION
- RULES
- SKILLS
- TECHNIQUE & TACTIS
- SPECIFIC EXERCISES FOR FOOTBALL & CHESS

UNIT – III

PROJECT WORK

- ASSIGEMENTS
- TREKKING
- CAMPING
- PRACTICAL TEST

