

PANSKURA BANAMALI COLLEGE (AUTONOMOUS)

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCE

**SYLLABUS
For
GENERAL COURSE**

**Based on
CHOICE BASED CREDIT SYSTEM**

“Physical Fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity” John F. Kennedy

CHOICE BASED CREDIT SYSTEM (CBCS):

The CBCS provides an opportunity for the students to choose courses from the prescribed courses comprising core, elective/minor or skill based courses. The courses can be evaluated following the grading system, which is considered to be better than the conventional marks system. Therefore, it is necessary to introduce uniform grading system in the entire higher education in India. This will benefit the students to move across institutions within India to begin with and across countries. The uniform grading system will also enable potential employers in assessing the performance of the candidates. In order to bring uniformity in evaluation system and computation of the Cumulative Grade Point Average (CGPA) based on student's performance in examinations, the UGC has formulated the guidelines to be followed.

Outline of Choice Based Credit System:

1. Core Course: A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core Course.

2. Elective Course: Generally a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/ subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate's proficiency/skill is called an Elective Course.

2.1 Discipline Specific Elective (DSE) Course: Elective courses may be offered by the main discipline/subject of study is referred to as Discipline Specific Elective. The Institute may also offer discipline related Elective courses of interdisciplinary nature (to be offered by main discipline/subject of study).

2.2 Generic Elective (GE) Course: An elective course chosen generally from an unrelated discipline/subject, with an intention to seek exposure is called a Generic Elective.

P.S.: A core course offered in a discipline/subject may be treated as an elective by other discipline/subject and vice versa and such electives may also be referred to as Generic Elective.

3. Skill Enhancement Courses (SEC): The main focus of this course is actually skill based providing competency development in various skills and techniques involved in major sports activities.

Project work is considered as a special course involving application of knowledge in solving / analyzing /exploring a real life situation / difficult problem. A Project work may be given in lieu of a discipline specific elective paper.

Outcome of the Programme:

The main objective of this programme is to lay the foundation the students for preparing them as professional in the field of Physical Education and Sports Science. The different courses adapted in this programme are generally the fundamentals of physical education profession, apart from preparing the students as efficient physical education professionals. Another objective of this programme is to inform the students about the importance of fitness not only in daily life but also in various sports activities.

Details of Courses Under Undergraduate Programme (B.A./ B.Com.)
CHOICE BASED CREDIT SYSTEM
Syllabus for B.A. Programme with Physical & Health Education

(40 Credits Programme) Discipline Specific Core Courses (DSC) 24 Credits	
SEMESTER-I	SEMESTER-II
Core Physical Education (CC-1): Foundations of Physical Education 06 Credits	Core Physical Education (CC-2): Health Education, Fitness & Wellness 06 Credits
+ Other Discipline DSC's (As per student's choice)	
SEMESTER-III	SEMESTER-IV
Core Physical Education (CC-3): Human Anatomy and Physiology 06 (4+2) Credits SEC-1: Track and Field 02 Credits *SEC-1 Only for Core Physical Education Students	Core Physical Education (CC-4): Sports Management 06 (4+2) Credits SEC-2: Gymnastics & Yoga 02 Credits *SEC-2 Only for Core Physical Education Students
Discipline Specific Electives (DSE) 12 Credits	
SEMESTER -V	SEMESTER-VI
Discipline Specific Electives (DSE-I) Posture, First Aid and Athletic Care 06 (4+2) Credits GE-I (Other than Physical Education) Posture, First Aid and Athletic Care 06 (4+2) Credits SEC-III:- One from each group - 02 Credits (i) Indian Games (ii) Racket Games * SEC-3 only for core Physical Education Students **DSE-I for corer Physical Education Students and other than Physical Education Students	Discipline Specific Electives (DSE-II) Sports Training 06 (4+2) Credits GE-II (Other than Physical Education) i. Yoga Education 06(4+2) Credits each SEC-IV:- One from each group- Major Ball Games (any two) 2 Credits Football, Volleyball, Basketball, Handball * DSE –II for Core Physical Education Students and other than Physical Education Students

SEMESTER -I
B.A. PROGRAMME WITH PHYSICAL & HEALTH EDUCATION
CORE PHYSICAL EDUCATION (CC-1)
FOUNDATION OF PHYSICAL EDUCATION

Paper Objective:

Through this paper the students will be able to know about the development of the subject in Ancient and Modern India. The students will be aware about the various scopes of the subject. Students are taught about the biological foundation of human being and also the growth and development pattern. Further, the other objective of the paper is to inform the students about the development of Olympics and other aspects related to this mega competition.

