

**OLYMPIC PHYSICAL EDUCATION COACHING CENTER
TIRUPATTUR - VELLORE DISTRICT**

PHYSICAL EDUCATION

- ❖ Father of Physical Education is **Galen** from Greek Physician
- ❖ Father of Indian Physical Education is **H.C Buck**

SUBJECT	FATHER'S
PSYCHOLOGY	WILHELM WUNDT (1832-1920)
MODERN PSYCHOLOGY	SIGMUND FREUD (1856-1936)
SPORTS PSYCHOLOGY	COLEMAN GRIFTITH
SOCIOLOGY	AUGUSTE COMTE
KINESIOLOGY	ARISTOTLE

FATHER OF PHILOSOPHYS

❖ IDEALISM	PLOTO
❖ NATURALISM	ROUSSEAU
❖ PRAGMATISM	JOHN DEWEY
❖ REALISM	ARISTOTLE
❖ EXISTENTIALISM	SOREN KIERKEGERAD

PSYCHOLOGY:

- Father of psychology is **Wilhelm Wundt** (1832 - 1920)
- Father of modern psychology is **Sigmund Freud** (1856 - 1936)
- Father of sports psychology is **Coleman Griftith**
- Father of intelligence test **Alfred Binet**
- Father of sociology is **Auguste Comte**
- Father of bio mechanics of locomotion system **Giovanni Alfonso Borelli**
- Father of modern medicine **Hippocrates**
- Father of kinesiology is **Aristotle**

STATISTICS:

Father of statistics **Cottfried Achenwell**

Father of anthropometric **Baron Quetelet**

Father of standard deviation **Karl Pearson**

Father of T- scale **William A. Mccall**

EXERCISE PHYSIOLOGY:

Muscle contraction **R.E Davies**

Athletic heart **Henschen**

Muscle hypertrophy **Dorland**

Anaerobic glycolysis **Gustav Embden an meyerhoff**

Oxygen debt **Archibald Vivian hill**

Kerbs cycle **Sir Hans kreb**

Blood grouping **K. Landsteiner**

Vitamins invented by **Funk**

TRAINING METHODS:

Isometric method **Hettinger and Muller**

Iso-kinetic method **J.J Perrine**

Continuous training method **Dr .Eenst Van Aaken**

Interval training method **Dr .Hans Reindell ,woldemar Gerschler**

Circuit training method **R.E Morgan and G.T Adamson**

Weight training method **Thomas Delorme**

Autogenetic training method **J.H.Schultz and luth**

Sports form or top form **L.P Matweyew**

Preparatory period procedure **Berguer and Minow**

TEST AND MEASUREMENT:

Hardware step test **Brouha**

Fourth somoto type omomorphy introduced by **Sills**

MEASUREMENT AND EVALUATION (INSTRUMENTS)

Stadiometer height of the individual

Sphygmomanometer blood pressure

Wet spirometer vital capacity

Skin fold caliper skin folds thickness

Pediograph size of the foot

Goniometer the range of the joint flexibility

Dynamometer strength of the muscle

Electro cardiogram (E.C.G) function of the heart

Pedio meter the distance of walking

Thermometer body temperature

Chronoscope reaction time

Scoliograph scoliosis

Accelerometer accelertation

Electromyograph (E.M.G) muscle excitability and electrical activity

Electro Goniometer flexibility

Flexometer static flexibility

Ergometer physiological effects of exercises calories spent by an activity

Cable Tensiometer tension of muscles during the isometric contraction

Calorimeter heat production of human body

Stabilometer balance consisting of a platform

Sudomotor activation of the sweat gland

Plumb line measure scoliosis

Cureton - Gun by conformance measure scoliosis

Shihofti measure scoliosis

Hygrometer humidity in the atmosphere

Barometer atmospheric pressure

Polarimeter the intensity of the light in the play ground

Systoscope removing the stone in the kidney

Haemocytometer count the blood cells

Thermoline during the contraction of a muscle the released heat energy

Galvanic measure skin resistance

Electro encephalogram the emitted from the brain

Speedometer or tachymeter the speed of the vehicle

Isokinetic machine Isokinetic muscle contraction

MEASURING DEVICES:

