



BANKURA UNIVERSITY

(West Bengal Act XIX of 2013- Bankura University Act, 2013)

Main Campus, Bankura Block-II, P.O.: Purandarpur, Dist.: Bankura, Pin- 722155, West Bengal

Office of the Secretary, Faculty Council for Undergraduate Studies

BKU/FCUG/180/2022

Date: 31/08/2022

NOTIFICATION

As directed, the undersigned is pleased to inform you that Bankura University has initiated the process to revise the existing CBCS syllabus of Undergraduate programme in Physical Education (Programme) and as an important corollary to the process, the workshop through online mode will be organized on the date mentioned herewith to get the feedback from the stakeholders. Present Students, Alumni, Guardians, Academicians and other stakeholders related to the specific programme are requested for their kind participation in the workshop and to present their views/ observations etc. The stakeholders may go through the draft syllabus attached herewith and convey their observations to the office of the undersigned on ugsecretaryoffice@bankurauniv.ac.in within seven days from the date of publication of notice.

Date: 04.09.2022

Time: 11:00 AM (IST)

Link to join: meet.google.com/vmh-cuxw-bws

Sd/-
Secretary

Faculty Council for Undergraduate Studies



CBCS SYLLABUS
FOR
THREE YEARS UNDER-GRADUATE COURSE
IN
PHYSICAL EDUCATION (PROGRAMME)
(w.e.f. 2022)



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
CORE COURSES	18	18	18	18	-	-	72
DISCIPLINE SPECIFIC ELECTIVE COURSE	-	-	-	-	12	12	24
GENERIC ELECTIVE / INTERDISCIPLINARY COURSE	-	-	-	-	6	6	12
ABILITY ENHANCEMENT COMPULSORY COURSE (AECC)	4	2	-	-	-	-	4
SKILL ENHANCEMENT COURSES (SEC)	-	-	2	2	2	2	8
TOTAL	22	20	20	20	20	20	122

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

Sem	Courses	Credits	Marks		Total
			I.A	ESE	
1st Sem.	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	$2 \times 6 = 12$ $1 \times 6 = 6$ $1 \times 4 = 4$	$2 \times 10 = 20$ $1 \times 10 = 10$ $1 \times 10 = 10$	$2 \times 40 = 80$ $1 \times 40 = 40$ $1 \times 40 = 40$	200
2nd Sem.	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	$2 \times 6 = 12$ $1 \times 6 = 6$ $1 \times 2 = 2$	$2 \times 10 = 20$ $1 \times 10 = 10$ $1 \times 10 = 10$	$2 \times 40 = 80$ $1 \times 40 = 40$ $1 \times 40 = 40$	200
3rd Sem.	2 Core Courses of 6 Credits Each 1 (English/Hindi/MIL) of 6 Credits 1 Skill Enhancement Course (SEC) of 4 credit each	$2 \times 6 = 12$ $1 \times 6 = 6$ $1 \times 2 = 2$	$2 \times 10 = 20$ $1 \times 10 = 10$ $1 \times 10 = 10$	$2 \times 40 = 80$ $1 \times 40 = 40$ $1 \times 40 = 40$	200
4th Sem.	2 Core Courses of 6 Credits Each 1 (Hindi/MIL/ English) of 6 Credits 1 Skill Enhancement Course (SEC) of 4 credit each	$2 \times 6 = 12$ $1 \times 6 = 6$ $1 \times 2 = 2$	$2 \times 10 = 20$ $1 \times 10 = 10$ $1 \times 10 = 10$	$2 \times 40 = 80$ $1 \times 40 = 40$ $1 \times 40 = 40$	200
5th Sem.	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	$2 \times 6 = 12$ $1 \times 6 = 6$ $1 \times 2 = 2$	$2 \times 10 = 20$ $1 \times 10 = 10$ $1 \times 10 = 10$	$2 \times 40 = 80$ $1 \times 40 = 40$ $1 \times 40 = 40$	200
6th Sem.	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	$2 \times 6 = 12$ $1 \times 6 = 6$ $1 \times 2 = 2$	$2 \times 10 = 20$ $1 \times 10 = 10$ $1 \times 10 = 10$	$2 \times 40 = 80$ $1 \times 40 = 40$ $1 \times 40 = 40$	200
Total	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

Programme Outcomes (Attributewise)

1. **Disciplinary Knowledge and Skills:** The organization of physical and sports activities will develop sense of discipline in the students.
2. **Skilled Communicator:** Neuromuscular learning and activation requires good communicable skills on the part of the leader organizing them, which shall be developed in the students in course of their graduation program. Ability will be developed to express thoughts and ideas effectively, demonstrate the ability to listen carefully, read and write analytically, and present complex information in a clear and concise manner to different groups. Skills will be developed in verbal and non-verbal communication, preparation and presentation of documents/reports/PPTs. Skills of interpersonal communication and ability to work with diverse population groups, able to use ICT in a variety of learning situations, demonstrate ability to access, evaluate, and use a variety of relevant information sources and develop digital literacy as applicable to the professional needs will also be developed.
3. **Critical Thinker and Problem Solver:** Ability to employ critical thinking and efficient problem solving skills through development of new strategies are expected attributing factors.
4. **Sense of Inquiry:** Capability for asking relevant/appropriate questions relating to the issues and problems in the field of physical education, fitness and rehabilitation.
5. **Leadership:** The orientation in organization of health and sports promoting physical activities develops appropriate leadership capabilities in the students.
6. **Skilled Manager:** Capable of identifying or mobilizing appropriate resources required for organizing fruitful training and coaching programme for athletes of various sports.
7. **Digitally Literate:** Capable of using computer for keeping the health related data base of the trainees. Formulating appropriate training programme for individuals as per their need. Capable of employing modern library search tools to locate, retrieve, and evaluate Physical Education & Sports related information.
8. **Ethical Awareness and Reasoning:** Avoiding unethical behavior and promoting fair play. Discouraging the use of drugs for performance enhancement. Promoting sports for the development of all round personality of the participants.
9. **Lifelong Learners:** Capable of self-paced and self-directed learning aimed at personal development.
10. **Pursuit of Excellence:** To have a positive attitude towards developing one's own potentials (both biological & cultural) and talents.
11. **Respect for Diversity:** An empathy with other's views and needs as well as respect for their elder's opinion, race or religion and also able to value different cultures and traditions.
12. **Sense of Justice and Equity:** To able to recognize social justice and act justly; to have a sense of fairness in life especially in sporting situation.
13. **Cooperation and Team Work:** Ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group and or a team in the interests of a common cause and work efficiently as a player.

**SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)**

PEDG= 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: 1st Semester

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
AP/PHE/101/C-1	Foundation & History of Physical Education	C-1	6	10	15	25	50	4-0-4
	Discipline -2 (Other Subjects)		6	10	--	40	50	
	MIL-1	AECC-1 (Core)	6	10	--	40	50	5-1-0
	Environmental Studies -I	AECC-1 (Elective)	4	10	--	40	50	4-0-0
SEMESTER TOTAL :			22	40	160		200	

B.A Program: 2nd Semester

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
AP/PHE/201/ C-2	Anatomy, Physiology & Physiology of Exercise and Sports	C-2	6	10	--	40	50	5-0-2
	Discipline -2 (Other Subjects)		6	10		40	50	
	English-1	AECC-2 (Core)	6	10		40	50	5-1-0
	English/MIL	AECC-2 (Elective)	2	10		40	50	2-0-0
SEMESTER TOTAL :			20	40	160		200	

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

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

B.A Program: 4th Semester

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
AP/PHE/401/C-4	Health Education & Complete Wellness	C-4	6	10	15	25	50	4-0-4
	<i>Discipline -2 (Other Subjects)</i>		6	10	--	40	50	
	<i>English-2</i>	<i>AECC-4 (Core)</i>	6	10	--	40	50	
AP/PHE/404/SEC-2	Ball Game and Racket Game	SEC-2	2	10	40	--	50	0-0-4
SEMESTER TOTAL :			20	40	160		200	

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

Course Code	Course Title		Cour. Type	Cred it	Marks Division			Total Marks	No. Hour
					Int. Ass	Prac	E.S.E		(L-T-P)
	AP/PHE/ 501/ DSE-1	1.Test, Measurement & Evaluation			Any One	DSE-1	6		10
2. Sports Training									
	Discipline -2 (Other Subjects)	Any One		6	10	--	40	50	
	Discipline -2 (Other Subjects)								
AP/PHE/ 503/ GE-1	1.First Aid & Personal Hygiene	Any One	GE -1	6	10	15	25	50	5-0-2
	2.Recreation Physical Education and Sports								
AP/PHE/ 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: 6th Semester

Course Code	Course Title		Cour. type	Cre dit	Marks Division			Total Marks	No. Hour
					Int. Ass	Prac	E.S.E		(L-T-P)
	AP/PHE/ 601/ DSE-1B	1.Sports Psychology			Any One	DSE-3	6		10
2. Management of Sports and Physical Education									
	Discipline -2 (Other Sub)	Any One	DSE-4	6	10		40	50	
	Discipline -2 (Other Sub)								
AP/PHE/ 603/ GE-2	1. Health Education & Safety Edu.	Any One	GE -2	6	10	15	25	50	5-0-2
	2. Complete Fitness & Therapeutic values of Phy. Edu.								
AP/PHE/ 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 -I**

Core Paper 1 (DSC-1) Course Code: AP/PHE/101/C-1

Course Title : FOUNDATION AND HISTORY OF PHYSICAL EDUCATION**Total Marks = 50**

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

Contact Hours per week: 6

Examination Duration: 1:15 hours

COURSE OUTCOME-

- 1) *Understand the meaning, definitions, scope, Aim, and objective of Physical Education.*
- 2) *Understand the Misconception and modern concept of Physical Education and need and importance of Physical Education.*
- 3) *To understand Biological, Psychological and Sociological factors that make foundation of physical education.*
- 4) *To build up concept regarding Historical background and events of physical education and sports.*
- 5) *Apply the knowledge in the field of physical education and movement activity.*
- 6) *Analyse the practical knowledge during the practical situation.*
- 7) *Appraise the effects during the training and practical sessions.*

THEORY PART: (Total Marks -25)**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: HISTORY OF PHYSICAL EDUCATION

- 2.1 Historical Development of Physical Education and Sports in India Pre-Independence & after Independence periods.
- 2.2 Historical background of Asian Games, Commonwealth Games and SAF Games.
- 2.3 National Sports Awards- Arjuna Award, Dronacharya Award, Dhyanchand Award
- 2.4 Famous personalities in the field of Physical Education – Plato, Aristotle, James Buchanan, P.M. Joseph

UNIT-III: OLYMPIC MOVEMENT

- 3.1 Olympic Movement in India
- 3.2 Ancient Olympic Games
- 3.3. Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath and Olympic Village.



3.4 Difference between Ancient Olympic Games and Modern Olympic Games.

UNIT -IV: BIOLOGICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATION

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

PRACTICAL PART: Total marks -15 (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. Salute, Right and Left salute.

INTERNAL MARKS: (10)

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.

QUESTION PATTERN

END SEMESTER EXAMINATION				Practical Marks	Internal Marks	Total Marks
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	15	10	50
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2				
01X5 = 05	05X2 = 10	10X1 = 10				

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, সিউড়ী, 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. বসুদ্যাপাধ্যায়, কাঞ্চন (২০১০), **শারীরশিক্ষা পরিচয়**, ক্লাসিক বুকস, কলকাতা, ৭০০০১২

**B.A Program in Physical Education****SEMESTER - II**

Core Paper 3 (DSC-3) Course Code: AP/PHE /201/C-2

ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS**Total Marks = 50 {Theory Marks: 40 :: Internal Assessment - 10}**

Contact Hours per week: 6

Examination Duration: 2 Hours

COURSE OUTCOME-

- 1) *Understand the basic principles of physiology and Exercise Physiology*
- 2) *Apply the knowledge in the field of physical education and movement activity.*
- 3) *Analyze the practical knowledge during the practical situation.*
- 4) *Remember and recall the definition of physiology and co-relate the principles of physiology.*
- 5) *Appraise the effects during the training and practical sessions*

