



# **TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING**

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*Internationally Accredited Institution Registered under Tamilnadu Govt Act*

## **DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed)**

<b>S.No.</b>	<b>Subject Code</b>	<b>Subject</b>	<b>Max.Marks</b>
1	DPE1	History, Principles and Foundation of Physical Education	100
2	DPE2	Anatomy and Physiology	100
3	DPE3	Education Technology and Methods of Teaching in Physical Education	100
4	DPE4	Sports Medicine, Physiotherapy and Rehabilitation	100
5	DPE5	Organisation, Administration and Supervision in Physical Education	100

# **DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed.)**

## **SYLLABUS**

**(REGULATION:2025-2026)**

### **1.History, Principles and Foundation of Physical Education**

#### **UNIT-I Introduction**

Meaning, Definition and Scope of Physical Education - Aims and Objectives of Physical Education - Importance of Physical Education in Present Era - Misconceptions about Physical Education - Relationship of Physical Education with General Education - Physical Education as an “Art and Science”.

#### **UNIT-II Historical development of Physical Education in India**

##### **Indus valley civilization period (3250 BC- 2500BC)**

Vedic period (2500BC- 600BC) - Early Hindu period (600BC- 320AD) and later period (320AD- 1000AD) - Medieval period (1000AD- 1757AD) - British period (before 1947) -Physical Education in India (after 1947) - Contribution of Akhadas and Vyayamshals - Y.M.C.A and its contributions - SDAT, SAI, NIS and its functions - Awards, honour in sports.

#### **UNIT- III Foundations of Physical Education (Biological and**

##### **Psychological foundations) Biological Foundations**

Growth and development, Difference between Growth and development, Factors affecting Growth and development - Age and Gender characteristics in relation to Physical Education, Chronological age, biological age, anatomical age - Body types, body shapes, Anthropometric differences between men and women.

## **Psychological Foundations**

Cognitive, Co native and Affective Domains - Information processing model of motor learning, practice, reinforcement feedback - Play and Theories of Play - Principles of Motor Acquisition and Goal setting - Individual differences.

## **UNIT- IV Sociological Foundations of Physical Education**

Society, culture and Socialization Process - Sports as cultural heritage of mankind, Customs and traditions in sport - Social nature of men and physical activity - Competition and cooperation - Social Acceptance and Recognition - Social Integration and Cohesiveness

## **UNIT-V Philosophical Foundation of Physical Education**

Philosophical foundations; Idealism, pragmatism, naturalism, realism, humanism, Existentialism- Indian Philosophy and Culture - Fitness and Wellness Movement in the Contemporary Perspectives - Sports for all and its role in the Maintenance and Promotion of fitness

## **2.Anatomy and Physiology**

### **UNIT-I Introduction**

Meaning, Need and importance of anatomy and physiology in the field of physical education Introduction of cell and tissues - The arrangement of the skeleton- Axial system & appendicular system - joints of the body and their types - Muscular system, components- Types of muscles.

### **UNIT-II Circulatory System**

Blood and circulatory system: Function of the blood- blood groups and blood transfusion, clotting of blood - Structure of the heart- functions of the heart, circulation of blood, cardiac cycle, blood pressure. Cardiac output.

### **UNIT- III Respiratory System**

The respiratory system: respiratory passage- the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume - The digestive system: structure and function of the digestive system.

### **UNIT- IV Excretory System and Endocrine System**

The excretory system: structure and function of the kidneys and the skin - The endocrine glands: function of glands pituitary, thyroid, parathyroid, adrenal, and pancreas. Thymes, Pineal gland

### **UNIT-V Nervous System**

Nervous system: function of the autonomic nervous system and central nervous system - Reflex action, brain and spinal cord - Sense organs: a brief account of the structure and function of the eye and ear.

## **3. Education Technology and Methods of Teaching in Physical Education**

### **UNIT-I Introduction**

Education and Education Technology-Meaning and Definitions - Types of Education- Formal, Informal and Non-formal education - Educative Process, Importance of devices and methods of teaching - Importance of Devices and Methods of Teaching.

### **UNIT-II Teaching – Nature, objectives, characteristics and requirement**

Teaching Technique-Lecture method, Command method, Demonstration method, Imitation method, project method etc - Teaching Procedure-Whole method, Whole- part- Whole method, part-whole method - Presentation

Technique- Personal and technical preparation - Command-Meaning, Types and its uses in different situations.