Theory Max. Marks: 60

TOTAL: 75 Marks

Unit-I: Definition -Aims and Objectives of Physical Education

20L

- 1.1 Explanation, Definition, Nature, Need and Scope of Physical Education
- 1.2 Aims and Objectives, Principles and Contribution of Physical Education to General Education
- 1.3 Development of Physical Education in Ancient and Modern India
- 1.4 Different Philosophy in Physical Education

Unit-II: Foundation of Physical Education -Biological and Psychological Aspect

20L

- 2.1 Growth and Development- factors affecting growth and development.
- 2.2 Principles of Growth and Development, Effects of Heredity and Environment in attaining proper growth and development
- 2.3 Psycho-Physical unity of human organism, Reflex action and conditioned reflex
- 2.4 Laws of Learning and Various theories of Play

Unit-III: Foundation of Physical Education – Sociological Aspect and Olympic Movement

20L

- 3.1 Introduction to social nature of man and his learning, Social values and development of different traits and ideas
- 3.2 Advantages of competition, social recognition, Physical Education as a socializing force
- 3.3 Olympic Movement – A brief account on Ancient and Modern Olympics, Olympic Motto, Flag, Emblem, Torch, Oath, Opening and Closing Ceremony
- 3.4 Indian Olympic Association and International Olympic Committee

INTERNAL ASSESSMENT: 15 Marks

1. Attendance: 5 marks
2. Continuous internal Assessment: 10 marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week × 13 weeks = 4 credits
- 4 hours lab per week per semester = 2 credits

SUGGESTED READINGS

THEORY

1. Kamlesh, M. L. & Singh, M. K. (2006) **Physical Education**, Naveen Publications, New Delhi.
2. Lumpkin, A. (2007) **Introduction to Physical Education, Exercise Science and Sports Studies**, McGraw Hill, New York, U.S.A.
3. Singh, A. et al. (2000) **Essentials of Physical Education**, Kalyani Publishers, Ludhiana, Punjab.
4. West, D.A. & C.A. Bucher (2006) **Foundations of Physical Education, Exercise Science, and Sports**. McGraw Hill Companies, Inc., New York, USA.
5. Kansal, D.K. (2012) **A Practical Approach to Test Measurement and Evaluation**, Sports & Spiritual Science Publications, New Delhi.
6. Howell, R, Howell, M. and Uppal, A.K (1997) **Foundations of Physical Education**, Friend Publication, New Delhi.
7. Kar, S & Mondal, I(2010) **Ucchatara Sarir Siksha**, Sarir Siksha Prokasani, Birbhum, West Bengal.
8. Bhowmik, S & Bhattacharya, A.K (2006) **Sarir Siksha**, West Bengal State Book Board, Kolkata.

SEMESTER -II
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
CORE PHYSICAL EDUCATION-(CC-2)
HEALTH EDUCATION, FITNESS & WELLNESS

Paper Objective:

The main object of this paper is to inform to the students about the importance of health fitness and wellness and further to inform the various methods to attain them. The students will also come to know about the various agencies promoting health.

Theory Max: Marks: 60

TOTAL: 75 Marks

Unit-I: Health Education

20L

- 1.1 Health Education: Meaning, Concept and Principles
- 1.2 Health – importance, components, health promoting behaviours
- 1.3 Role of Personal Hygiene, Mental Hygiene, Occupational Hygiene in Physical Education
- 1.4 Role of Different Agencies in Promoting Health (WHO, UNICEF, Local Bodies)

Unit-II: Total Fitness

20L

- 2.1 Physical Activity – Concept, benefits of participation in physical activities with specific reference to health; concept, need, components and significance of total fitness
- 2.2 Types of Physical Activities – Walking, Jogging, Running, Calisthenics, Rope Skipping, Cycling, Swimming, Circuit Training, Weight training, Adventure Sports
- 2.3 Components of Physical Fitness (Health, Skill and Cosmetic Fitness); Need and Importance of Measurement and Evaluation of Physical Fitness
- 2.4 Principles of Physical Fitness, Warming Up, Conditioning and Cooling Down, Methods to Develop and Measure Health and Skill related components of Physical Fitness

Unit-III: Wellness

20L

- 3.1 Wellness – Concept, Components, Significance with reference to Positive Lifestyle
- 3.2 Factors affecting wellness
- 3.3 Wellness programmes adopted in educational institutions
- 3.4 Wellness in offices and industries

INTERNAL ASSESSMENT: 15 Marks

1. Attendance: 5 marks
2. Continuous internal Assessment: 10 marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week × 13 weeks = 4 credits
- 4 Laboratory hours per week per semester = 2 credits

SUGGESTED READINGS

1. Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
2. Nemir, A., The School Health Education. New York: Harber and Brothers. Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.
3. Pandey P.K. Health Education (2005) Khel Sahitya Kendra, New Delhi.
4. Sahu, D. P. (2010) Sarirsiksha o Sastosiksha: Designer Book Hub, Kolkata.
5. Pal, A & Roy, G.S (2016) Swastha siksha O Poribesh vidya: Classique Books, Kolkata

SEMESTER -III
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
CORE PHYSICAL EDUCATION– (CC-3)
HUMAN ANATOMY AND PHYSIOLOGY

Paper Objective:

Through this paper the students will be able to know about the structure, position and functions of the different parts of the human body. The students will be able to understand how the various system functions in the body and also the effect of exercise and training on various systems. The other objective of the paper is to train the students to measure the blood pressure, heart and respiratory rate, VO_2 max etc.

