

**SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION  
SEMESTER II (Minor)**

**SPORTS ORGANIZATION AND MANAGEMENT**

**Introduction:**

- Meaning, concept and definition of sports management.
- Nature and scope of sports management.
- Aims and objectives of sports management.
- Guiding principles of sports management.

**Event Management**

- Meaning and concept of event
- Planning and management of sports event.
- Role of sports event manager.
- Steps in event management:
  - Planning,
  - Executing
  - Evaluating

**Budget**

- Meaning, Definition, Preparation, Principles of making Budget.
- Financial Management Opportunities and Challenges.
- Basics of Sports Event Accounting.
- The Budget Cycle and Budget Preparation Format.
- Preparing the Departmental Financial Plan and estimate.
- Expenditure management.
- Financial Reporting.

**Organization**

- Meaning and definition of Organization.
- Need and importance of Organization.
- Guiding principles of Organization.
- Structure and functions of S.A.I., University Sports Council and A.I.U.

**Supervision**

- Meaning and Definition
- Principles of Supervision
- Techniques of supervision in sports management.
- Methods of supervision.
- Role of a coach/manager

**Facilities Equipment**

- Purchasing Equipments.
- Care and maintenance of Equipments.
- Procedure to purchase sports goods and equipments.
- Stock entry.
- Storing and distribution.
- List of Consumable and Non-Consumable sports goods and equipments.

**Job Opportunities**

- Job specification of sports manager in professional and state regulated sports bodies.
- Physical Educational professional, career avenues and professional preparation.
- Clients and Sponsorship.

## SYLLABUS FOR B.A./B.Sc. PHYSICAL EDUCATION

### SEMESTER IV (Minor)

#### Sports Psychology and Recreational Activities

##### INTRODUCTION:

- Meaning, Importance and scope of Sports Psychology
- General characteristics of various stages of growth and development.
- Psycho-sociological aspects of human behavior in relation to physical education.

##### LEARNING:

- Nature of learning, theories of learning.
- Law of learning, plateau in learning, transfer of learning
- Meaning and definition of personality, characteristics of personality. Dimensions of personality, personality and sports performance.

##### MOTIVATION:

- Meaning, definition and types of Motivation
- Nature of motivation and factors affecting motivation.
- Motivational techniques and its impact on sports performance.
- Mental preparation strategies: attention, focus, self-talk, relaxation and imaginary.

##### ANXIETY AND AGGRESSION:

- Meaning and nature of anxiety, types of anxiety.
- Aggression and sports,
- Meaning and nature of stress, types of stress, stress arousal and their effects on sports performance.

##### PLAY:

- Meaning and Definition of play
- Various Theories of play
- Significance of Theories of play in Physical Education and Sports.
- Significance of play for a Child.

##### RECREATION:

- Meaning and importance of recreation in physical education
- Principles of recreation in physical education
- Areas, classification and ways of recreation.
- Use of leisure time activities and their educational values.

##### Personality:

- Approaches to personality – Trait,
- Types and psychodynamic theories, determinants of personality, Assessment of personality.

##### TRADITIONAL GAMES OF INDIA:

- Meaning.
- Types of Traditional Games-
- Gilli- Danda, Kanche, Stapu, Gutte, etc.
- Importance/ Benefits of Traditional Games.
- How to Design Traditional Games. Development of Personalities by the help of Traditional Games.