CBCS SYLLABUS

FOR

THREE YEARS UNDER-GRADUATE COURSE

IN

PHYSICAL EDUCATION (PROGRAMME)

(w.e.f. 2017)

BANKURA UNIVERSITY
BANKURA
WEST BENGAL
PIN 722155
There will be six semesters in the three-year B.A. Programme in Education. The syllabus consists of 4 Core (C) papers each in two disciplines of choice, 2 core papers each in English and Hindi/ MIL, respectively, 2 AECC, Minimum 4 SEC, 2 Papers each from a list of DSE papers based on the two disciplines of choice selected above respectively, and 2 papers from the list of Generic Electives papers. Each course is of 50 marks [10 marks for Internal and 40 marks for End-Semester Examination (ESE)]. Lec. stands for Lecture Hour, Tu. stands for Tutorial, and Pr. stands for Practical Hour.

1 Credit = 1 Theory period of one hour duration,
1 credit = 1 Tutorial period of one hour duration,
1 credits = 1 Practical period of two hour

**SEMESTER WISE COURSE STRUCTURE**

<table>
<thead>
<tr>
<th>COURSES</th>
<th>SEM I</th>
<th>SEM II</th>
<th>SEM III</th>
<th>SEM IV</th>
<th>SEM V</th>
<th>SEM VI</th>
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<tbody>
<tr>
<td>CORE COURSES</td>
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<td>-</td>
<td>6</td>
<td>6</td>
<td>12</td>
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<tr>
<td>ABILITY ENHANCEMENT COMPULSORY COURSE (AECC)</td>
<td>4</td>
<td>2</td>
<td>-</td>
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<tr>
<td>SKILL ENHANCEMENT COURSES (SEC)</td>
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<td>2</td>
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<td>2</td>
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<td>22</td>
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<td>20</td>
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THE DISTRIBUTION OF CREDITS FOR DIFFERENT CATEGORIES OF COURSES

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<thead>
<tr>
<th>Semester</th>
<th>Courses</th>
<th>Credits</th>
<th>Marks</th>
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<td>1st Sem.</td>
<td>2 Core Courses of 6 Credits Each</td>
<td>2 × 6 = 12</td>
<td>2 × 10 = 20</td>
<td>2 × 40 = 80</td>
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<tr>
<td></td>
<td>1 (English/Hindi/MIL) of 6 Credits</td>
<td>1 × 6 = 6</td>
<td>1 × 10 = 10</td>
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<td></td>
<td>1 Ability Enhancement Compulsory courses (AECC) (English/Hindi/MIL)/</td>
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<td>Environmental Science of 1 Papers 4 credit each</td>
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<td>3rd Sem.</td>
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<td>1 (English/Hindi/MIL) of 6 Credits</td>
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<td>5th Sem.</td>
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<td>2 × 40 = 80</td>
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<td>1 Generic Elective of 6 credits each</td>
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<td>1 × 40 = 40</td>
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<td>1 × 40 = 40</td>
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<td>6th Sem.</td>
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<td>4 Core papers each in two disciplines of choice, 2 core papers each</td>
<td>122</td>
<td>240</td>
<td>960</td>
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<tr>
<td></td>
<td>in English and Hindi/ MIL, respectively, 2 AECC, Minimum 4 SEC, 2 Papers</td>
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<td>each from a list of DSE papers based on the two disciplines of choice</td>
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<tr>
<td></td>
<td>selected above respectively, and 2 papers from the list of Generic</td>
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<tr>
<td></td>
<td>Electives papers.</td>
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Page | 3
SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)


**B.A Program: 1st Semester**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Course Type</th>
<th>Credit</th>
<th>Marks Division</th>
<th>Total Marks</th>
<th>No. of Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>UG/PEDG/101/C-1A</td>
<td>Foundation &amp; History of Physical Education</td>
<td>C-1</td>
<td>6</td>
<td>10</td>
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<td>50</td>
</tr>
<tr>
<td>UG/102/C-2A</td>
<td>Discipline -2 (Other Subjects)</td>
<td>C-2</td>
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<td>10</td>
<td>--</td>
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<tr>
<td>UG/103/C-MIL-1</td>
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<td>AECC-1 (Core)</td>
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<td>UG/104/AECC-ENV</td>
<td>Environmental Studies -I</td>
<td>AECC-1 (Elective)</td>
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**SEMESTER TOTAL:** 22 40 160 200