Theory Max. Marks: 40

TOTAL: 75 Marks

Unit-I: Introduction

10L

- 1.1 Basic Concept, Need and Importance of Anatomy and Physiology in Physical Education
- 1.2 Definition and Description of Cell, Tissue, Organ and System, Cell division
- 1.3 Types of Muscle: Macro & Micro Structure of the Skeletal Muscle
- 1.4 Types of muscular contraction

Unit II: Systems of Human Body

15L

- 2.1 Brief Introduction to Skeletal System, Types of bone, names and position of various bones, joints and types
- 2.2 Structure of human heart, meaning of Circulatory System, function of circulatory system - systematic and pulmonary system, Stroke volume, Cardiac output, Heart Rate - Bradycardia and Tachycardia.
- 2.3 Structure and function of Lungs, Organs of Respiratory system, Functions of respiratory system, Tidal Volume, Respiratory Rate, Residual volume, IRV, FRV, and Dead Space.
- 2.4 Function of Digestive System, Nervous System and Endocrine System

Unit-III: Training Effects on Anatomical and Physiological Systems

15L

- 3.1 Effects of exercise on skeletal system, muscular system, circulatory system, respiratory system, nervous system
- 3.2 Concepts of warming-up, conditioning, cooling-down
- 3.3 Concepts of fatigue, stitch, cramp, oxygen debt, second wind
- 3.4 Markers for Training Effects - Maximum Heart Rate, Vital Capacity, Stroke Volume, Temperature Regulation, Lactate Threshold and VO_2 max.

PRACTICAL: 20 Marks

20L

1. Assessment of cardio-vascular endurance ability-600 yards run, 12 minutes run and walk test. 5L
2. Anthropometric Measurements – length/width/circumference of bone and body fat% 5L
3. Measurement of Heart Rate, Respiratory Rate, Blood Pressure and VO_2 Max. 10L

INTERNAL ASSESSMENT: 15 Marks

1. Attendance: 5 marks
2. Continuous internal Assessment: 10 marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week×13 weeks = 4 credits
- 4 Laboratory hours per week per semester = 2 credits

SUGGESTED READINGS

THEORY

1. Wilmore, J.H (2015) **Physiology of Sports and Exercise**, Human Kinetics
2. Shil, P (2012) **Sarirsikshay Sarirvidya**, Classique Books Publication, Kolkata-12
3. Denbnath, Jogen (2001) **Sarirbigyan**, Sridhor Prokasoni, Kolkata-06
4. Koley, Shyamal (2007), **Exercise Physiology – A Basic Approach** (New Delhi: Friends Publications).
5. Gupta, A. P. (2010). **Anatomy and Physiology**. Agra: Sumit Prakashan.
6. Gupta, M. and Gupta, M. C. (1980). **Body and Anatomical Science**. Delhi: Swaran Printing Press.
7. Mahato, K. (2001) **Sarir O Sarirsiksha**, Sraboni Prokasoni, Jhargram, West Bengal.
8. Guyton, A.C. (1996). **Textbook of Medical Physiology**, 9th edition. Philadelphia: W.B.
9. Karpovich, P. V. (n.d.). **Philosophy of Muscular Activity**. London: W.B. Saunders Co. Lamb, G. S. (1982). **Essentials of Exercise Physiology**. Delhi: Surjeet Publication.
10. Moorthy, A.M. (2014). **Anatomy Physiology and Health Education**. Karaikudi: Madalayam Pub.
11. Morehouse, L. E. & Miller, J. (1967). **Physiology of Exercise**. St. Louis: The C.V. Mosby Co. Pearce,
12. Pearce E. C. (1962). **Anatomy and Physiology for Nurses**. London: Faber & Faber Ltd.
13. Sharma, R. D. (1979). **Health and Physical Education**, Gupta Prakashan.
14. Singh, S. (1979). **Anatomy of Physiology and Health Education**. Ropar: Jeet Publications.

SEMESTER -IV
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
CORE PHYSICAL EDUCATION- (CC-4)
SPORTS MANAGEMENT

Paper Objective:

The objective of the paper is to inform the students about the various aspects of management. The students will be able to know about various types of tournaments and moreover they will learn the methods of drawing fixture of various types of tournaments. The students will also be able to learn the process of keeping and caring the sports equipment.

