

THE UNIVERSITY OF BURDWAN



**SYLLABUS FOR THREE-YEAR
B.A/B.Sc. GENERAL PROGRAMME IN
PHYSICAL EDUCATION
UNDER CHOICE BASED CREDIT SYSTEM (CBCS)
With effect from 2022-2023**

Gopa Saha Roy.

SEMESTER- 1

Course Code	Course Title	Course Type	LTP	Credit	Marks
CC1A	Foundation and History of Physical Education	Core Course	4-0-2	6	75
CC2A	Discipline-2 (Core-1) other than Physical Education	Core Course		6	75
CC (Language)	Language 1A	Core Course Language	5-1-0	6	75
AECC 1	Environmental Studies	Ability Enhancement Compulsory Course	4-0-0	4	100
SEMESTER TOTAL				22	325

SEMESTER- 2

Course Code	Course Title	Course Type	LTP	Credit	Marks
CC1B	Management of Physical Education and Sports	Core Course	4-0-2	6	75
CC2B	Discipline-2 (Core-2) other than Physical Education	Core Course		6	75
CC (Language)	Language 2A	Core Course Language	5-1-0	6	75
AECC-2	communicative ENG or MIL	Ability Enhancement Compulsory Course	2-0-0	2	50
SEMESTER TOTAL				20	275

SEMESTER- 3

Course Code	Course Title	Course Type	LTP	Credit	Marks
CC1C	Anatomy, Physiology and Exercise Physiology	Core Course	4-0-2	6	75
CC2C	Discipline-2 (Core-3) other than Physical Education	Core Course		6	75
CC (Language)	Language 1B	Core Course Language	5-1-0	6	75
SEC (1)	Track & Field and Racket Sports	Skill Enhancement Course	0-0-2	2	50
SEMESTER TOTAL				20	275

SEMESTER- 4

Course Code	Course Title	Course Type	LTP	Credit	Marks
CC1D	Health Education, Physical Fitness and First-Aid	Core course	4-0-2	6	75
CC2D	Discipline-2 (Core-4) other than Physical education	Core course		6	75
CC (Language)	Language 2B	Core course Language	5-1-0	6	75
SEC (2)	Kho-Kho and Volleyball	Skill Enhancement Course	0-0-2	2	50
SEMESTER TOTAL				20	275

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SEMESTER- 5

Course Code	Course Title	Course Type	LTP	Credit	Marks
DSE 1	DSE (Any one from Discipline-1 and any one from Discipline-2)				
	Discipline-1 (any one)	Discipline Specific Elective		6	75
	Test, Measurement and Evaluation in Physical Education OR Psychology in Physical Education and Sports		4-0-2		
	Discipline-2(Other than physical Education)		4-0-2		
	1			6	75
	2			5-0-1	
			5-0-1		
GE 1	GE -1 (for the students other than Phy. Edn.)	General Elective		6	75
	Trends in Physical Education and Sports Sciences		6-0-0		
SEC 3	SEC 3	Skill Enhancement Course		2	50
	Football and Kabaddi		0-0-2		
SEMESTER TOTAL				20	275

SEMESTER- 6

Course Code	Course Title	Course Type	LTP	Credit	Marks
DSE 2	DSE (Any one from Discipline-1 and any one from Discipline-2)				
	Discipline-1 (any one)	Discipline Specific Elective		6	75
	Sports Training OR Project work		4-0-2		
	Discipline-2(Other than physical Education)		2-0-4		
	1			6	75
	2			5-0-1	
			5-0-1		
GE 2	GE 2 (for the students other than Phy. Edn.)	General Elective		6	75
	Health Education and Test & Measurement in Physical Education		6-0-0		
SEC 4	SEC4	Skill Enhancement Course		2	50
	Ball Games (any two) Handball/Basketball/ Netball/ Throwball		0-0-2		
SEMESTER TOTAL				20	275