**B.A Program: 2nd Semester**

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<tbody>
<tr>
<td>UG/PEDG/201/C-1B</td>
<td>Anatomy, Physiology &amp; Physiology of Exercise and Sports</td>
<td>C-3</td>
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<td>10</td>
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<td>UG/203/C-E</td>
<td>English-1</td>
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<td>UG/204/AECC-E/MIL</td>
<td>English/MIL</td>
<td>AECC-2 (Elective)</td>
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**SEMESTER TOTAL:** 20 40 160 200
# SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)

**B.A Program: 3rd Semester**

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<th>Course Code</th>
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<th>Total Marks</th>
<th>No. of Hour (L-T-P)</th>
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<tbody>
<tr>
<td>UG/PEDG/301/C-1C</td>
<td>Track &amp; Field and Its Rules Regulations</td>
<td>C-5</td>
<td>6</td>
<td>10 15 25</td>
<td>50</td>
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<td>UG/302/C-2C</td>
<td>Discipline -2 (Other Subjects)</td>
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<td>10 40</td>
<td>50</td>
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<td>UG/303/C-MIL</td>
<td>MIL-2</td>
<td>AECC-3 (Core)</td>
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<td>10 40</td>
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<td>UG/PEDG/304/SEC-1</td>
<td>Yogasana and Gymnastics</td>
<td>SEC-1</td>
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**SEMESTER TOTAL:** 20 40 160 200

**B.A Program: 4th Semester**

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<th>No. of Hour (L-T-P)</th>
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<tr>
<td>UG/PEDG/401/C-1D</td>
<td>Health Education &amp; Complete Wellness</td>
<td>C-7</td>
<td>6</td>
<td>10 15 25</td>
<td>50</td>
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<td>UG/402/C-2D</td>
<td>Discipline -2 (Other Subjects)</td>
<td>C-8</td>
<td>6</td>
<td>10 -- 40</td>
<td>50</td>
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<td>UG/403/C-E</td>
<td>English-2</td>
<td>AECC-4 (Core)</td>
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<td>10 -- 40</td>
<td>50</td>
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<td>UG/PEDG/404/SEC-2</td>
<td>Ball Game and Racket Game</td>
<td>SEC-2</td>
<td>2</td>
<td>10 40 --</td>
<td>50</td>
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**SEMESTER TOTAL:** 20 40 160 200
### SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)

**B.A Program: 5th Semester**

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<tbody>
<tr>
<td>UG/PED G/ 501/ DSE-1A</td>
<td>1. Measurement &amp; Evaluation</td>
<td>Any One</td>
<td>DSE-1</td>
<td>6</td>
<td>10</td>
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<tr>
<td></td>
<td>2. Sports Training</td>
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<tr>
<td>UG/ 502/ DSE-2A</td>
<td>Discipline -2 (Other Subjects)</td>
<td>Any One</td>
<td>DSE-2</td>
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<td>10</td>
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<tr>
<td></td>
<td>Discipline -2 (Other Subjects)</td>
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<tr>
<td>UG/PED G/ 503/ GE-1</td>
<td>1. First Aid &amp; Personal Hygiene</td>
<td>Any One</td>
<td>GE-1</td>
<td>6</td>
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<td>15</td>
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<td>2. Recreation</td>
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<td>UG/PED G/ 504/ SEC-3</td>
<td>Indigenous and Minor Game and Excursion/ Camping Program</td>
<td>SEC-3</td>
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<td>10</td>
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<td>SEMESTER TOTAL :</td>
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**B.A Program: 6th Semester**