THEORY PART: (Total Marks -40)**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, Reciprocal Innervation and Inhibition.
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, VO₂ 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: PHYSIOLOGY OF EXERCISE AND SPORTS

1. Definition of Physiology and Physiology of Exercise and Sports
2. Warming up, Cooling down and Conditioning.
3. Effects of Exercise (immediate effects) on Muscular System.
4. Effects of Exercise (immediate effects) on Respiratory System.
5. 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)

QUESTION PATTERN

END SEMESTER EXAMINATION				Internal Marks	Total Marks
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	10	50
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2			
02X5 = 10	05X4 = 20	10X1 = 10			

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: AP/PHE /301/C-3

Course Title: Track & Field and its Rules Regulations

Total Marks:= 50

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

Contact Hours per week: 6

Examination Duration- 1:15 Hours

COURSE OUTCOME

- 1) *To gather theoretical knowledge about track and field, its measurement, Principle and lay out.*
- 2) *To grow knowledge regarding throwing and jumping events, its technique to perform, rules and regulation and laying out throwing and jumping sectors.*
- 3) *To learn about rules and regulation, to prepare for officiating different games and sports and how to organize Institutional Athletic meet properly.*

THEORY PART: (Total Marks -25)

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 AND COMBINED EVENT

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
3. Combined Events- Heptathlon, Decathlon.

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 Responsibilities.
2. Responsibilities of the Athletes related to participation in competition.
3. Organizational setups-opening and closing ceremony.
4. Step to be followed to organize Institutional Annual Athletic Meet.

PRACTICAL PART: Total marks -15 (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)

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.

QUESTION PATTERN

END SEMESTER EXAMINATION				Practical Marks	Internal Marks	Total Marks
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	15	10	50
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25			
01X5 = 05	05X2 = 10	10X1 = 10				



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, MONAC Cedex.
3. Teaching Athletics, Dr. O.P. Gahlawat, Friends Publication (India), New Delhi, 110002.
4. 400 çjV;l VÊ;l, çLIZ jæ¼p£, Online Version.
5. Games and Sports, Athletic Track & Court Marking Handbook, Rajesh Agola, 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: AP/PHE /304/SEC-1

Course Title: Yoga and Gymnastics**Total Marks:= 50 {Practical Marks:40 :: Internal Assessment (Practical): 10}**

Contact Hours per week: 2

Examination Duration: N.A

COURSE OUTCOME-

- 1) To know how to perform yoga and pranayama specially its steps, technique and Proper body alignment.
- 2) To learn how to perform Gymnastics events like Forward Roll, backward Roll, Drive Roll, T-Balance, Frog Balance, Arching, Cart wheel, Somersault, Head spring etc proper technique and aesthetic posture.

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

- **Record Book content** - Concept of Yoga, (Asanas, Kriya, Pranayama and Astanga yoga)
 - Details of Two Pranayama and Two Asana from each position (Total 10 Asana)
 - Concept of Gymnastics and details of any five Gymnastics skills from syllabus.

UNIT- I: YOGASANA**1. Standing Position:**

- 1.1 Ardhashandrasana
- 1.2 ArdhaChakrasana
- 1.3 Padahasthasana
- 1.4 Brikshasana
- 1.5 Natarajasana

3. Supine Position:

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

5. Inverted Position

- 5.1 Sarvangasana
- 5.2 Shirsasana
- 5.3 Bhagrasana
- 5.4 Bakasana
- 5.5 Kopotasana

2. Sitting Position:

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

4. Prone Position

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

**UNIT- II: PRANAYAM**

1. Dirgha Pranayama
2. Anulom Bilom Pranayama
3. Bhramari Pranayama
4. Kumbhaka Pranayama

Unit- III: 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)

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

QUESTION PATTERN

END SEMESTER EXAMINATION		Internal Marks	Total Marks
Complete field based practical paper. No question Paper.	Total = 40	10	50

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.
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: AP/PHE /401/C-4

Course Title: Health, Fitness and Wellness

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

Contact Hours per week: 6

Examination Duration: 1:15 Hours

COURSE OUTCOME-

- 1) *Understand the meaning, definitions, dimensions, and scope of health, fitness and wellness*
- 2) *Insight into the causes of illness and the management of those ill-health through proper knowledge*
- 3) *Gain knowledge about the nutrition, components of nutrition and their impact on health.*

THEORY PART: (Total Marks -25)**UNIT I: INTRODUCTION**

- 1.1 Meaning and Definition of Health & Health Education
- 1.2 Aims, Objectives & Principles of Health Education
- 1.3 Need & Importance of Health Education, Factors influencing Health
- 1.4 Health Agencies:
 - World Health Organisation (WHO)
 - United Nation Educational Scientific & Cultural Organisation (UNESCO)
 - United Nations International Children's Emergency Fund (UNICEF)
 - Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH)
 - Ministry of Health & Family Welfare (MHFW)

UNIT II: DIETETICS & NUTRITION

- 2.1 Meaning & Definition of Nutrition & Food
- 2.2 Basic Nutrients: Protein, Carbohydrate, Fat, Mineral, Water & Vitamin.
- 2.3 Preparation of Diet Chart for Active people, Semi-active people and General people.
- 2.4 Factors affecting Diet, Balance Diet, Athletic Diet.
- 2.5 Mid-Day Meal, Malnutrition

UNIT III: WELLNESS & HYGIENE

- 3.1 Meaning, Definition & Modern Concept of Wellness
- 3.2 Hygienic living – Care of Skin, Eyes, Hair, Nose, Teeth.
- 3.3 Healthy Environment in the Educational Institutions, Playground & Auditorium
- 3.4. Causes, symptoms, prevention & control of communicable diseases: Malaria, Dengue, Chicken pox, Corona, Non-Communicable diseases- Diabetes, Obesity and Hypertension.

