

**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

No. of SEMESTER - 6

CREDITS =122

COURSES	SEM I	SEM II	SEM III	SEM IV	SEM V	SEM VI	TOTAL
<b>CORE COURSES</b>	18	18	18	18	-	-	72
<b>DISCIPLINE SPECIFIC ELECTIVE COURSE</b>	-	-	-	-	12	12	24
<b>GENERIC ELECTIVE / INTERDISCIPLINARY COURSE</b>	-	-	-	-	6	6	12
<b>ABILITY ENHANCEMENT COMPULSORY COURSE (AECC)</b>	4	2	-	-	-	-	4
<b>SKILL ENHANCEMENT COURSES (SEC)</b>	-	-	2	2	2	2	8
<b>TOTAL</b>	<b>22</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>122</b>

**THE DISTRIBUTION OF CREDITS FOR DIFFERENT CATEGORIES OF COURSES**

Semester	Courses	Credits	Marks		Total
			I.A	ESE	
<b>1<sup>st</sup> Sem.</b>	2 Core Courses of 6 Credits Each 1 (English/Hindi/MIL) of 6 Credits 1 Ability Enhancement Compulsory courses (AECC) (English/Hindi/MIL)/ Environmental Science of 1 Papers 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 4 = 4	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>2<sup>nd</sup> Sem.</b>	2 Core Courses of 6 Credits Each 1 (Hindi/MIL/ English) of 6 Credits 1 Ability Enhancement Compulsory courses (AECC) Environmental Science (English/Hindi/MIL)/ of 1 Papers 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>3<sup>rd</sup> Sem.</b>	2 Core Courses of 6 Credits Each 1 (English/Hindi/MIL) of 6 Credits 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>4<sup>th</sup> Sem.</b>	2 Core Courses of 6 Credits Each 1 (Hindi/MIL/ English) of 6 Credits 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>5<sup>th</sup> Sem.</b>	2 Department Specific Elective (DSE) Courses of 6 Credits Each 1 Generic Elective of 6 credits each 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>6<sup>th</sup> Sem.</b>	2 Department Specific Elective (DSE) Courses of 6 Credits Each 1 Generic Elective of 6 credits each 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
<b>Total</b>	4 Core 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.	122	240	960	1200

**SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)**

**APPHE=** Physical Education (Subject Code) **C=** Core Course, **E/H/MIL=** English/ Hindi/ Modern Indian Language, **H/MIL/E=** Hindi/ Modern Indian Language/ English, **AECC-E=** Ability Enhancement Compulsory Course-English, **AECC-ENV=** Ability Enhancement Compulsory Course-Environmental Science, **SEC=** Skill Enhancement Course, **GE=** Generic Elective, **DSE=** Discipline Specific Elective **Int. Ass=** Internal Assessment, **ESE=** End-Semester Examination, **L=** Lecture, **T=** Tutorial, and **P=**Practical, **Prac=** Practical, **Theo=** Theory.

**B.A Program: 1<sup>st</sup> Semester**

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
APPHE/101/C-1A	Foundation & History of Physical Education	C-1	6	10	15	25	50	4-0-4
102/C-2A	Discipline -2 (Other Subjects)	C-2	6	10	--	40	50	
ACP/ 103/C-MIL-1	MIL-1(Bengali/Sanskrit/Santali)		6	10	--	40	50	5-1-0
ACSHP/104/AECC-1	Environmental Studies	AECC-1 (Elective)	4	10	--	40	50	4-0-0
<b>SEMESTER TOTAL:</b>			<b>22</b>	<b>40</b>	<b>160</b>	<b>200</b>		

**B.A Program: 2<sup>nd</sup> Semester**

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
APPHE/201/C-1B	Anatomy, Physiology & Physiology of Exercise and Sports	C-3	6	10	--	40	50	5-1-0
202/C-2B	Discipline -2 (Other Subjects)	C-4	6	10		40	50	
ACP/ 203/C-E-1	English-1		6	10		40	50	5-1-0
ACSHP/204/AECC-2	English/MIL	AECC-2 (Elective)	2	10		40	50	2-0-0
<b>SEMESTER TOTAL:</b>			<b>20</b>	<b>40</b>	<b>160</b>	<b>200</b>		

**SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)*****B.A Program: 3<sup>rd</sup> Semester***

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
APPHE/ 301/C-1C	Track & Field and Its Rules Regulations	C-5	6	10	15	25	50	4-0-4
302/C-2C	<i>Discipline -2 (Other Subjects)</i>	C-6	6	10		40	50	
ACP/ 303/ C- MIL-2	MIL-2 (Bengali/Sanskrit/San tali)	AECC-3 (Core)	6	10		40	50	
APPHE/ 304/SEC-1	Yogasana and Gymnastics	SEC-1	2	10	40	-	50	0-0-4
<b>SEMESTER TOTAL :</b>			<b>20</b>	<b>40</b>	<b>160</b>		<b>200</b>	

***B.A Program: 4<sup>th</sup> Semester***

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
APPHE/40 1/C-1D	Health Education & Complete Wellness	C-7	6	10	15	25	50	4-0-4
402/ C-2D	<i>Discipline -2 (Other Subjects)</i>	C-8	6	10	--	40	50	
ACP/ 403/ C- E-2	English-2	AECC-4 (Core)	6	10	--	40	50	
APPHE/ 404/SEC-2	Ball Game and Racket Game	SEC-2	2	10	40	--	50	0-0-4
<b>SEMESTER TOTAL :</b>			<b>20</b>	<b>40</b>	<b>160</b>		<b>200</b>	

**SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)****B.A Program: 5<sup>th</sup> Semester**

Course Code	Course Title		Cour. Type	Credit	Marks Division			Total Marks	No. Hour (L-T-P)
					Int. Ass	Prac	E.S.E		
APPHE/ 501/ DSE-1A	1.Measurement & Evaluation	Any One	DSE-1	6	10	--	40	50	5-1-0
	2. Sports Training								
502/ DSE-2A	Discipline -2 (Other Subjects)	Any One	DSE-2	6	10	--	40	50	
	Discipline -2 (Other Subjects)								
APPHE/ 503/ GE-1	1.First Aid & Personal Hygiene	Any One	GE -1	6	10	15	25	50	4-0-4
	2.Recreation								
APPHE/ 504/ SEC-3	Indigenous and Minor Game and Excursion/ Camping Program		SEC-3	2	10	40	--	50	0-0-4
SEMESTER TOTAL:				20	40	160	200		

**B.A Program: 6<sup>th</sup> Semester**

Course Code	Course Title		Cou type	Cre dit	Marks Division			Total Mark s	No. Hour (L-T-P)
					Int. Ass	Prac	E.S.E		
APPHE/ 601/ DSE-1B	1.Sports Psychology	Any One	DSE-3	6	10	--	40	50	5-1-0
	2. Management of Sports and Physical Education								
602/DSE -2B	Discipline -2 (Other Sub)	Any One	DSE-4	6	10		40	50	
	Discipline -2 (Other Sub)								
APPHE/ 603/ GE-2	1. Health Education & Safety Edu.	Any One	GE -2	6	10	15	25	50	4-0-4
	2.Complete Fitness & Therapeutic values of Phy. Edu.								
APPHE/ 604/ SEC-4	Adapted Physical Education and Computer Application in Physical Edu.		SEC-4	2	10	15	25	50	1-0-2
SEMESTER TOTAL:				20	40	160	200		



# **B.A. Program in Physical Education**

## **SEMESTER -1**

Core Paper 1 (DSC-1) Course Code: APPHE/101/C-1A

Course Title: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

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

Contact Hours per week: 8

Examination Duration: 2 hours

### **THEORY: 25 marks**

#### **Unit-I: *Introduction***

- 1.1 Definition, Meaning and Scope of Physical Education.
- 1.2 Aim and Objectives of Physical Education.
- 1.3 Misconception about Physical Education and Modern concept of Physical Education.
- 1.4 Need and Importance of Physical Education in Present days.