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<tr>
<td>UG/PED G/ 601/ DSE-1B</td>
<td>1. Sports Psychology</td>
<td>Any One</td>
<td>DSE-3</td>
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<td>2. Management of Sports and Physical Education</td>
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<td>UG/602/ DSE-2B</td>
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<tr>
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<td>2. Complete Fitness &amp; Therapeutic values of Phy. Edu.</td>
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<td>UG/PED G/ 604/ SEC-4</td>
<td>Adapted Physical Education and Computer Application in Physical Edu.</td>
<td>SEC-4</td>
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<td>SEMESTER TOTAL :</td>
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B.A Program in Physical Education  
Semester - V  

Discipline Specific Elective (DSE-1)  
Course Code: UG/PEDG/501/DSE-1A  

Course Title: Measurement & Evaluation  

Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)  

Contact Hours per week: 6  
Examination Duration: 2 Hours  

UNIT-I: INTRODUCTION  

1.1 Meaning, Definition of Test Measurement and Evaluation.  
1.2 Importance of Test Measurement and Evaluation in Physical Education and Sports.  
1.3 Criteria for selecting tests: Scientific authenticity and establishing validity, Reliability and Objectivity.  

UNIT-II: PHYSICAL FITNESS TEST AND MEASUREMENT  

2.1 AAHPER Youth Physical Fitness Test.  
2.2 Harvard Step Test.  
2.3 Cooper 12 Minute Walking – Running Test.  

UNIT-III: MOTOR FITNESS TEST  

3.1 Indiana Motor Fitness Test.  
3.2 Oregon Motor Fitness Test.  
3.3 Kraus Weber Minimum Muscular Fitness Test.  

UNIT-IV : MEASUREMENTS OF SPORTS SKILLS  

4.1 McDonald Soccer Skill Test.  
4.2 Russell-Lange Volleyball Test.  
4.3 Lockhart and McPherson Badminton skill Test.  

SUGGESTED READINGS:  

- A.K.Gupta Tests & Measurements in physical Education sports publication New Delhi – 52  
- Barry L.Johnson, Jack K.Nelson and Measurements for Evaluation in physical education the surjeet Publications  
B.A Program in Physical Education

Semester - V

Discipline Specific Elective (DSE-1)  Course Code: UG/PEDG/501/DSE-1A

Course Title: Sports Training

Total Marks: 50 (Theory Marks: 40 :: Internal Marks (Theory: 10)

Contact Hours per week: 6  Examination Duration: 2 Hours

UNIT I: INTRODUCTION
1.1. Meaning and Definition of Sports Training
1.2. Aims, Objectives Sports Training
1.3. Principles of Sports Training
1.4. Importance of Sports Training

UNIT II: LOAD & ADAPTATION
2.1 Meaning and Definition of Load & Adaptation
2.2 Type & Components of Training Load
2.3 Principles of Load
2.4 Causes, Symptoms & Control of Overload

UNIT III: TRAINING COMPONENTS & TRAINING METHODS:
3.1 Meaning and Definition of Training Components: Strength, Speed, Endurance, Coordination, Flexibility, Agility & Balance
3.2 Continuous Training Methods
   3.2.1 Slow Continuous Methods
   3.2.2 Fast Continuous Methods
   3.2.3 Fartlek Training Method
3.3 Interval Training Method
   3.3.1 Intensive Interval Training Method
   3.3.2 Extensive Interval Training Method
3.4 Circuit Training Method
3.5 Ballistic Method

UNIT IV: TRAINING PROGRAMMING
4.1 Meaning and Definition & Types of Periodization
4.2 Aims & Content of Periods Preparatory, Competition, & Transitional

SUGGESTED READINGS:
- Yograj Thani (2003), Sports Training, Delhi: Sports Publications
B.A Program in Physical Education

SemeSt er - V

Skill Enhancement Course (SEC-3)  Course Code: UG/PEDG/504/SEC-3

Course Title: Indigenous & Minor Game and Excursion- Camping Program

Total Marks:= 50 (Practical Marks:40 :: Internal Marks(Practical: 10)

Contact Hours per week: 2  Examination Duration:

UNIT – 1  INDIGENOUS GAME

1.1 Kabaddi

1.1.1 Skills and Raiding: Touching with hands, Use of Leg, toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line, crossing the bonus line.