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For each Core Course (CC) and Discipline Specific Elective (DSE) paper, distribution of 75 marks be as follows:

i) Class Attendance: 5 marks

Attendance 50% & above but below 60%:	2 marks
Attendance 60% & above but below 75%:	3 marks
Attendance 75% & above but below 90%:	4 marks
Attendance 90% & above:	5 marks

ii) Internal class test/assignment/seminar: 10 marks

iii) Semester-end- Practical Examination: 20 marks

iv) Semester-end-Theoretical Examination: 40 marks

Duration of Exam: 2 hours, marks distribution of which may be as under:

Answer 05 questions out of 08 carrying 02 marks each: $2 \times 5 = 10$

Answer 02 questions out of 04 carrying 05 marks each: $5 \times 2 = 10$

Answer 02 questions out of 04 carrying 10 marks each: $10 \times 2 = 20$

However, questions, carrying 5 or 10 marks, need not necessarily to be a single question

For each Skill Enhancement Course (SEC) paper, distribution of 50 marks be as follows:

i) Internal class test/assignment/seminar: 10 marks

ii) Semester-end- Practical Examination: 40 marks

Record Book:	5 marks
Practical Examination:	30 marks
Viva-Voce:	5 marks

For each General Elective (GE) paper, distribution of 75 marks be as follows:

i) Class Attendance: 5 marks

Attendance 50% & above but below 60%:	2 marks
Attendance 60% & above but below 75%:	3 marks
Attendance 75% & above but below 90%:	4 marks
Attendance 90% & above:	5 marks

ii) Internal class test/assignment/seminar: 10 marks

iii) Semester-end-Theoretical Examination: 60 marks

Duration of Exam: 3 hours, marks distribution of which may be as under:

Answer 10 questions out of 15 carrying 02 marks each: $2 \times 10 = 20$

Answer 04 questions out of 06 carrying 05 marks each: $5 \times 4 = 20$

Answer 02 questions out of 04 carrying 10 marks each: $10 \times 2 = 20$

However, questions, carrying 5 or 10 marks, need not necessarily to be a single question

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SEMESTER- 1

Course Code- CC1A

COURSE TITLE: Foundation and History of Physical Education

Full Marks: 75 (Theory: 40, Internal: 10, Semester-end- Practical: 20, Attendance: 5)
Credits: Theory- 04, Practical- 02 **Lecture Hours: 60**

Unit- I: Introduction

LH - 12

- 1.1 Meaning and definition of Physical Education. Definition: Play, Games and Sports
- 1.2 Aim and objectives of Physical Education.
- 1.3 Modern concept of Physical Education.
- 1.4 Importance of Physical Education.

Unit- II: Biological and Sociological Foundations of Physical Education **LH – 18**

- 2.1 Biological Foundation: Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
- 2.2 Age: Chronological age, anatomical age, physiological age and mental age.
- 2.3 Sociological Foundation: Meaning and definition of Sociology, Society and Socialization.
- 2.4 Role of games and sports in National and International integration.

Unit- III: History of Physical Education

LH – 18

- 3.1 Historical development of Physical Education and Sports in India: Pre-Independence period and Post-Independence period.
- 3.2 Olympic Movement: Ancient Olympic Games and Modern Olympic Games.
- 3.3 Historical background of Asian Games and Commonwealth Games.
- 3.4 National Sports Awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award.

Unit- IV: Yoga Education and Recreation

LH - 12

- 4.1 Yoga: Meaning, definition, types, aim, objectives and History.
- 4.2 Astanga Yoga and Hatha Yoga.
- 4.3 Recreation: Meaning, definition, types and characteristics.
- 4.4 Agencies providing recreation and importance of recreation in modern society.

FIELD PRACTICAL (Preparation of Record Book is Compulsory)

PH- 20

1. Fitness and Conditioning will be evaluated through Harvard Step Test. **(5 Marks)**
2. Learn and demonstrate the technique of Suryanamaskar **(5 Marks)**
3. Yoga **(10 Marks)**

Asanas

Standing Position: Ardhashchandasana, Brikshasana, Padahasthasana

Sitting Position: Ardhakurmasana, Paschimottanasana, Gomukhasana

Supine Position: Setubandhasana, Halasana, Matsyasana

Prone Position: Bhujangasana, Salvasana, Dhanurasana

Inverted Position: Sarvangasana, Shirsasana, Bhagrasana

[Note: One Asana is compulsory from each position]

REFERENCES

1. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
3. Lau, S.K. (1999) Great Indian Players, New Delhi, Sports.
4. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
5. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
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7. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.