**UNIT IV: HEALTH AND FIRST-AID MANAGEMENT**

- 4.1 First-Aid- Meaning, Definition, Importance and Golden rules of First-aid,
 4.2 Types of Bandages and their uses.
 4.3 Concept of Sports Injuries, causes and prevention of Sports Injuries.
 4.4 Sports Injuries- Sprain, Strain, wound, Dislocation and Fracture (Greenstick, Hairline, Oblique, Segmental)

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

1. Measurement of Body Mass Index
2. Measurement of Body Fat (Skinfold Calipers Method)
3. Measurement of PEI
4. Measurement of BMR (Basal Metabolic Rate)
5. Determination of Caloric Value of Food
6. First Aid – i) Use of Triangular Bandage, Roller Bandages, Tube Bandages, Adhesive bandages, Liquid Bandages
 ii) Concept and Practice of Slings with Bandage - Arm Sling, Collar & Cuff Sling
 iii) Practice of Bandaging - Simple Spiral, Reverse Spiral, Figure of Eight, Spica.
 iv) Practice of knot – Square knot & Reef Knot
 v) Practice of Bandaging on Finger (Hand), Wrist, Elbow, Knee, Ankle, Head
 vi) Triangular Bandage, Sling (Arm and Collar sling), Roller Bandage

QUESTION PATTERN

END SEMESTER EXAMINATION				Practical Marks	Internal Marks	Total Marks
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	15	10	50
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2				
01X5 = 05	05X2 = 10	10X1 = 10				

SUGGESTED READINGS:

- Turner, C.E. et al. School Health and Health Education, National Library of Australia.
- Bucher, Charles A. "Administration of Health and Physical Education Programme" C. V. Mosby Co. USA.
- Thakur, S. Krira Chikitsa, Paschimbanga Rajya Pustak Parsad.
- Hanlon, John J. "Principles of Public Health Administration" 2003.
- Nutrition Encyclopaedia, edited by Delores C.S. James, The Gale Group, Inc.
- Ghosh, B.N. A Treatise of Hygiene and Public Health, Scientific Publishing Co., Kolkata.
- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.

**B.A Program in Physical Education****SEMESTER – IV**

Skill Enhancement Course (SEC-2) Course Code: AP/PHE/404/SEC-2

Course Title: Ball Game and Racket Game

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

Contact Hours per week: 2

Examination Duration: N.A

COURSE OUTCOME-

- 1) To learn the basic skills related to the different ball games and also the racket games.
- 2) Improvement of physical attributes along with the mental capacity of an individual leading towards the ultimate goal of overall development.
- 3) To enhance the neuro-muscular coordination along with other physical factors.
- 4) To learn about the rules and regulation of different ball and racket games.

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

UNIT-1 BALL GAME (ANY TWO)**15X2=30****1.1 FOOT BALL**

- 1.1.1 Kicking : Instep kick, Inside kick, Lifted kick (Half volley and Full volley) in swing and out swing kicks.
- 1.1.2 Receiving : Sole receiving(trapping), Inside and Outside foot receiving, Thigh receiving Chest receiving.
- 1.1.3 Dribbling : Inside dribbling, Outside dribbling and Zig-zag dribbling.
- 1.1.4 Heading and Throw-in: Short and Long
- 1.1.5 Goal keeping
- 1.1.6 Game practice with application of rules and regulations.

1.2 HAND BALL

- 1.2.1 Gripping/Catching/Receiving Technique/ Ball Control
- 1.2.2 Passing Techniques: Shoulder Pass, Chest Pass, Under Hand Pass, Over Head Pass, Bounce Pass, Reverse Pass.
- 1.2.3 Goal shooting: Side shot, Jump shot, Bounce shot, Dive shot, Reverse shot.
- 1.2.4 Dribbling : High and Low.
- 1.2.5 Blocking and Goal keeping.
- 1.2.6 Game practice with application of ruler and regulation

1.3 VOLLEY BALL

- 1.3.1 Service: Under arm service, Side arm service, Tennis service, Floating service
- 1.3.2 Pass: Under Arm Pass, Over Head Pass
- 1.3.3 Spiking and Blocking
- 1.3.4 Game practice with application of rules and regulations.

**1.4 NET BALL**

- 1.4.1 Catching: One handed, Two handed with feet grounded and flight.
- 1.4.2 Throwing (Different passes and their uses): **One hand passes** - Shoulder pass, High shoulder pass, Under arm pass, Bounce pass, Lob pass, **Two hand Passes** – Push pass, Over head pass and Bounce pass.
- 1.4.3. Foot work: Landing on one foot, Landing on two feet, Pivot, Running pass.
- 1.4.4. Shooting : One hand Shot, Forward step shot, and Backward step shot.
- 1.4.5. Techniques of free dodge and sprint, Sudden sprint, Sprint and Stop, Sprinting with change at speed.
- 1.4.6. Defending: Marking the player, Marking the ball, Blocking inside the circle, Blocking outside the circle, Defending the circle edge against the passing.
- 1.4.7 Intercepting: Pass and Shot
- 1.4.8 Game practice with application of rules and regulations

1.5 CRICKET

- 1.5.1 Batting skill: The basic elements - The grip, The stance & The back lift.
- 1.5.2 Basic shots and techniques: The front foot defense, Front foot drive off and on side, Back foot defense, Back foot drive off and on side, Pull shots, Square Cut shot.
- 1.5.3 Bowling skills: Grip, Approach Run, Delivery Style and Follow Through, Out-swing, Off-swing, Leg spin, Off spin.

UNIT- 2 RACKET GAME (ANY ONE)**10X1=10****2.1 BADMINTON**

- 2.1.1. Racket parts, Racket grips, Shuttle grip
- 2.1.2 Service: Short service, Long service, Long high service
- 2.1.3. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.
- 2.1.4. Game practice with application of rules and regulations.

2.2 TABLE TENNIS

- 2.2.1. Basic Knowledge: Grip of racket, Shake hand grip, Pen hold grip.
- 2.2.2. Stance- Alternate & Parallel Stance.
- 2.2.3. Push and Service: Back hand, Forehand.
- 2.2.4. Chop: Backhand, Forehand.
- 2.2.5. Receive: Push and chop with Back hand and Forehand.
- 2.2.6. Game practice with application of rules and regulation.