Theory Marks: 40

Totals. Marks: 75

Unit- I: Introduction

10L

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

Unit- II: Tournaments

15L

- 2.1. Tournaments: meaning, definition and types; Tournaments - Knock-out, League, Combination, Challenge.
- 2.2. Procedure of drawing fixture.
- 2.3. Method of organising annual athletic meet and play day.
- 2.4. Method of organising intramural and extramural competition

Unit- III: Facilities and Equipment

15L

- 3.1 Method of calculation of Standard Athletic Track marking.
- 3.2 Care and Maintenance of Playground and Gymnasium.
- 3.3 Importance, Care and Maintenance of Sports Equipment
- 3.4 Time Table: Meaning, Importance and Factors affecting Time-Table

Practical: 20 Marks

20L

1. Lay out of a Standard Track, Javelin, Shot Put and Discus Arena
2. Layout of Kabaddi, Kho-Kho, Football and Volleyball (any one)

PART B: INTERNAL ASSESSMENT

1. Attendance: 5 marks
2. Continuous Internal Assessment: 10 marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week × 13 weeks = 4 credits
- 4 Laboratory hours per week per semester = 2 credits

Suggested Readings:

1. Ashton, D. (1968). **Administration of Physical Education for Women**. New York: The Ronal Press Cl.
2. Bucher, C.A. **Administration of Physical Education and Athletic Programme**. 7th Edition, St.Louis: The C.V. Mosby Co.
3. Daughtrey, G. & Woods, J.B. (1976). **Physical Education and Intramural Programmes, Organisation And Administration**. Philadelphia U.S.A.: W.B. Saunders Co.
4. Earl, F. Z, & Gary, W. B. (1963). **Management Competency Development in Sports and Physical Education**. Philadelphia: W. Lea and Febiger.

SEMESTER -V
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
CORE PHYSICAL EDUCATION- (DSE-1)
POSTURE, FIRST AID & ATHLETIC CARE

Paper Objective:

Students will learn about good and bad posture. Various postural deformities and their corrective measures are learnt in this paper. First aid of various sports injuries are also learnt in this paper. Students will also learn about various therapeutic modalities.

Theory Marks: 40

TOTAL: 75 Marks

Unit-I: Posture

10L

- 1.1 Posture – Concept, Significance, Benefits.
- 1.2 Bad Posture (Sitting, Standing, Walking, Lying down); Effects of Bad Posture on Our Body
- 1.3 Postural Deformities – Types and Causes (Kyphosis, Lordosis, Kypho-Lordosis, Scoliosis, Knock Knees, Bow Legs, Flat Foot), Corrective Exercises.
- 1.4 Illnesses due to improper posture (Back Pain, Neck Pain), Corrective Exercises.

Unit-II: First Aid, Ergogenic Aids and Rehabilitation

15L

- 2.1 Sports Injuries and First Aid (P.R.I.C.E.)
- 2.2 Rehabilitation - Aim and Objective, Recovery (Ice bath, Contrast Bath).
- 2.3 Therapeutic Modalities (Therapeutic Ultrasound, Interferential Therapy Unit, T.E.N.S., Infrared Lamp, Wax Bath, Short Wave Diathermy).
- 2.4 Muscle Strengthening through Active and Passive Exercise

Unit-III: Athletic Care

15L

- 3.1 Sports Medicine and Athletic Care - Concept and Significance, Factors causing injuries
- 3.2 General principles of prevention of injuries
- 3.3 Common Sports Injuries (Strain and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis Elbow, Shin Pain, Blister, Cut/Wound, Haematoma, Fracture, Dislocation).
- 3.4 Management of Injuries (Strain and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis Elbow, Shin Pain, Blister, Concussion, Abrasion, Laceration, Haematoma, Fracture, Dislocation).

PART B: PRACTICAL: 20 Marks

20L

1. Demonstrate Stretching and Strengthening Exercises for Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot, Back Pain and Neck Pain (Any two).
2. Application of different therapeutic modalities (Any two).
3. Uses of different types bandages

INTERNAL ASSESSMENT: 15 Marks

1. Attendance: 5 marks
2. Continuous internal Assessment: 10 marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week × 13 weeks = 4 credits
- 4 Laboratory hours per week per semester = 2 credits

SUGGESTED READINGS

1. Christine, M. D., (1999). **Physiology of Sports and Exercise**. USA: Human Kinetics.
2. Conley, M. (2000). **Bioenergetics of Exercise Training**.
3. T.R. Baechle, & R.W. Earle, (Eds.), **Essentials of Strength Training and Conditioning**. Champaign, IL: Human Kinetics.
4. Hunter, M. D. (1979). **A Dictionary for Physical Educators**.
5. H. M. Borrow & R. McGee, (Eds.), **A Practical Approach to Measurement in Physical Education** (pp. 573-74). Philadelphia: Lea & Febiger.
6. Thakur, Sunil(2009) **Sports Medicine**, Dey's Publishing, Kolkata-73
7. Bhattacharya, S(2007) **Modern Physiotherapy**, Dey's Publishing, Kolkata-73
8. Pal, S (2005) **A Handbook of Practical Physiotherapy**, A.B. Publication, Kolkata-9.