1.1.2 Skills of Holding the Raider: Various formation; catching from particular position, different catches, catching formation and techniques.

1.1.3 Additional Skills in Raiding: Escaping from various holds, techniques of escaping from chain formation offence.

1.1.4 Game practice with application of rules and regulations.

1.2 Kho- Kho

1.2.1 Skills in Chasing: Sit on the box (parallel & Bullet toe methods), Get up from the box (proximal & Distal foot method), Give Kho (Simple, early, late and judgment), Pole turn, pole drive, Trapping, Hamming, Rectification of foul.

1.2.2 Skills in Running: Chain play, Ring play, Ring play and chain & ring mixed play.

1.2.3 Game Practice with Applications of Rules and regulations.

UNIT – 2  MINOR GAMES

2.1 Meaning of Different Terminology- Minor Game, Recreational Game, Traditional Game Lead up Activity, Folk games.

2.2 Need, Importance and benefit of Minor games in present society as well as Physical Education Curriculum.

2.3 Practice of Five Minor Games in accordance with the available facilities, local tradition and climatic condition.

UNIT – 3  EXCURSIONS CUM CAMPING PROGRAM

Minimum 3 days (excluding traveling date) Lead up Camping Program to nearby feasible place.

( Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

SUGGESTED READINGS:


• Sāṭhaye, Vasanta (2002), “Kho-kho, techniques & tips”, Nav Maharashtra Sangh, Pune


B.A Program in Physical Education  
Semester - V  

Generic Elective (GE-1)  

Course Title: Recreation and Physical Activity  

Total Marks:= 50  
{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment ( Theory + Practical): 10 }  

Contact Hours per week: 6  

Examination Duration:  

THEORY – 25 Marks  

UNIT-I : INTRODUCTION TO RECREATION  
1.1. – Meaning, Types and Nature of Recreation  
1.2. - Aims and objectives of Recreation  
1.3. – Need, Importance of recreation for healthy life.  
1.4. – Recreation as a social phenomenon  

UNIT-II : PHYSICAL EDUCATION, RECREATION AND RECREATIONAL AGENCIES  
2.1. - Physical Education, Physical Activity and Recreation  
2.2. - Recent changes in the recreational activities  
2.3. - Responsibilities of a recreational manager  
2.4. - Arrangement of recreation centres and Recreation providing agencies  

UNIT-III : CAMPING PROGRAM  
3.1. - Concept and meaning of camp  
3.2. - Aims and objectives & Types of camp  
3.3. - Agencies promoting camp  
3.4. - Educatve value of camp.  

PRACTICAL – 15 Marks ( Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)  

1. Practice of Rhythmic Exercise – Aerobics exercises / Callisthenic Exercises (With Music)  
2. Practice of Bratachari – Satya Brata & Gyanobrata  
3. Practice of five Recreational Game in a group as facilities available and interest of the student.  
4. One day cycle expedition or Hiking programme.  

SUGGESTED READINGS:  
• V.V. Hunt, “Recreation for the Handicapped” Prentice Hall inc., 1974  
• “Greenbelt Recreation Activity Guide-Fall 2018” (Aug 17, 2018 ), City of Greenbelt  
B.A Program in Physical Education
Semester V

Generic Elective (GE-1)

Course Title: First Aid and Personal Hygiene

Total Marks:= 50

{Theory Marks: 25 :: Practical Marks: 15 :: Internal Assessment (Theory + Practical): 10}

Contact Hours per week: 6

Examination Duration:

THEORY – 25 Marks

UNIT-I : INTRODUCTION TO FIRST AID
1.1. – Meaning and Definition of First Aid
1.2. - Aims and objectives of First Aid
1.3. – Need and Importance of First Aid in Present day.
1.4. – Golden Rules of First Aid