QUESTION PATTERN

END SEMESTER EXAMINATION		Internal Marks	Total Marks
Complete field based practical paper. No question Paper.	Total = 40	10	50



SUGGESTED READINGS:

- Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
- Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.
- Atkins, J. R. (1872). The Book of Racquets. A Practical Guide to the Game and its History and to the different Courts in which it is played. London: Frederick Warne & Co.
- Lord Aberdare. The JT Faber Book of Tennis and Rackets. London: Quiller Press, 2001. ISBN 1-899163-62-X.
- Jamaica Netball Association. "The History of Netball". Archived from the original on 18 March 2011. Retrieved 13 March 2011.
- "Young Netballers March On". Jamaican Gleaner. 10 April 2008. Archived from the original on 8 October 2012.
- Barbara Schrodt (6 October 2011). "Team Handball". The Canadian Encyclopedia. Historica-Dominion Institute
- Serinex.NET, SegaAlex in. "Handball History : HAND-BALL.ORG". www.hand-ball.org. Retrieved 28 November 2017.
- Shekar, K.C. (30 August 2008), "Volleyball: Skills and Techniques" Khel Sahitya Kendra, ISBN-10: 8175244100
- Dearing Joel, (August 24, 2018) Volleyball Fundamentals (Sports Fundamentals), Human Kinetics; 2 edition, ISBN-10: 1492567299
- Ray Power, (May 1, 2014), "Making the Ball Roll: A Complete Guide to Youth Football for the Aspiring Soccer Coach", Bennion Kearny Limited, ISBN-10: 1909125520
- "The Step-by-step Training Manual of Soccer Skills & Techniques: Hundreds of Training Tips and Techniques, with Easy-to-follow Instructions in Over 750 Photographs and Diagrams" (17 Mar. 2016), Armadillo Books, ISBN-10: 1843227711



B.A Program in Physical Education

SEMESTER - V

Discipline Specific Elective (DSE-1) Course Code: AP/PHE /501/DSE-1(A)

Course Title: Test, Measurement & Evaluation

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

Contact Hours per week: 6

Examination Duration: 2 Hours

COURSE OUTCOME-

- 1) *Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.*
- 2) *Know about the different types of test for different sports and games.*
- 3) *Apply the tests in minor research areas.*
- 4) *Analyse the performance and movements in the field of sports.*
- 5) *Evaluate the battery test and others tests prescribed by the government efficiently*

THEORY PART: (Total Marks -25)

UNIT-I: INTRODUCTION

- 1.1 Meaning, Definition and importance of Test, Measurement and Evaluation in Physical Education & Sports
- 1.2 Types of Tests- Standard test and Teacher made test, Subjective test and Objective test.
- 1.3 Criteria for selecting tests: Scientific authenticity (Reliability, Validity, Objectivity and Norms) and Administrative feasibility.

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.
- 2.4 Philips J.C.R Test
- 2.5 Yo-Yo Endurance 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.
- 3.4 Newton Motor Ability Test
- 3.5 Tuttle Pulse Ratio 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.
- 4.4 Johnson Basketball Test
- 4.5 S.A.I. Hockey Test

QUESTION PATTERN

END SEMESTER EXAMINATION				Internal Marks	Total Marks
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	10	50
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2			
02X5 = 10	05X4 = 20	10X1 = 10			

SUGGESTED READINGS:

- A.K.Gupta Tests & Measurements in physical Education sports publication New Delhi – 52
- Yobu, A, Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications.
- John Wiley and Sons, Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc.
- Kansal, D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.
- Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.
- Barry L.Johnson, Jack K.Nelson and Measurements for Evaluation in physical education the surjeet Publications
- Tritzschler K. Barrow & McGee's (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.
- Mishra Sharad Chandra (2005).Tests And Measurement in physical education. Sports. Delhi
- Sharma JP (2006). Test and measurements in physical education. khel sahitya. Delhi

**B.A Program in Physical Education****SEMESTER – V**

Discipline Specific Elective (DSE-1) Course Code: AP/PHE /501/DSE-1(B)

Course Title: Sports Training**Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)**

Contact Hours per week: 6

Examination Duration: 2 Hours

COURSE OUTCOME-

- 1) *Understand training as performance based science*
- 2) *Explain different means and methods of various training*
- 3) *Prepare training schedule for various sports and games*
- 4) *Appraise types of periodization for performance development*
- 5) *Create various training facilities and plans for novice to advance performers*

THEORY PART: (Total Marks -40)**UNIT I: INTRODUCTION**

- 1.1. Meaning, Definition and nature 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 Over Load

UNIT III: TRAINING TECHNIQUES:

- 3.1 Strength - Means and methods of development of strength (Weight training, Plyometric training)
- 3.2 Speed - Means and methods of development of speed (In out method, Acceleration Race method)
- 3.3 Endurance- Means and methods of development of endurance (Continuous, Interval, Fartlek method)
- 3.4 Flexibility -Means and methods of development of flexibility (Ballistic method)
- 3.5 Circuit Training Method.

UNIT IV: TRAINING PROGRAMMING

- 4.1 Meaning and Definition & Types of Periodization
- 4.2 Aims & Content of Periods Preparatory , Competition & Transitional
- 4.3 Preparation of single periodization Programme for athletes.

**QUESTION PATTERN**

END SEMESTER EXAMINATION				Internal Marks	Total Marks
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	10	50
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2			
02X5 = 10	05X4 = 20	10X1 = 10			

SUGGESTED READINGS:

- Singh, H. (1991) Science of Sports Training, New Delhi, DVS Publications
- Uppal, A.K. Principles of Sports Training, Friends Publications, New Delhi.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
- YograjThani (2003), Sports Training, Delhi : Sports Publications
- Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
- Thomas, J.P (1971) Scientific Weight Training for Games and Sports, Chennai: Gnanodaya Press.
- Jenson, G. and Fisher, A.G(1972) Scientific Basis of Athletic Conditioning, 2nd ed., Philadelphia: Lea and Fibiger.
- Jones, B.J.(1982) Guide to Effective Coaching Principles and Practices. Allyn and Bacon, Inc.

**B.A Program in Physical Education****SEMESTER – V**

Skill Enhancement Course (SEC-3) Course Code: AP/PHE /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- N.A.

COURSE OUTCOME-

- 1) *To know about the minor games and indigenous games and the rules of play*
- 2) *To know the importance of leadership training camp*
- 3) *To know about the importance of minor games and the importance it holds along with the other main frame events.*
- 4) *Able to organize recreational camp and activities.*

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

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, Hammering, 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.