SEMESTER -V
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
CORE PHYSICAL EDUCATION- (GE-1)
POSTURE, FIRST AID & ATHLETIC CARE

Paper Objective:

Students will learn about good and bad posture. Various postural deformities and their corrective measures are learnt in this paper. First aid of various sports injuries are also learnt in this paper. Students will also learn about various therapeutic modalities.

Theory Marks: 40

TOTAL: 75 Marks

Unit-I: Posture

10L

- 1.1 Posture – Concept, Significance, Benefits.
- 1.2 Bad Posture (Sitting, Standing, Walking, Lying down); Effects of Bad Posture on Our Body
- 1.3 Postural Deformities – Types and Causes (Kyphosis, Lordosis, Kypho-Lordosis, Scoliosis, Knock Knees, Bow Legs, Flat Foot), Corrective Exercises.
- 1.4 Illnesses due to improper posture (Back Pain, Neck Pain), Corrective Exercises.

Unit-II: First Aid, Ergogenic Aids and Rehabilitation

15L

- 2.1 Sports Injuries and First Aid (P.R.I.C.E.)
- 2.2 Rehabilitation - Aim and Objective, Recovery (Ice bath, Contrast Bath).
- 2.3 Therapeutic Modalities (Therapeutic Ultrasound, Interferential Therapy Unit, T.E.N.S., Infrared Lamp, Wax Bath, Short Wave Diathermy).
- 2.4 Muscle Strengthening through Active and Passive Exercise

Unit-III: Athletic Care

15L

- 3.1 Sports Medicine and Athletic Care - Concept and Significance, Factors causing injuries
- 3.2 General principles of prevention of injuries
- 3.3 Common Sports Injuries (Strain and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis Elbow, Shin Pain, Blister, Cut/Wound, Haematoma, Fracture, Dislocation).
- 3.4 Management of Injuries (Strain and Ligament Sprain, Frozen Shoulder, Lower Back Strain, Tennis Elbow, Shin Pain, Blister, Concussion, Abrasion, Laceration, Haematoma, Fracture, Dislocation).

PART B: PRACTICAL: 20 Marks

20L

1. Demonstrate Stretching and Strengthening Exercises for Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot, Back Pain and Neck Pain (Any two).
2. Application of different therapeutic modalities (Any two).
3. Uses of different types bandages

INTERNAL ASSESSMENT: 15 Marks

1. Attendance: 5 marks
2. Continuous internal Assessment: 10 marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week × 13 weeks = 4 credits
- 4 Laboratory hours per week per semester = 2 credits

SUGGESTED READINGS

1. Christine, M. D., (1999). **Physiology of Sports and Exercise**. USA: Human Kinetics.
2. Conley, M. (2000). **Bioenergetics of Exercise Training**.
3. T.R. Baechle, & R.W. Earle, (Eds.), **Essentials of Strength Training and Conditioning**. Champaign, IL: Human Kinetics.
4. Hunter, M. D. (1979). **A Dictionary for Physical Educators**.
5. H. M. Borrow & R. McGee, (Eds.), **A Practical Approach to Measurement in Physical Education** (pp. 573-74). Philadelphia: Lea & Febiger.
6. Thakur, Sunil(2009) **Sports Medicine**, Dey's Publishing, Kolkata-73
7. Bhattacharya, S(2007) **Modern Physiotherapy**, Dey's Publishing, Kolkata-73
8. Pal, S (2005) **A Handbook of Practical Physiotherapy**, A.B. Publication, Kolkata-9.

SEMESTER -VI
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
CORE PHYSICAL EDUCATION- (DSE-II)
SPORTS TRAINING

Paper Objective:

Here in this paper the students will learn the science of sports training and further will be able to understand the periodization chart of any training cycle. Moreover the students will also learn various scientific methods to develop various physical fitness components.

Theory Marks 40

Total Marks: 75

Unit-I: Introduction

10L

- 1.1 Sports Training: Meaning, Definition and Scope.
- 1.2 Aim, Objectives and Characteristics of Sports Training.
- 1.3 Principles of Sports Training.
- 1.4 Need and Importance of Sports Training.