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SEMESTER- 2

Course Code- CC1B

COURSE TITLE: Management of Physical Education and Sports

Full Marks: 75 (Theory: 40, Internal: 10, Semester-end- Practical: 20, Attendance: 5)

Credits: Theory- 04, Practical- 02

Lecture Hours: 60

Unit- I: Introduction

LH - 12

- 1.1 Concept and definition of Sports Management.
- 1.2 Important of Sports Management.
- 1.3 Purpose of Sports Management.
- 1.4 Principles of Sports Management.

Unit- II: Tournaments

LH - 18

- 2.1 Tournaments: Meaning, definition and types of tournaments.
- 2.2 Procedure of drawing fixture- Knock-out, League, Combination and Challenge tournament.
- 2.3 Method of organising Annual Athletic Meet and Play Day.
- 2.4 Method of organising of Intramural and Extramural competition.

Unit- III: Facilities and Equipments

LH - 18

- 3.1 Method of calculation of Standard Athletic Track marking.
- 3.2 Care and maintenance of play ground and gymnasium.
- 3.3 Importance, care and maintenance of sports equipments.
- 3.4 Time Table: Meaning, importance and factors affecting Time Table.

Unit- IV: Leadership

LH - 12

- 4.1 Meaning and definition of leadership.
- 4.2 Qualities of good leader in Physical Education.
- 4.3 Principles of leadership activities.
- 4.4 Hierarchy of Leadership in School, College and University level.

FIELD PRACTICAL (Preparation of Record Book is Compulsory)

PH- 20

1. Fitness and Conditioning will be evaluated through Harvard Step Test. **(5 Marks)**
2. Callisthenics / Aerobic **(5 Marks)**
3. Gymnastics **(10 Marks)**

Compulsory Gymnastics: Forward Roll, T-Balance, Forward Roll with Split leg, Backward Roll, Cart-Wheel

[Note: Perform the above Gymnastic skills continuously in the same sequence]

Optional Gymnastics (any two): Dive and Forward Roll, Hand Spring, Head Spring, Neck Spring, Hand Stand and Forward Roll, Summersault

REFERENCES

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
3. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
4. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
5. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
6. Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
7. Tirunaryanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
8. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
9. Singh, A. et al. (2010) Essential of Physical Education. Kalyayani Publishers.

SEMESTER- 3

Course Code- CC1C

COURSE TITLE: Anatomy, Physiology and Exercise Physiology

Full Marks: 75 (Theory: 40, Internal: 10, Semester-end- Practical: 20, Attendance: 5)

Credits: Theory- 04, Practical- 02

Lecture Hours: 60

Unit- I: Introduction

LH - 12

- 1.1 Meaning and definition of Anatomy, Physiology and Exercise Physiology.
- 1.2 Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.
- 1.3 Human Cell: Structure and function.
- 1.4 Tissue: Types and functions.

Unit- II: Musculo-skeletal System

LH - 18

- 3.1 Skeletal System: Structure of Skeletal System. Classification and location of bones and joints.
Anatomical differences between male and female.
- 3.2 Muscular System: Type, location, function and structure of muscle.
- 3.3 Types of muscular contraction.
- 3.4 Effect of exercise on muscular system.

Unit- III: Circulatory System

LH - 18

- 3.1 Blood: Composition and function.
- 3.2 Heart: Structure and functions. Mechanism of blood circulation through heart.
- 3.3 Blood Pressure, Athletic Heart and Bradycardia.
- 3.4 Effect of exercise on circulatory system.

Unit- IV: Respiratory System

LH - 12

- 4.1 Structure and function of Respiratory organs.
- 4.2 Mechanism of Respiration.
- 4.3 Vital Capacity, O₂ Debt and Second Wind.
- 4.4 Effect of exercise on respiratory system.