**QUESTION PATTERN**

END SEMESTER EXAMINATION		Internal Marks	Total Marks
Complete field based practical paper. No question Paper.	Total = 40	10	50

SUGGESTED READINGS:

- JaemsG.NasonJimpaul “Modern Sports Administration”, Pub prentice Hall . (1998)
- Reddy, N.G., “Read & Play: Kho Kho, Nava Ratna Book House (1990)
- Kishore, Naval, (2012), “How to play KHO KHO” Sports Publication; 2012 edition, ISBN-10: 9381867291
- Sāṭhaye, Vasanta (2002), “Kho-kho, techniques & tips”, Nav Maharashtra Sangh, Pune
- Patil, Savitri S., (2018), Kabaddi Skills and Techniques, AkiNik Publications; 1 edition, ISBN: 9789353350062
- S. Muniraju, (2015), “A Text Book On Kabaddi: Kabaddi, Skills Techniques and Strategies”, LAP LAMBERT Academic Publishing, ISBN-10: 3659801348
- Suresh, Kutty K. (2011) Minor Games, Sports Publication; 2011 edition, ISBN-10: 8178796392
- VeenaVerma “Organization & Administration in Physical Education”, pub Lokeshthani sports. (2003)

**B.A Program in Physical Education****SEMESTER - V**

Generic Elective (GE-1)

Course Code: AP/PHE/503/GE-1(A)

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-1:15 Hours

COURSE OUTCOME-

- 1) *A variety of motor skills and abilities related to lifetime leisure activities*
- 2) *Improved understanding of the importance of maintaining a healthy lifestyle*
- 3) *Improved understanding of movement and the human body*
- 4) *Improved knowledge of rules and strategies of particular games and sports*
- 5) *Self-confidence and self-worth as they relate to physical education recreation programs.*

THEORY PART: (Total Marks -25)**UNIT-I : INTRODUCTION TO RECREATION**

- 1.1. – Meaning, Types and Nature of Recreation
- 1.2. - Aims and objectives of Recreation, Principal of Recreation
- 1.3. – Need and importance of recreation for healthy life.
- 1.4. – Recreation as a social phenomenon

UNIT-II : PHYSICAL EDUCATION, RECREATION AND RECREATIONAL AGENCIES

- 2.1. – Concept of Physical Education, Physical Activity, Recreation and types of Recreational Activities
- 2.2. –Benefit of Recreational activities and recent changes in the recreational activities
- 2.3. - Responsibilities of a recreational manager
- 2.4. - Arrangement of recreation centers and Recreation providing agencies

UNIT-III : CAMPING PROGRAM

- 3.1. - Concept and meaning of camp, aims, objectives and importance of camping programme
- 3.2. - Organization and types of camp
- 3.3. - Agencies promoting camp and criteria of selection and lay-out of camp site.
- 3.4. - Educative value of camp.

PRACTICAL PART: Total marks -15 (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 Suryanamaskar
3. Practice of Bratachari – Satya Brata & Gyanobrata
4. Practice of five Recreational Game in a group as facilities available and interest of the student.
5. One day cycle expedition or Hiking programme.

**QUESTION PATTERN**

END SEMESTER EXAMINATION				Practical Marks	Internal Marks	Total Marks
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL			
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10	50
01X5 = 05	05X2 = 10	10X1 = 10				

SUGGESTED READINGS:

- Jensen C. and Naylor J. (2005). "Opportunities in Recreation and Leisure Sports" McGraw Hill. Publishers. New York.U.S.A.
- V.V. Hunt, "Recreation for the Handicapped" Prentice Hall inc., 1974
- Chelladurai. P (1999) "Human Resource Management in sport and Recreation", Human kinetics.
- K. Chandrashekar "Sports Administration" ,VinekThaniKnelSahitya Kendra pub., (2004)
- Willgoose, C.E. (1979). "Curriculum in Physical Education" 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc
- "Greenbelt Recreation Activity Guide-Fall 2018" (Aug 17, 2018), City of Greenbelt
- Mood Dale, Frank Musker, Judith Rink, (February 23, 2011), "Sports and Recreational Activities" McGraw-Hill Education; 15 edition, ISBN-10: 0078022487

**B.A Program in Physical Education****SEMESTER - V**

Generic Elective (GE-1)

Course Code: AP/PHE /503/GE-1(B)

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- 1:15 Hours

COURSE OUTCOME-

- 1) *Learn how to prevent medical emergencies from occurring.*
- 2) *Learn all of the steps that need to be taken prior to delivering care during a medical emergency.*
- 3) *Learn the normal functions of the human body to know when the body is not functioning properly.*
- 4) *Learn how to assess a victim during a medical emergency to determine what care is needed*

THEORY PART: (Total Marks -25)**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, Fracture, Dislocation, wound and Bleeding
- 2.2. – Other Occurrence and First Aid – Electric Shock, Snake Bite, Drown, Heart Attack, Burn and Sugar fall (hypoglycemia)
- 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 : HYGIENE, PERSONAL HYGIENE, MENTAL HYGIENE

- 3.1. – Meaning and Concept of Hygiene, Personal Hygiene and Mental Hygiene
- 3.2. – Importance of Hygiene for healthy life, desirable hygienic habits.
- 3.3. – Personal Hygiene: - Care of Skin, Eye, Teeth, Ear and Hair, Sports hygiene.
- 3.4. – Mental Hygiene and its procedure



PRACTICAL PART: Total marks -15 (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

QUESTION PATTERN

END SEMESTER EXAMINATION				Practical Marks	Internal Marks	Total Marks
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	15	10	50
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25			
01X5 = 05	05X2 = 10	10X1 = 10				

SUGGESTED READINGS:

- Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003
- Nemir, A. (n.d.). The school health education. New York:Harber and Brothers.
- Ghosh, B.N. A Treaties of Hygiene and Public Health, Scientific Publishing Co., Kolkata.
- Thakur, S. Krira Chikitsa, Paschimbanga Rajya Pustak Parsad.
- Kar, S. (2018). Mahavidyalayer Sarirsiksha : Health Education and First Aid: Classique Books, Kalkata
- First Aid Manual, (6 Jul 2016), DK; Tenth - Revised edition, ISBN-10: 0241241235