Unit-II: Methods of Training and Conditioning in Sports

10L

- 2.1 Warming-up and Cooling-down: Meaning, Definition and Methods.
- 2.2 Conditioning: Meaning, Definition and Principles.
- 2.3 Training Methods: Principles and Characteristics of Circuit Training, Interval Training and Weight Training.
- 2.4 Periodization: Meaning, Definition, Types, Aim and Contents of Different Periods.

Unit-III: Training Load and Adaptation

10L

- 3.1 Training Load: Meaning, Definition, Types and Factors.
- 3.2 Training Load Components: Volume, Intensity, Repetition and Duration.
- 3.3 Over Load: Meaning, Causes, Symptoms and Overcoming Over-load.
- 3.4 Load Adaptation: Meaning and Conditions of Adaptation; Super-compensation.

Unit-IV: Training Techniques

10L

- 4.1 Strength: Means and Methods Development.
- 4.2 Speed: Means and Methods Development.
- 4.3 Endurance: Means and Methods Development.
- 4.4 Flexibility: Means and Methods Development.

PART-B: PRACTICAL: 20 Marks

20L

1. Weight Training – Practice with Principles.
2. Measurement of Speed and Strength.
3. Circuit Training - Practice with Principles.

PART C: INTERNAL ASSESSMENT (15 Marks)

1. Attendance: 5 marks
2. Continuous Internal Assessment: 5 marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week × 13 weeks = 4 credits
- 4 Laboratory hours per week per semester = 2 credits

SUGGESTED READINGS

- Ammon, R., Southall, R.M. and Blair, D.A. (2003), **Sports Facility Management**, West Virginia, USA: Fitness Information Technology Publishers.
- Bucher, C. **Administration in Physical Education and Athletic Programme**, New York USA: McGraw Hill.
- Paul, A. (2014), **Saris Sikhay Management**, Classic Publication, Kolkata, India.
- Gupta, R. (2008), **Technique of Supervision**, New Delhi: Friends Publication. India.
- Kamlesh, M. L. (2000), **Management Concept in Physical Education and Sport**, New Delhi: Metropolitan Book Co. Pvt. Ltd.
- Krotee, M. and Bucher, C. (2006), **Management of Physical Education and Sports**, McGraw Hill, USA.

SEMESTER -VI
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
CORE PHYSICAL EDUCATION- (GE-II)
YOGA EDUCATION

Paper Objective:

The main objective of this paper is to educate the students about Astang Yoga and their benefits. Students will also be able to learn the importance of yoga in daily living.

Max. Marks: 40

Total Marks: 75

THEORY

UNIT 1 – Introduction of Yoga **10L**

- 1.1 Meaning, Definition of Yoga.
- 1.2 History of Yoga.
- 1.3 Aim and Objectives of Yoga
- 1.4 Need and importance of Yoga in Physical Education and Sports.

UNIT-II – Methods of Yoga **15L**

- 2.1 School of Yoga – Karma Yoga, Gyan Yoga, Bhakti Yoga and Raj Yoga
- 2.2 Introduction to Hath Yoga.
- 2.3. Astanga Yoga of Rishi Patanjali
- 2.4 Effects of Asana and Pranayama on various systems of the body.

UNIT-III -Yoga and Modern World **15L**

- 3.1. Yoga as active health life.
- 3.2 Yoga as means of therapy.
- 3.3 Classification of Asanas with special reference to Physical Education and Sports
- 3.4 Difference between yogic practice and physical exercise.

Practical:-20 Marks **20L**

- Prepare a model chart of Surya Namaskar.
- Suggesting various Yogasana for various ailments
- Suggesting various Yogasana for mental and physical relaxation.

PART B: INTERNAL ASSESSMENT (15 Marks)

1. Attendance: 5 marks
2. Continuous Internal Assessment: 10 marks

Suggested Readings:

- Swami Ram (2000) **Yoga & Married Life** Sadhana Mandir Trust. Rishikesh
- Parmanik, T. **Yoga Education**, Khel Publication, N. Delhi, India
- Saraswati, S.S. (1998), **Asana Pranayama Mudra Bandha**, Yoga Publication Trust, Munger, Bihar, India
- Iyengar, B.K.S. (1984), **Light on the Yoga Sutras of Patanjali**, Yoga Publication Trust, Munger, Bihar, India
- Kayal, R (2018) **Yoga Siksha**, Classique Books, Kolkata – 09

SEMESTER -III
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
SKILL ENHANCEMENT COURSE – (SEC-1)
TRACK AND FIELD

Paper Objective:

The main objective of this paper is to teach the students about the fundamentals of various techniques of the track and field events. Students will also be able to know about the various rules related to various track and field events.