UNIT-II : CONCEPT OF SPORTS INJURIES AND OTHER OCCURRENCE AND FIRST AID
2.1. – Sports Injuries and their First Aid – Sprain, Strain, Facture, Dislocation, wound and Bleeding
2.2. – Other Occurrence and First Aid – Electric Shock, Snake Bite, Drown, Heart Attack.
2.3. – Immediate care of injuries – P.R.I.C.E.
2.4. – Concept of Postural Deformities and their First Aid – Lordosis, Kyphosis, Scoliosis, Bow Leg, Knock Knee, Flat Foot

UNIT-III : HYGINE, PERSONAL HYGINE, MENTAL HYGINE
3.1. – Meaning and Concept of Hygiene, Personal Hygiene and Mental Hygiene
3.2. – Importance of Hygiene for healthy life
3.3. – Personal Hygiene: - Care of Skin, Eye, Teeth, Ear and Hair
3.4. – Mental Hygiene and its procedure

PRACTICAL – 15 Marks
(Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

1. Use of Triangular Bandage, Roller Bandages, Tube Bandages, Adhesive bandages, Liquid Bandages
2. Concept and Practice of Slings with Bandage - Arm Sling, Collar & Cuff Sling
3. Practice of Bandaging - Simple Spiral, Reverse Spiral, Figure of Eight, Spica
4. Practice of knot – Square knot & Reef Knot
5. Practice of Bandaging on Finger (Hand), Wrist, Elbow, Knee, Ankle, Head

SUGGESTED READINGS:

- Thakur, S. Krira Chikitsha, Paschimbanga Rajya Pustak Parsad.
B.A Program in Physical Education

Semester - VI

Discipline Specific Elective (DSE-3) Course Code: UG/PEDG/601/DSE-1B

Course Title: Sports Psychology

Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)

Contact Hours per week: 6 Examination Duration: 2 Hours

UNIT –I: INTRODUCTION

1.1 Manning, Definition, and Scope of General and Sports Psychology.
1.2 Need for knowledge of Sports Psychology in the field of Physical Education.
1.3 Role of Sports Psychology in the Growth and Development of body and mind.
1.4 Meaning and nature of Stress, type of Stress, Anxiety, arousal and their effects on Sports performance.

UNIT-II: LEARNING AND PERSONALITY CONCEPTS

2.1 Meaning, Definition and types of Learning.
2.2 Theories of Learning Transfer of Learning.
2.3 Meaning of Personality, factors affecting Personality.
2.4 Development of Personality, Relationship of Personality with Sports Performance.

UNIT- III: MOTIVATION AND EMOTIONS

3.1 Meaning, Definition and types of Emotion.
3.2 Importance of emotions in the field of Physical Education and Sports.
3.3 Meaning, Definition and types of Motivation.
3.4 Role of Motivation in Sports performance.

UNIT –VI: PSYCHO-SOCIAL ASPECT OF SPORTS.

4.1 Psycho-Social aspect of man.
4.2 Heredity and Environment – meaning, definition and role in the field of Sports.
4.3 Meaning and definition of Interest, role of Interest in Sports performance.

SUGGESTED READINGS:

- Puni, A.T. “Sports psychology”, Chanduga NIS.
B.A Program in Physical Education
Semester - VI

Discipline Specific Elective (DSE-3)  Course Code: UG/PEDG/601/DSE-1B

Course Title: Management of Sports and Physical Education
Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)

Contact Hours per week: 6  Examination Duration: 2 Hours

UNIT-I: INTRODUCTION

1.1 Meaning, Definition, concept of Sports Management.
1.2 The purpose and scope of Sports Management.
1.3 Qualities and Competencies required for the Sports Management.
1.4 Events Management in Physical Education

UNIT-II: LEADERSHIP IN SPORTS AND PHYSICAL EDUCATION

2.1 Meaning and Definition of Leadership.
2.2 Elements of Leadership.
2.3 Form of Leadership Autocratic, Laisser-faire, Democratic, Benevolent Dictator.
2.4 Qualities of Administrative Leader.
2.5 Leadership and Organisational Performance.

