PHYSICAL EDUCATION

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

<table>
<thead>
<tr>
<th>SUBJECT</th>
<th>FATHER’S</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYCHOLOGY</td>
<td>WILHELM WUNDT (1832-1920)</td>
</tr>
<tr>
<td>MODERN PSYCHOLOGY</td>
<td>SIGMUND FREUD (1856-1936)</td>
</tr>
<tr>
<td>SPORTS PSYCHOLOGY</td>
<td>COLEMAN GRIFTITH</td>
</tr>
<tr>
<td>SOCIOLOGY</td>
<td>AUGUSTE COMTE</td>
</tr>
<tr>
<td>KINESIOLOGY</td>
<td>ARISTOTLE</td>
</tr>
</tbody>
</table>

FATHER OF PHILOSOPHY

- 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 Alfried Bninett
- 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 Archibal 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, woldemer Gerschler
Circuit training method R.E Morgan and G.T Adamson
Weight training method Thomas Delorme
Autogenetic training method J.H.Schuttz and luthe
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)
Studiometer 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 cardiomgram (E.C.G) function of the heart
Pedio meter the distance of walking
Thermometer body temperature
Chronoscope reaction time
Scoliograph scoliosis
Accelerometer acceleration
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 conformature 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
During the contraction of a muscle, the released heat energy is measured using a Thermoline. Galvanic devices measure skin resistance. The emitted electrical activity from the brain is captured using an Electro encephalogram. Speedometers or tachymeters measure the speed of a vehicle. Isokinetic machines measure isokinetic muscle contraction.

**MEASURING DEVICES:**

- **Parallel bar** measures shoulder strength and endurance.
- **Grip Dynamometer** measures hand grip strength.
- **Ergograph** measures muscular activity.
- **Protractor** measures the degree of rotation.
- **Leighton** measures flexibility.
- **Spring scale ring** measures the strength of the arm and shoulder.
- **Horizontal bar** measures strength and endurance.
- **Tensiometer** measures strength.
- **Back and leg dynamometer** measures strength.
- **Heavy duty spring scale** is used in strength testing programmes.
- **Iso kinetic mini** measures strength.
- **Single bar for girls** measures endurance and shoulder strength.
- **Stetchoscope** measures heart rate.
- **Shoulder breath length caliper** measures shoulder width and thigh length.
- **Chest depth calliiper** measures chest expansion.
- **Gulick tape** uses spring length (constant tension).
- **Compact indicating caliper** measures the length of body limbs.
- **Spinograph** measures spine.
- **Howland alignometer centre** measures the position of the sternum and superior border of the symphysis pubis.
- **Symmetrigraf** measures posture.
- **Skan –a – Graf** measures posture.
- **Wetzel Grid** measures growth and development.
- **Bicycle Ergo meter** measures endurance.
Gas chromatograph / mass spectrometry – Drug Test.

**HISTORY OF PHYSICAL EDUCATION IN INDIA**

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

**SPORTS FEDERATIONS IN INDIA**

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>IOA INDIAN OLYMPIC ASSOCIATION</td>
<td>1927</td>
</tr>
<tr>
<td>AAFI AMATEUR ATHLETIC FEDERATION OF INDIA</td>
<td>1946</td>
</tr>
<tr>
<td>BCCI BOARD OF CONTROL FOR CRICKET IN INDIA</td>
<td>1928</td>
</tr>
<tr>
<td>BFI BADMINTON FEDERATION OF INDIA</td>
<td>1934</td>
</tr>
<tr>
<td>BBFI BALLBADMINTON FEDERATION INDIA</td>
<td>1954</td>
</tr>
<tr>
<td>BASKETBALL FEDERATION OF INDIA</td>
<td>1950</td>
</tr>
<tr>
<td>FOOTBALL FEDERATION OF INDIA</td>
<td>1937</td>
</tr>
<tr>
<td>HOCKEY FEDERATION OF INDIA</td>
<td>1925</td>
</tr>
<tr>
<td>HANDBALL FEDERATION OF INDIA</td>
<td>1969-70</td>
</tr>
<tr>
<td>AKFI AMATEUR KABADDI FEDERATION OF INDIA</td>
<td>1950</td>
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</tbody>
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**International Sports Federations**

<table>
<thead>
<tr>
<th>SL NO</th>
<th>Games &amp; Sports</th>
<th>International</th>
<th>Olympics</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>IAAF</td>
<td>1912</td>
<td>1896</td>
</tr>
<tr>
<td>2</td>
<td>Badminton</td>
<td>1934</td>
<td>1992 (Barcelona) Spain</td>
</tr>
<tr>
<td>3</td>
<td>Basketball</td>
<td>1932</td>
<td>1936 (Berlin) Germany</td>
</tr>
<tr>
<td>4</td>
<td>Cricket</td>
<td>1965</td>
<td>1900 (Demo) Paris</td>
</tr>
<tr>
<td>5</td>
<td>Football</td>
<td>1904</td>
<td>1900 Paris</td>
</tr>
<tr>
<td>6</td>
<td>Handball</td>
<td>1946</td>
<td>1936 (Berlin) Germany</td>
</tr>
<tr>
<td>7</td>
<td>Hockey</td>
<td>1924</td>
<td>1908 London</td>
</tr>
<tr>
<td>8</td>
<td>Kabaddi</td>
<td>-</td>
<td>1936 Demo (Berlin)</td>
</tr>
<tr>
<td>9</td>
<td>Kho-Kho</td>
<td>-</td>
<td>1936 Demo (Berlin)</td>
</tr>
<tr>
<td>10</td>
<td>Softball</td>
<td>1952</td>
<td>-</td>
</tr>
<tr>
<td>11</td>
<td>Table Tennis</td>
<td>1926</td>
<td>1988 (Seoul) South Korea</td>
</tr>
<tr>
<td>12</td>
<td>Tennis</td>
<td>1913</td>
<td>1988 (Seoul) South Korea</td>
</tr>
<tr>
<td>13</td>
<td>Volleyball</td>
<td>1947</td>
<td>1964 (Tokyo) Japan</td>
</tr>
</tbody>
</table>

**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
- NSFC 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 spots 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.

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