#### **Unit-II: *Biological, Psychological and Sociological Foundation***

- 2.1 Biological Foundation- Meaning and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development.
- 2.2 Meaning of Body types, Classification of Sheldon's Body types, Age and Sex differences in relation to physical activities.
- 2.3 Psychological Foundation- Concept of learning, Learning Curve, Laws of learning.
- 2.4 Sociological Foundation- Concept of socialization, Socialization in Physical Education and Sports, Role of Games and Sports in National and International Integration.

#### **Unit-III: *Historical Foundation***

- 3.1 Historical Development of Physical Education Sports in India after Independence.
- 3.2 Olympic Movement in India.
- 3.3 Ancient Olympic Games.
- 3.4 Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath and Olympic Village.



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

1. Learn and demonstrate the step of Suryanamaskar.
2. Aerobics and Calisthenics exercises
3. Marching- Fall in attention, Stand at ease, Stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time March, Forward March.

**INTERNAL MARKS: (10)**

1. Internal Marks will be given based on at least Three Internal Theory Unit Test .and Internal Practical Test and Practical Performance throughout the entire semester.

**SUGGESTED READINGS:**

**THEORY**

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 Publications).
3. Lau, S.K. (1999), **Great Indian players**, New Delhi, Sports Publication
4. Lumpkin, A. (2007) **Introduction to Physical Education, Exercise Science and Sports Studies**, McGraw Hill, New York, U.S.A.
5. Siedentop, D. (2004) **Introduction to Physical Education, Fitness and Sport**, McGraw Hill Companies Inc., New York, USA.
6. Shaffer, D.R. (2002) **Developmental Psychology: Childhood and Adolescence**. Thomson, Sydney, Australia
7. Shukla, (2000) **Mother on Education**, National Council of Teacher Education, New Delhi.
8. Singh, A. et al. (2000) **Essentials of Physical Education**, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006) **Foundations of Physical Education, Exercise Science, and Sports**. McGraw Hill Companies, Inc., New York, USA.
10. কর, শুভব্রত এবং মন্ডল, ইন্দ্রনীল (২০১০), **উচ্চতর শারীরশিক্ষা**, শারীরশিক্ষা প্রকাশনী, সিউডী, বীরভূম।
11. Sharma, N.P.(2009), **Sports History**, KSK Publisher & Distributors, New Delhi – 110002
12. Bhattacharyya, A.K. (2012), **Dimensions of Physical Education: Principles, Foundations Interpretations**, Classique Books, Kolkata-12

**PRACTICAL**

1. Fahey, T.D., M.P. Insel and W.T. Rath (2006), **Fit & Well: Core Concepts and Labs in Physical Fitness**, McGraw Hill, New York.
2. Kansal, D.K. (2012) **A Practical Approach to Test Measurement and Evaluation Sports & Spiritual Science Publications**, New Delhi.
3. বন্দ্যোপাধ্যায়, কাঞ্চন (২০১০), **শারীরশিক্ষা পরিচয়**, ক্লাসিক বুকস, কলকাতা, ৭০০০১২





# B.A Program in Physical Education

## SEMESTER - II

Core Paper 3 (DSC-3) Course Code: APPHE/201/C-1B

### ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS

**Total Marks = 50** {Theory Marks(ESE): 40: Internal Assessment - 10}

Contact Hours per week: 7

Examination Duration: 2 hours

#### **THEORY MARKS: 40 marks**

##### **Unit-I: *Introduction***

1. Meaning and Definition of Anatomy & Physiology.
2. Definition and Meaning of Cell, Tissue, Organ and System.
3. Need for knowledge of Anatomy and Physiology in the field of Physical Education.