**B.A Program in Physical Education****SEMESTER - VI**

Discipline Specific Elective (DSE-2) Course Code: AP/PHE /601/DSE-2(A)

Course Title: Sports Psychology**Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)**

Contact Hours per week: 6

Examination Duration: 2 Hours

COURSE OUTCOME-

- 1) *Effectively develop and apply health, physical activity, and psychological principles as they relate to human performance*
- 2) *Design, conduct, and evaluate research that address psychological questions*
- 3) *Demonstrate effective written and oral skills in various formats and for various purposes*
- 4) *Explain the major perspectives of psychology (e.g. biological, cognitive, behavioral, sociocultural, etc.)*

THEORY PART: (Total Marks -40)**UNIT –I: INTRODUCTION**

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

UNIT-II: LEARNING AND PERSONALITY CONCEPTS

- 2.1 Meaning, Definition and principles of Learning.
- 2.2 Theories of Learning Transfer of Learning.
- 2.3 Meaning of Personality, factors affecting Personality. Theories of 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 Development of Motivation, Role of Motivation in Sports performance.

**UNIT –IV: 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.

4.4 Meaning definition of arousal and aggression and their role in Sports performance.

QUESTION PATTERN

END SEMESTER EXAMINATION				Internal Marks	Total Marks
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	10	50
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2			
02X5 = 10	05X4 = 20	10X1 = 10			

SUGGESTED READINGS:

- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Leunes, A. and I.R. Nation (2001) Sports Psychology (with InfoTrac). Wadsworth.
- Martin, G.L. (2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada.
- Puni, A.T. "Sports psychology", Chanduga NIS.



B.A Program in Physical Education SEMESTER - VI

Discipline Specific Elective (DSE-2) Course Code: AP/PHE /601/DSE-2(B)

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

COURSE OUTCOME-

- 1) *Know sports management and employ principles of strategic planning, and financial and human resource management.*
- 2) *Assess marketing needs and formulate short term and long term solutions.*
- 3) *Develop critical thinking in analysing sport management issues and in managerial planning and decision making.*
- 4) *Able to organize recreational camp and activities.*

THEORY PART: (Total Marks -40)

UNIT-I: INTRODUCTION

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

UNIT-II: LEADERSHIP IN SPORTS AND PHYSICAL EDUCATION

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

UNIT-III: MANAGEMENT OF SPORTS AND TOURNAMENTS

- 3.1 Sports Management in School, College, and University. Importance and method of organizing Intramural and Extramural programme.
- 3.2 Concept of Planning for management, 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-IV: FINANCIAL MANAGEMENT**

4.1 Financial Management in Physical Education and Sports in School, College and University.

4.2 Objective and scope of Financial Planning

4.3 Budget, criteria of good Budget.

4.4 Importance of good Budget.

QUESTION PATTERN

END SEMESTER EXAMINATION				Internal Marks	Total Marks
Descriptive Type					
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	10	50
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2			
02X5 = 10	05X4 = 20	10X1 = 10			

SUGGESTED READINGS:

- Nanda, S.M. Sports Management, Friend Publications, New Delhi.
- Paul, A. Sarirshikshay Management, Classic Publishers, Kolkata.
- Bucher, C. A. Administration of Physical Education and Athletic Programme. St. Louis: The C.V. Mosby Co.
- Broyles, F. J. & Robert, H. D. Administration of Sports, Athletic Programme: A Managerial Approach. New York: Prentice Hall Inc
- Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
- Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication
- Kar, S. & Santra, D.C. (2018): Snatak Sarirshiksha Porichaya (Vol.-1), Santra Publication, Kolkata

**B.A Program in Physical Education****SEMESTER - VI**

Skill Enhancement Course (SEC-4) Course Code: AP/PHE /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- 1:15 Hours

COURSE OUTCOME-

- 1) *The knowledge would enable the students to understand the activity requirements of various levels of physically challenged persons.*
- 2) *The knowledge would thus enable the students to prepare and organize worthwhile activity programs for various levels of physically challenged persons.*
- 3) *The student will be oriented with the basic knowledge of computer applications.*
- 4) *The student will be able to apply the knowledge in the framing of training programs.*
- 5) *The outcome of this course will help him in gathering, storage and processing of huge information in relation to inputs, outputs and feedback of sports training programs.*

THEORY PART: (Total Marks -25)**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

1. Computer and its accessories, Function of various accessories.
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.
5. Need of Computer Application and internet browsing in Physical Education at modern society.
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 – Row, 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 PART: Total marks -15

1. Turn on and Shut down of Computer and Monitor.
2. **MS Word :**
 - (i) Formatting Text – Font Style, Font Size, Colour, Bold, Italic, Underline, Sub/ Super Script, Alignment.
 - (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.

QUESTION PATTERN

END SEMESTER EXAMINATION				Practical Marks	Internal Marks	Total Marks
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL			
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10	50
01X5 = 05	05X2 = 10	10X1 = 10				



SUGGESTED READINGS:

- Sinha, P. K. & Sinha, P. (n.d.). Computer fundamentals. 4th edition, BPB Publication.
- Milke, M. (2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
- Haggery, T., The Administrative use of computers in professional Sport Organization, New York.
- Vikas Gupta, (1995) Computer Course, Delhi: Pustak Mahal.
- Kadu, Ravindra Mahadeorao, (2016), Computer Applications in Physical Education, Sports Publications, ISBN-13:9788178799827
- Chavan, Uday, (2016), Computer Applications in Physical Education, Khel Sahitya Kendra Publisher, New Delhi
- Kumar, Sandeep (2019) Computer Applications in Physical Education, Sports Publication; First edition, ASIN: B07S81YD55
- H.H. Clark & "Development and Adapted Physical Education" Englewood, Prentice Hall 1964.
- D.H. Clark, A.S. Daniels "Adapted physical Education" New York Harpers & Brothers 1972.
- G.T. Stafford, "Prevention & Corrective Physical Education" 4.J.L. Rathoone, "Corrective Physical Education" Philadelphia W.B. Saunders Co. 1968.
- 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 Colorado 80222. 1989



B.A Program in Physical Education SEMESTER - VI

Generic Elective (GE-2)

Course Code: AP/PHE /603/GE-2(A)

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- 1:15 Hours

COURSE OUTCOME-

- 1) *Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.*
- 2) *Demonstrate the basics of sport first aid during and after game situation.*
- 3) *Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.*
- 4) *Identify and apply knowledge of fitness through various activities and practices.*

THEORY PART: (Total Marks -25)**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 .
- 3.2 Classification, Effects and uses of Therapeutic exercise – Passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck 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 Thermootherapy: 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 PART: Total marks -15 (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
5. Measurement of Vital capacity by spirometer.