UNIT-III: MANAGEMENT OF SPORTS AND TOURNAMENTS

3.1 Sports Management in School, College, and University.
3.2 Factor affecting planning.
3.3 Meaning and Definition and types of Tournaments.
3.4 Procedure of Drawing Fixture, merit and demerit of Knock-out and League Tournaments.

UNIT-VI: FINANCIAL MANAGEMENT

4.1 Financial Management in School, College and University.
4.2 Budget, criteria of good Budget.
4.3 Importance of good Budget.

SUGGESTED READINGS:

- Paul, A. Sarirsikshay Management, Classic Publishers, Kolkata.
B.A Program in Physical Education

Semester - VI

Skill Enhancement Course (SEC-4) Course Code: UG/PEDG/604/SEC-4

Course Title: Adapted Physical Education and Computer Application in Physical Education

Total Marks := 50 (\{Theory Marks: 25 :: Practical Marks:15 :: Internal Marks(Practical: 10)\})

Contact Hours per week: 2

Examination Duration:

THEORY MARKS: 25 marks

UNIT-I: INTRODUCTION TO ADAPTED PHYSICAL EDUCATION AND SPORTS

1. Meaning, Definition and Objectives of Adapted Physical Education.
2. Disability: Meaning, Definition and Type
3. Disability and Health Related Condition
4. Physical exercise programme for different type of disabled Person
5. Risk factors and preventive measures of Physical Exercise Program for Disabled.
6. Disability and Sports – Para Olympics

UNIT-II: COMPUTER APPLICATION IN PHYSICAL EDUCATION

2. Concept of Hardware, Software, Operating System and Anti Virus
3. Function of Key Board – Ctrl Key, Shift Key, Cap Lock, Enter, Delete, Backspace, Arrow Key, Esc Key
4. Function of Mouse – Right Click, Left Click, Single Click, Double Click, Scrolling.
6. MS Word – Concept and use
   6.1 New File Create, File save, File Open, File Rename, File Delete
   6.2 Copy, Paste, Cut, Clipart, word art, Insert table & Image
7. MS Excel – Concept and Use
   7.1 Details concept of Spread Sheet – Raw, Column, Sheet
   7.2 Input of Graph, Formula, Table
8. MS Power Point – Concept and use
   8.1 New Slide Create, Slide Format, Slide delete, Slide rearrange
   8.2 Slide Design, Slide Animation, Slide show
9. Concept of Network, Internet, Wi-Fi, E-mail, Web Page
PRACTICAL: 15 MARKS

1. Turn on and Shut down of Computer and Monitor.
   (ii) Insert of Page numbering, Word art, Clip Art, Print option.
3. **MS Excel**: (i) Addition, Subtraction, Multiplication, Division - row and Column wise, Calculate Average & Percentage.
   (ii) Input the same number, alternative number, continuous number in spread sheet, input and Editing Graph and Table, Concept of inserting various formulas.
4. **MS Power Point**: (i) New Slide Creating, Slide deleting, Slide rearrangement, Slide Formatting, Slide Design
   (ii) Insert table, image, clip art, word art at the slide, slide animation, Slide show.
5. **Internet & Email** (Optional): (i) Web Browsing, Downloading image/ File, save file from web, create new email account.

EXERCISES:
(Any one from MS word, Any one from MS Excel, Any one from MS Power point and any one from Information Technology)

a) Draw various court & Track and Field Arena through Paint.
b) Write an Application to Principal for purchasing sports goods (with table) for your college students.
c) Prepare Score Sheet by MS word – High Jump, Broad Jump, Throwing Event.
d) Prepare a Sample Project Work Book through MS Word.
e) Calculate Average Speed of College Student by MS Excel.
f) Calculate BMI of Students by MS Excel
g) Calculate percentage of marks of your Marksheet through MS Excel.
h) Prepare a power point presentation on Annual Sports Day.
i) Open your College Website, download syllabus from university website.
j) Email your friend regarding world Cup final match with photo attachment.