Parallel bar shoulder strength and endurance

Grip Dynamometer hand grip strength

Ergograph muscular activity

Protractor degree of rotation

Leighton flexometer flexibility

Spring scale ring strength of the arm and shoulder

Horizontal bar strength and endurance

Tensiometer strength

Back and leg dynamometer strength

Heavy duty spring scale used in strength testing programme

Iso kinetic mini strength measurement

Single bar for girls endurance and shoulder strength

Stethoscope heart rate

Shoulder breadth length caliper shoulder width and thigh length

Chest depth calliper chest expansion

Gulick tape used spring length (constant tension)

Compact indicating caliper length of body limbs

Spinograph spine

Howland alignometer centre of sternum and superior border of the symphysis pubis

Symmetrigrav posture

Skan -a - Graf posture

Wetzel Grid growth and development

Bicycle Ergo meter endurance

Gas chromatograph / mass spectrometry – Drug Test.

HISTORY OF PHYSICAL EDUCATION IN INDIA

YMCA COLLEGE OF PHYSICAL EDUCATION MADRAS	1920
GOVERNMENT COLLEGE OF PHYSICAL EDUCATION HYDERABAD	1931
CHEISTIAN COLLEGE OF PHYSICAL EDUCATION LUCKNOW	1932
CABPER CENTRAL BOARD OF PHYSICAL EDUCATION AND RECREATION	1950
RAJKUMARI AMRITKARU COACHING SCHEME	1953
NDS NATIONAL DISCIPLINE SCHEME	1954
AICS ALL INDIA COUNCIL OF SPORTS	1954
SGFI SCHOOL GAMES FEDERATION OF INDIA	1954
AD-HOC ENQUIRY COMMITTEE	1958
KUNZURU COMMITTEE	1959
NPED NATIONAL PHYSICAL EFFICIENCY DRIVE	1959-60
KAUL KAPOOR COMMITTEE	1960
NSNIS NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS	1961
NFCP NATIONAL FITNESS CORPS PROGRAMME	1966-67
SAI SPORT AUTHORITY OF INDIA	1984
SDAT SPORTS DEVELOPMENT AUTHORITY OF TAMILNADU	1992
NCC NATIONAL CADET CORPS	1948
ACC AUXILIARY CADET CORPS	1952

SPORTS FEDERATIONS IN INDIA

IOA INDIAN OLYMPIC ASSOCIATION	1927
AAFI AMATEUR ATHLETIC FEDERATION OF INDIA	1946
BCCI BOARD OF CONTROL FOR CRICKET IN INDIA	1928
BFI BADMINTON FEDERATION OF INDIA	1934
BBFI BALLBADMINTON FEDERATION INDIA	1954
BASKETBALL FEDERATION OF INDIA	1950
FOOTBALL FEDERATION OF INDIA	1937
HOCKEY FEDERATION OF INDIA	1925
HANDBALL FEDERATION OF INDIA	1969-70
AKFI AMATEUR KABADDI FEDERATION OF INDIA	1950

KKFI KHO-KHO FEDERATION OF INDIA	1958
TTFI TABLE TENNIS FEDERATION OF INDIA	1937
TFI TENNIS FEDERATION INDIA	1920-21
VFI VOLLEYBALL FEDERATION OF INDIA	1951

INTERNATIONAL SPORTS FEDERATIONS

SL NO	GAMES & SPORTS	INTERNATIONAL	OLYMPICS
1	IAAF	1912	1896
2	BADMINTON	1934	1992 (BARCELONA) SPAIN
3	BASKETBALL	1932	1936 (BERLIN) GERMANY
4	CRICKET	1965	1900 (DEMO) PARIS
5	FOOTBALL	1904	1900 PARIS
6	HANDBALL	1946	1936 (BERLIN) GERMANY
7	HOCKEY	1924	1908 LONDON
8	KABADDI	-	1936 DEMO (BERLIN)
9	KHO-KHO	-	1936 DEMO (BERLIN)
10	SOFTBALL	1952	-
11	TABLE TENNIS	1926	1988 (SEOUL) SOUTH KOREA
12	TENNIS	1913	1988 (SEOUL) SOUTH KOREA
13	VOLLEYBALL	1947	1964 (TOKYO) JAPAN

IMPORTANT YEARS OF MODERN OLYMPICS

1896 marathon race was initiated.