FIELD & LAB PRACTICAL (Preparation of Record Book is Compulsory) PH- 20

1. Fitness and Conditioning will be evaluated through Cooper 12 min Run and Walk. **(10 Marks)**
2. Assessments of BMI, WHR, Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate- **any two (10 Marks)**

REFERENCES

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
3. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
4. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
5. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
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7. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
8. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
9. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

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SEMESTER- 3

Course code: SEC 1

COURSE TITLE: Track & Field and Racket Sports

Full Marks: 50 (Practical: 40, Internal: 10)

Credits: 02

Practical Hours: 40

Track & Field (30 Marks)

(Preparation of Record Book is Compulsory)

Running Events (10 Marks):

Starting Techniques: Standing start and Crouch start (its variations) use of Block. Acceleration with proper running techniques.

Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug.

Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing.

Jumping Technique- any one (10 Marks):

Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.

High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing.

Throwing Events- any one (10 Marks):

Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique).

Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).

Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).

Racket Sports (20 Marks)

Badminton / Table Tennis

(Preparation of Record Book is Compulsory)

BADMINTON

A. Fundamental skills

1. Basic Knowledge: Various parts of the Racket and Grip.
2. Service: Short service, Long service, Long-high service.
3. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.
4. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

OR

TABLE TENNIS

A. Fundamental skills

1. Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip).
2. Stance: Alternate & Parallel.
3. Push and Service: Backhand & Forehand.
4. Chop: Backhand & Forehand.
5. Receive: Push and Chop with both Backhand & Forehand.
6. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

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SEMESTER- 4

Course Code- CC1D

COURSE TITLE: Health Education, Physical Fitness and First-Aid

Full Marks: 75 (Theory: 40, Internal: 10, Semester-end- Practical: 20, Attendance: 5)

Credits: Theory- 04, Practical- 02

Lecture Hours: 60

Unit- I: Introduction

LH - 18

- 1.1 Concept, definition and dimension of Health.
- 1.2 Definition, aim, objectives and principles of Health Education.
- 1.3 Health Agencies: World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).
- 1.4 School Health Program: Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record.

Unit- II: Health Problems in India- Prevention and Control

LH - 18

- 2.1 Communicable Diseases: Malaria, Dengue and COVID-19
- 2.2 Life style (Hypokinetic) Diseases: Obesity and Diabetes.
- 2.3 Nutrition: Nutritional requirements for daily living. Balance Diet: Health disorders due to deficiencies of Vitamins and Minerals.
- 2.4 Postural deformities: Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.

Unit- III: Physical Fitness and Wellness

LH - 12

- 3.1 Physical Fitness: Meaning, definition and Importance of Physical Fitness.
- 3.2 Components of Physical Fitness: Health and Performance related Physical Fitness.
- 3.3 Wellness: Concept and relationship between physical activities and wellness.
- 3.4 Ageing: Physical activities and its importance.

Unit- IV: Health and First-aid Management

LH - 12

- 4.1 First aid: Meaning, definition, importance and golden rules of First-aid.
- 4.2 Concept of sports injuries: Sprain, Strain, Fracture and Dislocation.
- 4.3 Management of sports injuries through the application of Hydro-therapy and Thermo-therapy.
- 4.4 Management of sports injuries through the application of Exercise and Massage therapy.

FIELD & LAB PRACTICAL (Preparation of Record Book is Compulsory) PH- 20

1. Fitness and Conditioning will be evaluated through Cooper 12 min Run and Walk. **(10 Marks)**
2. First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica. **(10 Marks)**

REFERENCES

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, et. al. "The School Health Education".
3. Ghosh, B.N. "Treatises of Hygiene and Public Health".
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9. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
10. Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

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SEMESTER- 4

Course code: SEC2

COURSE TITLE: Kho-Kho and Volleyball

Full Marks: 50 (Practical: 40, Internal: 10)

Credits: 02

Practical Hours: 40

KHO-KHO (25 Marks)

(Preparation of Record Book is Compulsory)

A. Fundamental skills

1. Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul.
2. Skills in running: Chain Play, Ring play and Chain & Ring mixed play.
3. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

VOLLEYBALL (25 Marks)

(Preparation of Record Book is Compulsory)

A. Fundamental skills

1. Service: Under arm service, Side arm service, Tennis service, Floating service.
2. Pass: Under arm pass, Over head pass.
3. Spiking and Blocking.
4. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

Gopa Saha Ray.