##### **Unit-II: *Skeletal System and Muscular System***

1. Meaning and definition of Skeletal System and Muscular System
2. Types of bones, name of the major bones the human body.
3. Types of joint, Fundamental movements and movement around Ankle, Knee, Hip, Shoulder, Elbow and Wrist.
4. Definition of muscle, its types, Structure and function of muscle.
5. Types of Muscular contraction and concept of All or none law.
6. Postural Deformities and their Remedies.

##### **Unit-III: *Respiratory System and Circulatory System***

1. Meaning of Respiration and Blood Circulation.
2. Different organs associated with Respiration and Mechanism of Respiration.
3. Concept of Oxygen debt, Second wind, Vital capacity and Pulmonary ventilation,  $VO_2$  Max
4. Heart, structure and function of heart, Mechanism of Blood Circulation.
5. Blood, function of Blood and its compositions.
6. Concept of Stroke Volume, Cardiac Output, Blood Pressure, Blood Group and Coagulation of Blood.

##### **Unit- IV: *Nervous System and Endocrine System***

1. Definition and Meaning of Nervous System and Endocrine System
2. Brain, Spinal cord and their function
3. Concept of Reflex action, Reciprocal Innervations and Inhibition
4. Type of Endocrine Glands and their functions -Pituitary, Thyroid, and Adrenal Gland

**Unit- V: Physiology of Exercise and Sports**

1. Definition of Physiology and Physiology of Exercise and Sports
2. Effects of Exercise (immediate effects) on Muscular System.
3. Effects of Exercise (immediate effects) on Respiratory System.
4. Effects of Exercise (immediate effects) on Circulatory System.

**INTERNAL MARKS: (Practical) 10 marks (Preparation of Record Book is Compulsory which will be evaluated by Internal Examiner)**

1. Measurement of Blood Pressure
2. Measurement of Vital Capacity
3. Measurement of Heart Rate
4. Measurement of Physical Efficiency Index (PEI)
5. Measurement of Limb Length

**(Internal Practical Marks will be given based on Internal Practical Test and Practical Performance throughout the entire semester)**

**SUGGESTED READINGS:****THEORY + PRACTICAL**

- Jain AK (2002). **Anatomy & Physiology for Nurses**. Arya Publishers, Delhi.
- Moried EN (2007). **Essential of Human Anatomy & Physiology**. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). **Human Anatomy** Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). **Anatomy & Physiology**. McGraw Hill, Boston.
- Tortora (2003). **Principles of Anatomy & Physiology**, New York: John Willy & Sons,
- William CS (2000). **Essentials of Human Anatomy & Physiology**, Benjamin
- Wilson and Waugh (1996). **Anatomy & Physiology in Health & Illness**. Churchill Livingstone 9 D
- D. Rajlakshmi (2007), **Anatomy and Physiology in Physical Education**, Sports Educational Technologies, New Delhi-110002
- Prakash A.(1998), **Text-Book of Anatomy & Physiology**, Khel Sahitya Kendra, Delhi-110052



## **B.A Program in Physical Education**

### **SEMESTER - III**

Core Paper 5 (DSC-5)

Course Code: APPHD/301/C-1C

Course Title: Track & Field and its Rules Regulations

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

Contact Hours per week: 8

Examination Duration: 2 hours

#### **THEORY MARKS: 25 marks**

#### **Unit-I: *Track Marking***

1. Lay out of Complete Track and Field arena.
2. Lay out and Marking of 400 mt Standard Track.
3. Lay out and Marking of 200 mt Track.
4. Calculation of Stagger Distance.

