

PHILOSOPHICAL BASIS OF PHYSICAL EDUCATION

(3+0 Cr. Hr)

COURSE OBJECTIVES

This course is designed to acquaint students with the objectives to make them understand the basic concepts of physical education and its relation to Health Education, and provide preliminary awareness about physical, mental and social developments; interpretation of biological, psychological effects on physical activities.

COURSE CONTENTS:

- i. INTRODUCTION**
 - a. Historical background of Physical Education
 - b. Definition and scope of Physical Education
 - c. Aims and objectives of Physical Education

- ii. PHILOSOPHY AND PHYSICAL EDUCATION**
 - a. Definition
 - b. Components of Philosophy
 - c. Relationship of Physical Education with Naturalism, Idealism, Realism, Pragmatism, Existentialism

- iii. PHYSICAL EDUCATION AS DISCIPLINE**
 - a. Physical Education, an academic discipline
 - b. Physical Education and Islam
 - c. Physical Education as a profession

- iv. SCIENTIFIC FOUNDATION OF PHYSICAL EDUCATION**
 - a. Biological interpretation of Physical Education
 - b. Psychological interpretation of Physical Education
 - c. Sociological interpretation of Physical Education

- v. PHYSICAL EDUCATION AND RECREATION**
 - a. Definition of Recreation
 - b. Types of Recreation
 - c. Principles of Leisure
 - d. Outdoor pursuits

- vi. LEADERSHIP IN PHYSICAL EDUCATION**
 - a. Definition and kinds of leadership
 - b. Selection criteria of leader
 - c. Qualities of a good leader
 - d. Challenges in Physical Education profession

RECOMMENDED BOOKS

1. Metzler, M. (2017). *Instructional models in physical education*. Routledge.
2. Peters, M. A., & Biesta, G. (2015). 'It was the Best of Times, it was the Worst of Times...': Philosophy of Education in the Contemporary World.
3. Stolz, S. A. (2014). *The philosophy of physical education: A new perspective*. Routledge.
4. Kirk, D. (2014). *Physical Education and Curriculum Study (Routledge Revivals): A Critical Introduction*. Routledge.
5. Noddings, N. (2018). *Philosophy of education*. Routledge.