Total: 50 Marks

Practical: 40 Marks

Internal: 10 Marks (Internal Exam: 5 Marks + Attendance: 5 Marks)

1. Track Events

10L

- 1.1. Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block.
- 1.2. Acceleration with proper running techniques.
- 1.3. Finishing Technique: Run Through, Forward Lunging and Shoulder shrug.
- 1.4. Relay Race: Starting, Baton Holding/Carrying, Baton exchange in between zone and Finishing.

2. Field Events (Any three; Students' choice)

10L

- 2.1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.
- 2.2. High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing.
- 2.3. Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique).
- 2.4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).
- 2.5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).

Project-cum-Practical Record Book (Internal Assessment)

1. Introduction of the Sport, History of Development.
2. Performance status of India and renowned personalities – Indian & International.
3. Fundamental Skills.
4. Rules & regulations with Field/Court diagram.
5. Tournaments & Sports Federations (National & International).

Reference Book

1. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
2. Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.
3. Petipus, et al. Athlete's Guide to Career Planning, Human Kinetics.
4. Dharma, P.N. Fundamentals of Track and Field, Khel Sahitya Kendra, New Delhi.

SEMESTER -IV
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
SKILL ENHANCEMENT COURSE – (SEC-II)
GYMNASTICS AND YOGA

Paper Objectives:

Students will learn various skills related to gymnastics floor exercise. Moreover, emphasis is given to teach the students about various yoga asanas and their benefits.

Total: 50 Marks

Practical: 40 Marks

Internal: 10 Marks (Internal Exam: 5 Marks + Attendance: 5 Marks)

GYMNASTICS **10L**

1. Compulsory

1.1 Forward Roll

1.2 T-Balance

1.3 Forward Roll with Split leg

1.4 Backward Roll

1.5 Cart-Wheel [Note: Students perform any three of the above skills compulsorily in the same sequence]

2. **Optional (any three)** **10L**

2.1 Dive and Forward Roll

2.2 Hand Spring

2.3 Head Spring

2.4 Neck Spring

2.5 Hand Stand and Forward Roll

2.6 Summersault

YOGA

3. Asana **10L**

3.1 Standing Posture

3.1.1. Ardhashandrasana

3.1.2. Brikshasana

3.1.3. Padahasthasana

3.2 Sitting Posture

3.2.1 Ardhakurmasana

3.2.2 Paschimottanasana

3.2.3 Gomukhasana

3.3 Supine Posture

3.3.1 Setubandhasana

3.3.2. Halasana

3.3.3. Matsyasana

3.4 Prone Postures

3.4.1 Bhujangasana

3.4.2 Salvasana

3.4.3 Dhanurasana

3.5 Inverted Posture

3.5.1 Sarvangasana

3.5.2 Shirsasana

3.5.3 Bhagrasana

[Note: One Asana from each Posture; Student's Choice]

Project-cum-Practical Record Book

1. Introduction of the gymnastics and yoga history of development

2. Performance status of India and renowned personalities – Indian & International

3. Fundamental skills
4. Rules & regulations with Field/Court diagram
5. Tournaments & Sports Federations (National & International).

Reference

1. Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.
2. Tyagi Arun Kumar, Gymnastics: Skills and Rules, Khel Sahitya Kendra, New Delhi.
3. Dubey, H.C. Gymnastics, Discovery Publishing House, New Delhi.
4. Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha, Yoga Publications Trust, Munger.
5. Swami Satyananda Saraswati, Suryanamaskara, Yoga Publications Trust, Munger.
6. Yoga – The Science of Holistic Living, Vivekananda Kendra Prakashan Trust, Chennai.

SEMESTER -V
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
SKILL ENHANCEMENT COURSE – (SEC-III)

One from each group
INDIAN GAMES AND RACKET GAMES

Paper Objectives:

The main objective of this paper is to teach the students about the fundamentals of various techniques of Indian games and Racket games. Students will also be able to know about the various rules related to various these games.

Total: 50 Marks

Practical: 40 Marks

Internal: 10 Marks (Internal Exam: 5 Marks + Attendance: 5 Marks)

INDIAN GAMES (Any One)

KABADDI

A. Fundamental skills

10L

1. Raiding Skills: Cant, Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow flying kick, roll back; crossing of baulk line; Crossing of Bonus line.
2. Holding skills: Ankle, Knee, Thigh, Wrist, Crocodile and Washer man hold.
3. Formation during holding: Various formations, catching from particular position.
4. Additional Raiding skills: Escaping from various holds, techniques of escaping from chain formation, offense and defence.
5. Game practice with application of Rules and Regulations.

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

10L

Reference

1. Biswas, Abhay, Kabaddi K JanteHolay, Sobhaprokasani, Chakdah, Nadia.
2. Saha, A. K. SarirSiksherRitiniti, Rana Publishing House, Kalyani.
3. Bandopadhyay, K. SarirSikshaParichay, Classiq Publishers, Kolkata.