#### **Unit-II: *Field Marking***

1. Lay out and Marking of Throwing Sector: Shot Put, Discus Throw, Javelin Throw.
2. Lay out and Marking of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump

#### **Unit-III: *Rules Regulation of Track and Field***

1. List of Track and Field Events with their Specifications.
2. Rules Regulation regarding Start, Finish, Hurdles Race and Relay Race
3. Rules Regulation regarding Jumping Event: Long Jump, High Jump, Triple Jump
4. Rules Regulation Regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw

#### **Unit-IV: *Organizational Part of Track and Field***

1. List of Officials and Their Responsibility
2. Step to be followed to organize Institutional Annual Athletic Meet.



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

**1.1 Track Events:**

- 1.1.1 Starting Technique: Standing Start, Crouch Start and its Variations. Use of Block.
- 1.1.2 Acceleration with Proper Running Techniques, Special emphasis on Arm Action, Knee Action and stride length.
- 1.1.3 Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.

**1.2 Field Events:**

- 1.2.1 Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.
- 1.2.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.
- 1.2.3. Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (O' Brien Technique)
- 1.2.4 Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery.
- 1.2.5 Javelin Throw: Grip, Carry, Release and Recovery.

**INTERNAL MARKS: (10)**

1. Internal Theory Marks will be given based on at least Three Internal Theory Unit Test. and Internal Practical Test and Practical Performance throughout the entire semester.

**SUGGESTED READINGS:**

- 1. Layout and Marking of Track and Field, Dr. N. Govindarajulu, Dr. Rakesh Gupta, Friends Publication (India), New Delhi -110002
- 2. IAAF Competition Rules (Latest Version), International Association of Athletics Federations, MC 98007, MONACO Cedex.
- 3. Teaching Athletics, Dr. O.P. Gahlawat, Friends Publication (India), New Delhi, 110002.
- 4. 400  $\phi_j V_i l V \hat{E}_j L, \phi LIZ j \pi^{3/4} p \pounds$ , Online Version.
- 5. Games and Sports, Athletic Track & Court Marking Handbook, Rajesh Agola, [www.physicalliteracykurnool.com](http://www.physicalliteracykurnool.com)
- 6. Book of Rules of Games and Sports, National Council of YMCAs of India, Department of Communication, Bharat Yuvak Bhavan, Jai Singh Road, New Delhi- 110001
- 7. Handbook of Physical Education And Sports, J. Krishna Murti, Commonwealth Publishers, Ansari Road, Dariya Ganj, New Delhi- 110002



# B.A Program in Physical Education

## SEMESTER - III

Skill Enhancement Course (SEC-1) Course Code: APPHE /304/SEC-1

Course Title: Yogasana and Gymnastics

**Total Marks: = 50** {Practical Marks(ESE):40:: Internal Assessment : 10}

Contact Hours per week: 4

Examination Duration:

**PRACTICAL MARKS: 40 marks (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**

### Unit- I: YOGASANA

#### **1. Standing Position:**

- 1.1 ArdhaChandrasana
- 1.2 ArdhaChakrasana
- 1.3 PadaHastasana
- 1.4 Brikshasana
- 1.5 Natarajasana

#### **2. Sitting Position:**

- 2.1 Paschimothanasana
- 2.2 Gomukhasana
- 2.3 Ustrasana
- 2.4 Supta Vajrasana
- 2.5 Vakrasana

#### **3. Supine Position:**

- 3.1 Halasana
- 3.2 Matsyasana
- 3.3 Setubandhasana
- 3.4 Naukasana
- 3.5 Karnapidasana

#### **4. Prone Position**

- 4.1 Bhujangasana
- 4.2 Salavasana
- 4.3 Dhanurasana
- 4.4 Bhekasana
- 4.5 Mayurasana

#### **5. Inverted Position**

- 5.1 Sarbangasana
- 5.2 Shirsasana
- 5.3. Bhagrasana
- 5.4 Bakasana
- 5.5 Kopotasana



## Unit- II: GYMNASTICS

### 1. Roll in Acro Skill

- 1.1 Forward Roll
- 1.2 Backward Roll
- 1.3 Dive Roll
- 1.4 Hand Stand Followed by Roll

### 2. Static Pose in Gymnastics

- 2.1 T- Balance
- 2.2 Frog Balance
- 2.3 Forward Split
- 2.4 Arching/ Bridge

### 3. Basic Acro Skill

- 3.1 Round Off
- 3.2 Cart-wheel
- 3.3 Front Walkover
- 3.4 Hand Spring
- 3.5 Head Spring
- 3.6 Neck Spring
- 3.7 Somersault

## INTERNAL MARKS: (Practical- 10)

1. Internal Practical Marks will be given based on Internal Practical Test and Practical Performance throughout the entire semester.