SUGGESTED READINGS:

- Chavan, Uday, (2016), Computer Applications in Physical Education, Khel Sahitya Kendra Publisher, New Delhi
- V.V. Hunt, “Recreation for the Handicapped” Prentice Hall inc., 1974
- B.J. Cratty, Adapted Physical Education in the main stream love Publishing Company, Denver Calorado 80222. 1989
B.A Program in Physical Education
Semester - VI

Generic Elective (GE-2)  

Course Title: Complete Fitness and Therapeutic Value of Physical Education

Total Marks:= 50
{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment (Theory + Practical): 10 }

Contact Hours per week: 6  
Examination Duration: 2 Hours

UNIT- I: COMPLETE FITNESS

1.1 Meaning and Concept of Complete Fitness and wellness.
1.2 Need, Components and significance of Complete Fitness.
1.3 Factor affecting Complete Fitness.
1.4 Special emphasis on Physical Fitness: Meaning, definition and modern concept of Physical Fitness.
1.5 Physical Fitness Components and their developmental training method: Health-related and Sports Performance-related Physical Fitness.
1.6 Means of Fitness development – Aerobic and Anaerobic Exercise, Target Heart Rate, Warming Up, Conditioning, Cooling Down

UNIT- II: INTRODUCTION OF THERAPY

2.1 Meaning, definition, Aim and Scope of Therapy
2.2 Types of Therapy
2.3 Explanation of the Term – Physiotherapy, Exercise-therapy, Massage-therapy, Yoga Therapy

UNIT- III: THERAPEUTIC ASPECTS OF PHYSICAL EXERCISE

3.1 Therapeutic value of Exercise: Definition, Principles and Importance of Therapeutic Exercises .

UNIT – IV: METHOD OF PHYSIOTHERAPY

4.1 Physiotherapy and its use in the treatment and rehabilitation in sports injuries.
4.2 Electrotherapy : Meaning, Technique and safety Precaution - Short wave diathermy, Electric Muscle Stimulation
4.3 Hydrotherapy: Meaning, Technique and safety Precaution – Whirlpool, Contrast bath
4.4 Thermotherapy: Meaning, Technique and safety Precaution – Hot Pack, Wax Bath
4.5 Cryotherapy: Meaning, Technique and safety Precaution – Ice Pack, Cold Compress
4.6 Massage Therapy : Types, Techniques, Indication and Contra indications.
PRACTICAL -15 Marks (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

1. Calculation of Body Mass Index (BMI)
2. Skinfold Measurement
3. Measurement of Fitness Components –
   - **Muscular Strength** – (Minimal Strength) – TEST - Leg-Raise
     (Leg Strength) – TEST – Standing Broad Jump
   - **Muscular Endurance** - (Abdominal Muscle) – TEST - Sit-ups
   - **Cardiovascular Endurance** – TEST- Harvard Step Test or Run and Walk Test
   - **Flexibility** – (Lower Back Flexibility) – TEST - Sit and Reach Test
   - **Standing Balance** - TEST – Stork Stand Test
4. Measurement of Pulse Rate / Heart Rate at Radial Artery and Carotid Artery

SUGGESTED READINGS:
- Brukner P and Sydney KK. Clinical sports medicine, McGraw-Hill Co., 2011
- Smith, Mandy, (2005),Cardiovascular/Respiratory Physiotherapy, Elsevier Health - INR;UK.
B.A Program in Physical Education

Semester - VI

Generic Elective (GE-2)

Course Title: Health Education and Safety Education

Course Code: UG/PEDG/603/GE-2

Total Marks:= 50

{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment (Theory + Practical): 10 }

Contact Hours per week: 6

Examination Duration: 2 Hours

UNIT I : INTRODUCTION

1.1 Meaning and Definition of Health & Health Education
1.2 Dimension of Health
1.3 Aims, Objectives of Health Education
1.4 Need & Importance of Health Education.