SEMESTER- 5

Course code: DSE1

COURSE TITLE: Test, Measurement and Evaluation in Physical Education

Full Marks: 75 (Theory: 40, Internal: 10, Semester-end- Practical: 20, Attendance: 5)

Credits: Theory- 04, Practical- 02

Lecture Hours: 60

Unit- I: Introduction

LH - 12

- 1.1 Concept of Test, Measurement & Evaluation.
- 1.2 Criteria of good test.
- 1.3 Principles of Evaluation.
- 1.4 Importance of Test, Measurement and Evaluation in Physical Education and Sports.

Unit- II: Measurements of Body Composition and Somatotype Assessment LH - 18

- 2.1 Body Mass Index (BMI): Concept and method of measurement.
- 2.2 Body Fat: Concept and method of measurement.
- 2.3 Lean Body Mass (LBM): Concept and method of measurement.
- 2.4 Somatotype: Concept and method of measurement.

Unit- III: Fitness Test

LH - 18

- 3.1 Physical Fitness Test: AAHPER Youth Fitness Test
- 3.2 General Motor Ability Test: Barrow's 3 item Battery
- 3.3 Cardio-vascular Endurance Test: Harvard Step Test and Queens College Step Test
- 3.4 Power, Agility and Balance Test: Sargent Jump, Shuttle Run, Bass Stick Test

Unit- IV: Sports Skill Test

LH - 12

- 4.1 Lockhart and McPherson Badminton Skill Test
- 4.2 Johnson Basketball Test Battery
- 4.3 McDonald Soccer Test
- 4.4 Brady Volleyball Test

FIELD & LAB PRACTICAL (Preparation of Record Book is Compulsory) PH- 20

1. Fitness and Conditioning will be evaluated through AAHPER Youth Fitness Test. **(10 Marks)**
2. Sports Skill Test- any two **(10 Marks)**: Lockhart and McPherson Badminton Skill Test, McDonald Soccer Test, Johnson Basketball Test, Brady Volleyball Test

REFERENCES

1. Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications.
2. Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press.
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10. Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

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OR

Course Code- DSE1

COURSE TITLE: Psychology in Physical Education and Sports

Full Marks: 75 (Theory: 40, Internal: 10, Semester-end- Practical: 20, Attendance: 5)

Credits: Theory- 04, Practical- 02

Lecture Hours: 60

Unit- I: Introduction

LH - 12

- 1.1 Meaning and definition Psychology.
- 1.2 Importance and scope of Psychology.
- 1.3 Meaning and definition Sports Psychology.
- 1.4 Need for knowledge of Sports Psychology in the field of Physical Education.

Unit- II: Learning

LH - 18

- 2.1 Meaning and definition of learning.
- 2.2 Theories of learning and Laws of learning.
- 2.3 Learning curve: Meaning and Types.
- 2.4 Transfer of learning- Meaning, definition type and factors affecting transfer of learning.

Unit- III: Psychological Factors

LH - 18

- 3.1 Motivation: Meaning, definition, type and importance of Motivation in Physical Education and Sports.
- 3.2 Emotion: Meaning, definition, type and importance of Emotion in Physical Education and Sports.
- 3.3 Personality: Meaning, definition and type Personality traits.
- 3.4 Role of physical activities in the development of personality.

Unit- IV: Stress and Anxiety

LH - 12

- 4.1 Stress: Meaning, definition and types of Stress.
- 4.2 Causes of Stress.
- 4.3 Anxiety: Meaning, definition and types of Anxiety.
- 4.4 Management of Stress and Anxiety through physical activity and sports.

