Subject Description:
This subject focuses on to familiarize the students to learn about the concepts in physical education and sports. It also emphasizes the principle involved in field of sports. The aim of this subject is to introduce the students, about various factors involved in Physical Education, such as Sports Psychology, Sports Training, Sports Sociology, Fitness and Performance, and Sports Physiology.

Pedagogy:
The content will be taught to the students through lecture and practical sessions. Evaluation will be done through assignments which focus on testing various factors involved in the subject and written tests. Apart from these, the students are required to work on a research paper that involves the review of recent research/ paper which are relevant to the subject.

Learning objectives:
To enable the students to understand and acquire knowledge in Sports Psychology, Sports Training, Sports Sociology, Fitness and Performance, and Sports Physiology.

Unit 1: Exercise physiology

Unit 2: Sport Training and Alternative Strategies for Fitness
Significance and importance of Sports Training, Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures- Training Plan-Macro Cycle, Meso-Cycle-Short Term Plan and Long Term Plans – Periodisation -Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period.- Gym based aerobic exercises/Gym based resistance training/ Exercises for flexibility/ Calisthenics/ other forms of Fitness - Organising and participating in workshops that teach alternative health strategies and therapies such as -Yoga - Mindfulness and meditation

Unit 3: Sports Sociology
**Unit 4: Sports Psychology**


**Unit 5: Sports Management**


**TEXT BOOKS/ REFERENCES:**