## SUGGESTED READINGS:

1. Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
2. The Complete Illustrated Book of YOGA, Swami Vishnudevananda, Bell Publishing, USA
3. 2100 Asanas, The Complete Yoga Poses, Daniel Lacerda, Hachette Book group, Leventhal Publisher.
4. Head over heels about Gymnastics, Floor Skills, Gemma Coles, [www.dancemania.biz](http://www.dancemania.biz).
5. The Gymnastics book, Elfi Schlegel & Claire Ross Dunn, Firefly Books , Online Version
6. Gymnastics Skills Tips, and Tricks, JEFF SAVAGE, Enslow Publisher Inc, Online Version.



## **B.A Program in Physical Education**

### **SEMESTER - IV**

Core Paper 7 (DSC-7) Course Code: **APPHE/401/C-1D**

Course Title: Health Education & Complete Wellness

**Total Marks: = 50** (*Theory Marks(ESE): 40: Internal Assessment: 10*)

Contact Hours per week: 8

Examination Duration: 2 Hours

**(Will be submitted within the Short Period)**



## **B.A Program in Physical Education**

### **SEMESTER - IV**

Skill Enhancement Course (SEC-2) Course Code: **APPHE /404/SEC-2**

Course Title: Ball Game and Racket Game

**Total Marks: = 50** (*Practical Marks(ESE): 40: Internal Assessment: 10*)

Contact Hours per week: 4

Examination Duration:

**(Will be submitted within the Short Period)**





## **B.A Program in Physical Education**

### **SEMESTER - V**

Discipline Specific Elective (DSE-1) Course Code: **APPHE /501/DSE-1A**

Course Title: Measurement & Evaluation

**Total Marks:= 50** (*Theory Marks(ESE):40 :: Internal Assessment:: 10*)

Contact Hours per week: 6

Examination Duration:

**(Will be submitted within the Short Period)**



## **B.A Program in Physical Education**

### **SEMESTER - V**

Discipline Specific Elective (DSE-1) Course Code: **APPHE /501/DSE-1A**

Course Title: Sports Training

**Total Marks:= 50 (Theory Marks(ESE):40 :: Internal Assessment:: 10)**

Contact Hours per week: 6

Examination Duration:

**(Will be submitted within the Short Period)**



## **B.A Program in Physical Education**

### **SEMESTER - V**

Generic Elective (GE-1)

Course Code: **APPHE /503/GE-1**

Course Title: First Aid and Personal Hygiene

**Total Marks: = 50**

*{Theory Mark(ESE)s: 25 :: Practical Marks:15 :: Internal Assessment : 10 }*

Contact Hours per week: 7

Examination Duration: 2 Hours

**(Will be submitted within the Short Period)**



## **B.A Program in Physical Education**

### **SEMESTER - V**

Generic Elective (GE-1)

Course Code: **APPHE /503/GE-1**

Course Title: Recreation

**Total Marks: = 50**

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

Contact Hours per week: 7

Examination Duration: 2 Hours

**(Will be submitted within the Short Period)**



## **B.A Program in Physical Education**

### **SEMESTER - V**

Skill Enhancement Course (SEC-3) Course Code: **APPHE /504/SEC-3**

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

**Total Marks: = 50** (*Practical Marks(ESE): 40: Internal Assessment: 10*)

Contact Hours per week: 4

Examination Duration:

**(Will be submitted within the Short Period)**



## **B.A Program in Physical Education**

### **SEMESTER - VI**

Discipline Specific Elective (DSE-3) Course Code: **APPHE /601/DSE-1B**

Course Title: Sports Psychology

**Total Marks: = 50** (*Theory Marks(ESE): 40: Internal Assessment: 10*)

Contact Hours per week: 6

Examination Duration: 2 Hours

**(Will be submitted within the Short Period)**



## **B.A Program in Physical Education**

### **SEMESTER - VI**

Discipline Specific Elective (DSE-3) Course Code: **APPHE /601/DSE-1B**

Course Title: Management of Sports and Physical Education

**Total Marks: = 50** (*Theory Marks(ESE): 40: Internal Assessment: 10*)

Contact Hours per week: 6

Examination Duration: 2 Hours

**(Will be submitted within the Short Period)**



## **B.A Program in Physical Education**

### **SEMESTER - VI**

Generic Elective (GE-2)

Course Code: **APPHE /603/GE-2**

Course Title: Health Education and Safety Education

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

Contact Hours per week:7

Examination Duration: 2 Hours

**(Will be submitted within the Short Period)**





## **B.A Program in Physical Education**

### **SEMESTER - VI**

Generic Elective (GE-2)

Course Code: **APPHE /603/GE-2**

Course Title: Complete Fitness and Therapeutic Value of Physical Education

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

Contact Hours per week: 7

Examination Duration: 2 Hours

**(Will be submitted within the Short Period)**



## **B.A Program in Physical Education**

### **SEMESTER - VI**

Skill Enhancement Course (SEC-4) Course Code: **APPHE /604/SEC-4**

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

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

Contact Hours per week: 3

Examination Duration:

**(Will be submitted within the Short Period)**

**AT A GLANCE (Only Physical Education Subject)**

Course Code	Semester	Course Title	Course Type	Theory	Practical	ESE Total	Internal	Total Marks	
APPHE /101/C-1A	1 <sup>st</sup>	Foundation & History of Physical Education	C-1	25	15	40	10	50	
APPHE /201/C-1B	2 <sup>nd</sup>	Anatomy, Physiology & Physiology of Exercise and Sports	C-3	40	-	40	10	50	
APPHE /301/C-1C	3 <sup>rd</sup>	Track &field and Its Rules regulations	C-5	25	15	40	10	50	
APPHE /304/ SEC-1	3 <sup>rd</sup>	<b>Yogasana and Gymnastics</b>	SEC-1	-	40	40	10	50	
APPHE /401/C-1D	4 <sup>th</sup>	Health Education & Complete Wellness	C-7	40	-	40	10	50	
APPHE /404/ SEC-2	4 <sup>th</sup>	<b>Ball Game and Racket Game</b>	SEC-2		40	40	10	50	
APPHE /501/DSE-1A	5 <sup>th</sup>	1.Measurement & Evaluation	Any One	DSE-1	40	-	40	10	50
		2. Sports Training							
APPHE /503/GE-1	5 <sup>th</sup>	1.First Aid & Personnel Hygiene	Any One	GE-1	25	15	40	10	50
		2.Recreation							
APPHE /504/ SEC-3	5 <sup>th</sup>	<b>Indigenous and Minor Game and Excursion/ Camping Program</b>	SEC-3	-	40	40	10	50	
APPHE /601/DSE-1B	6 <sup>th</sup>	1.Sports Psychology	Any One	DSE-3	40	-	40	10	50
		2. Management of sports and Physical Education							
APPHE /603/GE-2	6 <sup>th</sup>	1.Health Education and Safety Edu.	Any One	GE-2	25	15	40	10	50
		2. Complete Fitness and Therapeutic values of Physical Education							
APPHE /604/ SEC-4	6 <sup>th</sup>	<b>Adapted Physical Education and Computer Application in Physical Education</b>	SEC-4	25	15	40	10	50	
		<b>TOTAL</b>		<b>285</b>	<b>195</b>	<b>480</b>	<b>120</b>	<b>600</b>	