KHO-KHO

10L

A. Fundamental skills

1. Chasing Skills: Sitting on the box - Parallel and Bullet toe method; Getting up from the box - Proximal and Distal foot method; Giving Kho - Simple, Early, Late and Judgment Kho; Pole Turn, Pole Diving, Tapping, Hammering, Rectification of foul.
2. Running Skills: Chain Play, Ring play and Chain, Ring mixed play, running zigzag, avoiding and dodging.
3. Game practice with application of Rules and Regulations.

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

10L

Internal Assessment

1. Record Book
2. Attendance

RACKET GAMES (Any One)

BADMINTON

10L

A. Fundamental skills

1. Basic Knowledge: Various parts of the Racket and Grip – hand-shake grip, figure pointing grip.
2. Basic foot work and court coverage.
3. Basic Stance: Defensive, attacking, net stance.
4. Service: Short service, Long service, Long-high service.
5. Shots: Fore hand, back hand, clearing, lobbing, over-head shot, defensive clear shot, attacking clear shot, drop shot, net shot, smash.
6. Game practice with application of Rules and Regulations.

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

10L

Reference

1. Kumar Ashok, Badminton, Discovery Publishing House, New Delhi.
2. Narang P. Play and Learn Badminton, Khel Sahitya Kendra, New Delhi.
3. Bandopadhyay K., Sarir Siksha Parichay, Classic Publishers, Kolkata.

TABLE TENNIS

10L

A. Fundamental skills

1. Basic Knowledge: Various parts of the racket and grip (shake hand & pen hold grip), back hand and fore hand grip.
2. Stance: Alternate and Parallel.
3. Service: Backhand and Forehand high toss service, spin, top spin, back spin, side spin.
4. Chop: Backhand and Forehand.
5. Receive return and receiving: Push, Chop, drive loop and flick with both Backhand & Forehand.
6. Game practice with application of Rules and Regulations.

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

10L

Internal Assessment

1. Record Book
2. Attendance

Reference

1. Kumar Ashok, Table Tennis, Discovery Publishing House, New Delhi.
2. Narang, P. Play and Learn Table Tennis, Khel Sahitya Kendra, New Delhi.
3. David Fairholm, The Pocket Guide to Table Tennis Tactics, Bell & Heyman, London.

SEMESTER -VI
B.A. PROGRAMME: PHYSICAL EDUCATION & HEALTH EDUCATION
SKILL ENHANCEMENT COURSE – (SEC-IV)
MAJOR BALL GAMES (Any Two)

Paper Objectives:

The main objective of this paper is to teach the students about the fundamentals of various techniques of various ball games. Students will also be able to know about the various rules related to various these games.

Total: 50 Marks

Practical: 40 Marks

Internal: 10 Marks (Internal Exam: 5 Marks + Attendance: 5 Marks)

FOOTBALL

10L

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, Thigh and Chest Trapping.
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.

B. Rules and their interpretation and duties of officials.

10L

Reference

1. Saha, A. K. SarirSiksherRitiniti, Rana Publishing House, Kalyani.
2. Bandopadhyay, K. SarirSikshaParichay, Classiq Publishers, Kolkata.
3. Dave Smith, Football Skills and Tactics, Chancellor Press.
4. Norman Barrett, Super Soccer Skills, Dragon Grand Publishers, Glasgow.

VOLLEYBALL

10L

A. Fundamental skills

1. Serve: Under hand serve and Side arm serve; Over-head serve, Floating service standing and jumping.
2. Passing: Fore arm passing, Over-head passing.
3. Setting: Front set, back set and long set.
4. Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing).
5. Blocking: Offensive and Defensive with one or more than one blocker (approach, arm and foot movement, and landing).

6. Service reception and Court coverage.
7. Rotation and front court and back court players.

B. Rules and their interpretation and duties of officials. 10L

BASKETBALL 10L

A. Fundamental Skills

1. Passing: Two hand Chest Pass, Two-hand 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. 10L

HANDBALL 10L

A. Fundamental Skills

1. Passing: Bounce Pass, Hook Pass, Chest Pass, Overhead pass, Jump pass, Shoulder pass, Side arm Pass.
2. Receiving: Two hand receiving, one hand receiving, receiving in stationary position, receiving while jumping and Receiving while Running.
3. Dribbling: Low dribble, High dribble
4. Shot: Jump shot, Dive shot, Underhand shot, Lob Shot, Reverse Shot, Fake shooting.
5. Blocking.

B. Rules and their interpretation and duties of officials. 10L

Internal Assessment

1. Record Book
2. Attendance

Reference

1. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
2. Bandopadhyay, K. Sarir Siksha Parichay, Classique Publishers, Kolkata.