UNIT II : HEALTH SCHEME AND HEALTH SERVICES

2.1 Health Agencies – (i) WHO (ii) UNESCO (iii) UNICEF
2.2 National Health Scheme - Rashtriya Bal Swasthya Karyakram (RBSK), Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), Rashtriya Swasthya Bima Yojana, Integrated Child Development Service
2.3 School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record
2.4 Personal Hygiene: Care of Eyes, Ear, Nose, Skin, Mouth and Teeth

UNIT III : HEALTH PROBLEM IN INDIA

3.1 Cause, Prevention and Control Communicable Disease: Malaria, Dengue
3.2 Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes
3.3 Nutritional Disorders:
  3.3.1. Nutrients and their Functions and Daily Requirements
  3.3.2. Health disorders for deficiency of Protein, Vitamins and Minerals
3.4 Postural Deformities: Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot

UNIT IV : SAFETY EDUCATION

4.1 Meaning and definition of Safety and Safety Education
4.2 Relation between Health and Safety
4.3 Need and importance of safety Education in daily life
4.4 Safety measures in Home, Street, Play Ground
PRACTICAL (Any Five) – Marks – 15 (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

1. Measurement of Height
2. Measurement of Weight
3. Measurement of BMI (Body Mass Index)
4. Measurement of BMR (Basal Metabolic Rate)
5. Measurement of Blood Pressure
6. Measurement of Resting Heart Rate
7. Measurement of Peak Expiratory Flow
8. Determination of Caloric Value of Food

SUGGESTED READINGS:
## AT A GLANCE (Only Physical Education Course)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Semester</th>
<th>Course Title</th>
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<th>Practical</th>
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<td>Foundation &amp; History of Physical Education</td>
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<td>Track &amp; field and Its Rules regulations</td>
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<td>Yogasana and Gymnastics</td>
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<td>Health Education &amp; Complete Wellness</td>
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<td>Ball Game and Racket Game</td>
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</table>
| UG/PEDG/501/DSE-1A | 5<sup>th</sup>  | 1. Measurement & Evaluation  
2. Sports Training                      | Any One     | DSE-1  | -         | 40        | 10 (Theo)        | 50          |
| UG/PEDG/503/GE-1 | 5<sup>th</sup>  | 1. First Aid & Personnel Hygiene  
2. Recreation                     | Any One     | GE-1   | 25       | 15        | 40        | 10 (Theo-5+Prac-5) | 50          |
| UG/PEDG/504/ SEC-3 | 5<sup>th</sup>  | Indigenous and Minor Game and Excursion/   
Camping Program                        | SEC-3       | -      | 40        | 40        | 10 (Prac)        | 50          |
| UG/PEDG/601/DSE-1B | 6<sup>th</sup>  | 1. Sports Psychology  
2. Management of sports and Physical Education | Any One     | DSE-3  | 40       | -         | 40        | 10 (Theo)        | 50          |
| UG/PEDG/603/GE-2 | 6<sup>th</sup>  | 1. Health Education and Safety Edu.  
2. Complete Fitness and Therapeutic values of Physical Education | Any One     | GE-2   | 25       | 15        | 40        | 10 (Theo-5+Prac-5) | 50          |
| UG/PEDG/604/ SEC-4 | 6<sup>th</sup>  | Adapted Physical Education and Computer Application in Physical Education | SEC-4       | -      | 40        | 40        | 10 (Prac)        | 50          |
| **TOTAL** |          |                                                  |             |        |           |           |          |             |
|            |          |                                                  |             | 285    | 195       | 480       | 120 (Theo-60+Prac-60) | 600         |
|            |          |                                                  |             | -50(GE) | -30 (GE)  | -80(GE)   | -20 (Theo-10+Prac-10) |             |
|            |          |                                                  |             | =235   | =165      | =400      | =100 (Theo-50+Prac-50) |             |
|            |          |                                                  |             | =500   |           |           |           |             |