### **UNIT-III Teaching Aids**

Teaching Aids-Meaning, Importance and its criteria for selecting aids - Teaching aids- Audio aids, Visual aids, Audio- Visual Aids, Verbal, Chalk board - Charts, Model, Slide projector, Motion picture etc - Team Teaching - Meaning, Principles and advantage of team teaching - Difference between Teaching Methods and Teaching Aid.

### **UNIT-IV-Lesson Planning and Teaching Innovations**

Lesson Planning- Meaning, Type and principles of lesson plan - General and specific lesson plan - Micro Teaching- Meaning, Types and steps of micro teaching - Simulation Teaching- Meaning, Types and steps of simulation teaching

### **UNIT-V-Evaluation**

Meaning, Nature, procedures of evaluation - Evaluation system of teaching - Score cards method, methods of evaluation - e- Learning.

## **4. Sports Medicine, Physiotherapy and Rehabilitation**

### **UNIT-I Sports medicine**

Sports Medicine: Meaning, Definition, aim and objective, Need & Importance of Sports medicine in the field of physical education - Principles of sports medicine o Athletes care & Rehabilitation: Contribution of Physical Education Teachers & coaches - Prevention of sports injuries in sports - Common sports Injuries and-Diagnosis.

### **UNIT-II First Aid**

Meaning, aims, scopes and principles of first aid o Nature causes, sign, symptoms and treatment - First Aid-Treatment- Laceration- Blisters-

Contusion-Strain-Sprain-Fracture. Dislocation and Cramps-Trapping and supports - CPR technique.

### **UNIT-III Physiotherapy**

Definition- Guiding principles of Physiotherapy, Need & Importance of Physiotherapy- Hydrotherapy: application of hydrotherapy - Introduction and demonstration of treatment of Cryotherapy-Thermotherapy Contrast Bath- Whirlpool Bath-Stream Bath- Sauna Bath- Hot Water Fermentation

### **UNIT-IV Electrotherapy and bandages**

Electrotherapy-Infrared Rays-Ultraviolet Rays-Short wave Diathermy-Ultrasonic Rays - Bandages- Types of Bandages. Addressing - Massage: History of Massage- Classification of Manipulation (Swedish System) physiological effect of Massage

### **UNIT-V Therapeutic Exercise**

Definition and scope-Principles of Therapeutic Exercise – Classification - Effects and uses of Therapeutic exercise- passive movements (Relaxed, Forced and Passive stretching) - Active movements (concentric, Eccentric and static) Stretching exercises (isotonic isometric and isotonic)

## **5. Organisation, Administration and Supervision in Physical Education**

### **Unit-I Organization and Administration**

Meaning, need and importance of organization and administration in physical education - Qualification and Responsibilities of Physical Education teacher and pupil leader - Planning and their basic principles - Program planning: Meaning, Importance, Principles of program planning in physical education - Functions of Planning, Organizing, Staffing, Directing, Communicating, Coordination, Controlling, Evaluating and Innovating

## **UNIT-II Competition Organization**

Importance of Tournaments - Types of Tournaments and its organization structure- Knock-out Tournaments, League or - Round Robin Tournaments, Combination Tournament and challenge Tournament - Organization structure of Athletic Meet - Sports Event Intramurals & extramural tournament planning.

## **UNIT-III Office Management, Record, Register & Budget**

Office Management: Meaning, definition, functions and kinds of office management - Records and Registers: Maintenance of attendance Register, stock Register, Cash Register, physical efficiency record, Medical examination Record - Budget: Meaning, Importance of Budget making - Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget

## **UNIT-IV Facilities, & Time-Table Management**

Facilities and equipment management: Types of facilities Infrastructure – indoor, outdoor - Care of school building, Gymnasium, swimming pool, play fields, play grounds - Equipment: Need, importance, purchase, care and maintenance - Time Table Management: Meaning, Need, Importance and factors affecting time table

## **UNIT-V Supervision**

Meaning and Need for Supervision – Guiding principles of Supervision. - Functions of the Supervisor - Instruction and Professional growth - Methods in supervision: Visits – Periodical, Surprise, request, Visitation Procedure - Report on the visit.