

Gandaki University

Gandaki Province, Pokhara Nepal

Lecturer – Physical Education Syllabus

Sport Biomechanics and Kinesiology:

Meaning, Need and Importance of biomechanics in sport, Newton's Laws of motion, Equilibrium, Mechanical analysis, Introduction to Kinesiology, Muscles and Joints

Exercise Physiology:

Meaning and Definition of Physiology and Exercise Physiology, Physiological Basis, Physiological of Exercise, Sports Diet (Balance Diet, Diet before, during and after the athletic performance)

Sports Training:

Definition, Meaning and importance of Sports Training, Principles of Sports Training, Training Components, Planning, Periodization and Competitions, Technique, Tactics and Strategy, Tests, Measurements and Evaluation

Sports Psychology:

Definition, Meaning, Nature and scope of sports psychology, Emotion and Motivation, Personality, Psychological Skills, Motor Learning

Athlete care and Rehabilitation:

Definition and Objectives of corrective Sports and physical Education. Posture and body mechanics, Rehabilitation Exercises, Massage, Sports Injuries Care, Treatment and Support

Teaching and Research Methodology:

Curriculum review, lesson plans, work plan, Preparation of reference material, Method of teaching particular subject, research paper/ proposal writing

Concept of Sports Medicine, Anti-Doping in Sport, Sports Injuries and Physiotherapy