FIELD & LAB PRACTICAL (Preparation of Record Book is Compulsory) PH- 20

1. Fitness and Conditioning will be evaluated through AAHPER Youth Fitness Test. **(10 Marks)**
2. Measurement of Reaction Time, Depth Perception, Mirror Drawing, Personality and Anxiety (any two). **(10 Marks)**

REFERENCES

1. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
2. Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
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5. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
6. Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
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11. Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

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SEMESTER- 5

Course code: GE1

**COURSE TITLE: Trends and Practices in Physical Education and Exercise Sciences
(For the students other than Physical Education)**

Full Marks: 75 (Theory: 60, Internal: 10, Attendance: 5)

Credits: 06

Lecture Hours: 60

Unit- I: Introduction

LH - 12

- 1.1 Meaning, definition and importance of Physical Education and Sports. Aims, objectives and scope of Physical Education.
- 1.2 Modern concept of Physical Education.
- 1.3 Importance of Physical Education in modern society.
- 1.4 Meaning, definition and importance of Physical fitness and Motor fitness. Difference between physical fitness and motor fitness. Components of Physical fitness.

Unit- II: Biological, Psychological and Sociological Foundations of Physical Education

LH - 18

- 2.1 Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
- 2.2 Meaning and definition of Psychology. Importance of Psychology in Physical Education. Qualities of good leader in Physical Education. Principles of leadership activities.
- 2.3 Sociological Foundation- Meaning and definition of Sociology. Social values of Sports. Socialization through Sports
- 2.4 Role of games and sports in National and International integration.

Unit- III: History of Physical Education

LH - 12

- 3.1 Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period.
- 3.2 Ancient and modern Olympic Games
- 3.3 Asian Games and Commonwealth Games.
- 3.4 National Sports Awards- Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award.

Unit- IV: Exercise Sciences

LH - 18

- 4.1 Meaning, definition and importance Exercise Physiology.
- 4.2 Effects of exercise on Muscular Systems.
- 4.3 Effects of exercise on Circulatory System.
- 4.4 Effects of exercise on Respiratory System.

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SEMESTER- 5

Course Code: SEC3

Football and Kabaddi

Credits: 02

Full Marks: 50 (Practical: 40, Internal: 10)

Practical Hours: 40

FOOTBALL (25 Marks) **(Preparation of Record Book is Compulsory)**

A. Fundamental Skills

1. Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick.
2. Trapping: Trapping- the Rolling ball, and the Bouncing ball with sole of the foot.
3. Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot.
4. Heading: In standing, running and jumping condition.
5. Throw-in: Standing throw-in and Running throw-in.
6. Feinting: With the lower limb and upper part of the body.
7. Tackling: Simple Tackling, Slide Tackling.
8. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting.
9. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

KABADDI (25 Marks) **(Preparation of Record Book is Compulsory)**

A. Fundamental skills

1. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line.
2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques.
3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense.
4. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

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SEMESTER- 6

Course code: DSE2

COURSE TITLE: Sports Training

Full Marks: 75 (Theory: 40, Internal: 10, Semester-end- Practical: 20, Attendance: 5)
Credits: Theory- 04, Practical- 02 **Lecture Hours: 60**

Unit- I: Introduction

LH - 12

- 1.1 Meaning and definition of Sports Training.
- 1.2 Aim and characteristics of Sports Training.
- 1.3 Principles of Sports Training.
- 1.4 Importance of Sports Training.

Unit- II: Principle of Training and Conditioning

LH - 18

- 2.1 Warming up and Cooling down: Meaning, types and methods.
- 2.2 Conditioning: Concept of Conditioning and its principles.
- 2.3 Training Methods: Circuit Training, Interval Training, Weight Training.
- 2.4 Periodisation: Meaning, types, aim and contents of different periods.

Unit- III: Training Load

LH - 18

- 3.1 Training Load: Meaning, definition, types and factors of training load.
- 3.2 Training load: Components and Principles.
- 3.3 Over Load: Meaning, causes, symptoms and Tackling of over load.
- 3.4 Relationship between Load and Recovery. Adaptation and Supercompensation.