1900 woman players took part, Olympic motto was adopted.

1908 marathon race distance was standardized gold medals for the first time given to the winners.

1912 women took part in the swimming events electronic timing device used and a public address system adopted.

1920 Olympic flag opening ceremony pigeons release Olympic oath taking also introduced.

1924 lane dividers in the swimming pool

1928 Olympic flame women were admitted in track and gymnastics.

1932 Olympic village and automatic timing photo finish camera system.

1936 Olympic torch "Aryan race "(Greatness of the German nation)

1960 television rights.

1964 computer were used.

1968 Mexico City high attitude problem.

1972 black September (Munich West Germany).

❖ IAAF INTERNATIONAL ASSOCIATION OF ATHLETIC FEDERATION	1912
❖ BWF BADMINTON WORLD FEDERATION	1934
❖ IBF INTERNATIONAL DE BASKETBALL FEDERATION	1932
❖ ICC INTERNATIONAL CRICKET CONFERENCE	1965
❖ FIFA FEDERATION OF INTERNATIONAL DE FOOTBALL	1904
❖ IHF INTERNATIONAL HANDBALL FEDERATION	1946
❖ FIH FEDERATION OF INTERNATIONAL DE HOCKEY	1924
❖ ISF INTERNATIONAL SOFTBALL FEDERATION	1952
❖ ITF INTERNATIONAL TENNIS FEDERATION	1913
❖ ITTF INTERNATIONAL TABLE TENNIS FEDERATION	1926
❖ FIVB FEDERATION OF INTERNATIONAL DE VOLLEYBALL	1947

GENERAL ABBREVIATIONS

- ❖ **AAAA** ASIAN AMATEUR ATHLETIC ASSOCIATION
- ❖ **AGF** ASIAN GAMES FEDERATION
- ❖ **CGF** COMMONWEALTH GAMES FEDERATION
- ❖ **IOC** INTERNATIONAL OLYMPIC COMMITTEE
- ❖ **LNIPE** LAXMIMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION
- ❖ **NSTC** NATIONAL SPORTS TALENT CONTEST
- ❖ **RICE** RICE,ICE,COMPRESSION AND ELEVATION
- ❖ **DIPE** DISTRICT INSPECTOR OF PHYSICAL EDUCATION
- ❖ **SAFG** SOUTH ASIAN FEDERATION GAMES
- ❖ **SNIPES** SOCIETY OF NATIONAL INSTITUTES FOR PHYSICAL EDUCATION
SPORTS

INDIAN EDUCATION COMMISSIONS

- ❖ University commission reports 1948-49
- ❖ Secondary education commission 1952-55
- ❖ Kothari education commission report 1964-66

- ❖ The draft national policy of education 1979
- ❖ The national education policy 1979
- ❖ **NCERT** national council for education research and training 1961
- ❖ **SCERT** state council for education research and training 1996
- ❖ **NIEPA** national institute of educational planning and administration

ICHPER The international council of health, physical education and recreation were founded in 1959. Headquarters in Washington

FIEP: The international federation of physical education 1932 headquarters in Lisbon Portugal

ICSPE: The international council of sports and physical education was established in 1960 head quarters in Munich West Germany.

IAPESGW: The international association of physical education and sports girls and women 1953

IOC: International Olympic committee 1894

FISM: The international university sports federation 1948 headquarters in Lorain Belgium.

IFSP: The international federation of sports medicine 1928, headquarters in Brussels Belgium.

FISU: federation of universal students games 1947.

Pan – American games 1951.

PREPARED BY

J.SIVACHANDRAN B.P.E.S., M.Sc., M.P.Ed., M.Phil., P.G.D.Y

PHYSICAL DIRECTOR GRD-I

TIRUPATTUR,

VELLORE DTS,

CELL NO: 8098618230