QUESTION PATTERN

END SEMESTER EXAMINATION				Practical Marks	Internal Marks	Total Marks
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL			
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10	50
01X5 = 05	05X2 = 10	10X1 = 10				

SUGGESTED READINGS:

- Brukner P and Sydney KK. Clinical sports medicine, McGraw-Hill Co., 2011
- Fox J and Sharp T. Practical Electrotherapy: A Guide to Safe Application. Churchill Livingstone, 2007.
- Petty NJ and Moore AP. Neuromusculoskeletal examination and assessment: a handbook for therapies. Foreword by GD Maitland Edinburgh, Churchill Livingstone, 4th edition 2011.
- Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- James, A. Gould & George J. Davies.(1985). Physical Therapy. Toronto: C.V. Mosby Company.
- Smith, Mandy, (2005), Cardiovascular/Respiratory Physiotherapy, Elsevier Health - INR;UK.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.



B.A Program in Physical Education

SEMESTER - VI

Generic Elective (GE-2)

Course Code: AP/PHE/603/GE-2(B)

Course Title: Health Education and Safety Education

Total Marks:= 50

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

Contact Hours per week: 6

Examination Duration: 1:15 Hours

COURSE OUTCOME-

- 1) *The student will be able to identify and synthesize the factors that influence health*
- 2) *The student will be able to recognize the health related challenges in current time and able to apply the preventive measures.*
- 3) *The student will be able to identify the role of peers, community and media in health promotion and protection.*
- 4) *The student will be able to demonstrate the expertise in above stated domains in a college setup.*
- 5) *The student will be able to value the knowledge and skills required to preserve community health and well-being.*

THEORY PART: (Total Marks -25)

UNIT I : INTRODUCTION

- 1.1 Meaning and Definition of Health & Health Education
- 1.2 Dimension of Health
- 1.3 Aims , Objectives and Principles 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 Importance and Type of Health Services in India.

**UNIT III : HEALTH PROBLEM IN INDIA**

- 3.1 Cause, Prevention and Control Communicable Disease: Malaria, Dengue, Corona virus.
 3.2 Cause, Prevention and Control Non-Communicable Disease: Heart Attack, Asthma, arthritis
 3.3 Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes
 3.4 Nutritional Disorders:
 3.4.1. Nutrients and their Functions and Daily Requirements
 3.4.2. Health disorders for deficiency of Protein, Vitamins and Minerals

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 PART(Any Five): Total 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

QUESTION PATTERN

END SEMESTER EXAMINATION				Practical Marks	Internal Marks	Total Marks
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL			
01 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	2 Out of 4	1 Out of 2	25	15	10	50
01X5 = 05	05X2 = 10	10X1 = 10				

SUGGESTED READINGS:

- Anspaugh DJ Ezell G and Goodman KN (2006). Teaching Today's Health. Mosby Publishers. Chicago. USA. Balayan D (2007).
- Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
- Dewan AP (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
- Dixit Suresh (2006). Swasthya Shiksha. Sports Publication. Delhi.
- Uppal A.K & Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi.
- Park K (2007). Park's Text Book of Preventive & Social Medicine. Banarsi Das Bhanot & Company. Delhi.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Hoeger, W W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.
- Ghosh, B.N. A Treaties of Hygiene and Public Health, Scientific Publishing Co., Kolkata.



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

Course Code	Semester	Course Title		Course Type	Theory	Practical	ESE Total	Internal	Total Marks
AP/PHE/101/C-1	1 st	Foundation & History of Physical Education		C-1	25	15	40	10 (Theo-5+Prac-5)	50
AP/PHE/201/C-2	2 nd	Anatomy, Physiology & Physiology of Exercise and Sports		C-2	40	-	40	10 (Theo)	50
AP/PHE/301/C-3	3 rd	Track &field and Its Rules regulations		C-3	25	15	40	10 (Theo-5+Prac-5)	50
AP/PHE/304/ SEC-1	3rd	Yoga and Gymnastics		SEC-1	-	40	40	10 (Prac)	50
AP/PHE/401/C-4	4 th	Health Education & Complete Wellness		C-4	40	-	40	10 (Theo)	50
AP/PHE/404/ SEC-2	4th	Ball Game and Racket Game		SEC-2		40	40	10 (Prac)	50
AP/PHE/501/DSE-1	5 th	1.Test, Measurement & Evaluation	Any One	DSE-1	40	-	40	10 (Theo)	50
		2. Sports Training							
AP/PHE/503/GE-1	5 th	1.First Aid & Personnel Hygiene	Any One	GE-1	25	15	40	10 (Theo-5+Prac-5)	50
		2.Recreation							
AP/PHE/504/ SEC-3	5th	Indigenous and Minor Game and Excursion/ Camping Program		SEC-3	-	40	40	10 (Prac)	50
AP/PHE/601/DSE-2	6 ^{T^h}	1.Sports Psychology	Any One	DSE-2	40	-	40	10 (Theo)	50
		2. Management of sports and Physical Education							
AP/PHE/603/GE-2	6 ^{T^h}	1.Health Education and Safety Edu.	Any One	GE-2	25	15	40	10 (Theo-5+Prac-5)	50
		2. Complete Fitness and Therapeutic values of Physical Education							
AP/PHE/604/ SEC-4	6^{T^h}	Adapted Physical Education and Computer Application in Physical Education		SEC-4	25	15	40	10 (Prac)	50
		TOTAL			285	195	480	120 (Theo-60+Prac-60)	600
					-50(GE) =235	-30 (GE) =165	-80(GE) =400	-20 (Theo-10+Prac-10) =100 (Theo-50+Prac-50)	-100(GE) =500