Unit- IV: Training Techniques

LH - 12

- 4.1 Strength: Means and methods of strength development.
- 4.2 Speed: Means and methods of speed development.
- 4.3 Endurance: Means and methods of endurance development.
- 4.4 Flexibility: Means and methods of flexibility development.

FIELD & LAB PRACTICAL (Preparation of Record Book is Compulsory) PH-20

1. Fitness and Conditioning will be evaluated through AAHPER Youth Fitness Test- any two. **(10 Marks)**
2. Practical Experience of Weight Training and Circuit Training (any one). **(5 Marks)**
3. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility(any two). **(5 Marks)**

REFERENCES

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OR

Course code: DSE2
COURSE TITLE: Project Work

Full Marks: 75

Credits: Theory- 06

Lecture Hours: 60

Subjects: Physical Fitness Components/ Body composition/ Somatotype/ Life Style
Diseases/ Educational Tour/ Leadership Camp/ Adventure Sports

Project Report Format:

- Introduction
- Procedure
- Results
- Conclusions
- Recommendations
- References

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SEMESTER- 6

Course Code: GE-2

COURSE TITLE: Health Education and Test & Measurement in Physical Education (For the students other than Physical Education)

Full Marks: 75 (Theory: 60, Internal: 10, Attendance: 5)

Credits: 06

Lecture Hours: 60

Unit- I: Introduction

LH - 18

- 1.1 Concept, definition and dimension of Health.
- 1.2 Definition, aim, objectives and principles of Health Education.
- 1.3 Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).
- 1.4 Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals.

Unit- II: Health and First-aid Managements

LH - 18

- 2.1 First aid- Meaning, definition, importance and golden rules of First-aid.
- 2.2 Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.
- 2.3 Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.
- 2.4 Hypo-kinetic Diseases and Physical Activities- Obesity and Diabetes.

Unit- III: Measurement of Body Compositions and Somatotype Assessment LH - 12

- 3.1 Body Mass Index (BMI)- Concept and method of measurement.
- 3.2 Body Fat- Concept and method of measurement.
- 3.3 Lean Body Mass (LBM)- Concept and method of measurement.
- 3.4 Somatotype- Concept and method of Assessment

Unit- IV: Fitness Test

LH - 12

- 4.1 Physical Fitness Test: AAHPER Youth Fitness Test
- 4.2 General Motor Ability Test: Barrow's 3 item Battery
- 4.3 Cardio-vascular Endurance Test: Harvard Step Test and Queens College Step Test
- 4.4 Power, Agility and Balance Test: Sargent Jump, Shuttle Run, Bass Stick Test

REFERENCES

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SEMESTER- 6

Course code: SEC4 BALL GAMES (Any two)

Credits: 02 **Full Marks: 50** (Practical: 40, Internal: 10) **Practical Hours: 30**

HANDBALL (25 Marks) (Preparation of Record Book is Compulsory)

A. Fundamental Skills

1. Catching, Throwing and Ball control,
2. Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot.
3. Dribbling: High and low.
4. Attack and counter attack, simple counter attack, counter attack from two wings and center.
5. Blocking, Goal Keeping and Defensive skills.
6. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

BASKETBALL (25 Marks) (Preparation of Record Book is Compulsory)

A. Fundamental Skills

1. Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass.
2. Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.
3. Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.
4. Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw.
5. Rebounding: Defensive rebound and Offensive rebound.
6. Individual Defence: Guarding the player with the ball and without the ball, Pivoting.
7. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

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NETBALL (25 Marks)
(Preparation of Record Book is Compulsory)

A. Fundamental skills

1. Catching: one handed, two handed, with feet grounded and in flight.
2. Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce).
3. Footwork: Landing on one foot, landing on two feet, Pivot, Running pass.
4. Shooting: One hand, forward step shot, and backward step shot.
5. Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed.
6. Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing.
7. Intercepting: Pass and shot.
8. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

THROWBALL (25 Marks)
(Preparation of Record Book is Compulsory)

Fundamental skills:

Overhand service, Side arm service, two hand catching, one hand overhead return, side arm return.

Rules and their interpretations and duties of officials.

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