



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/ 184 /2023

Date: 11/07/2023

NOTIFICATION

As directed, the undersigned is pleased to inform all concerned that Bankura University has initiated the process to implement New Curriculum and Credit Framework for Undergraduate Programme, UGC 2022 (as per NEP 2020) for 4-years Undergraduate programme with Physical Education/ Physical Education and Sports as Major, Minor etc. from the academic session 2023-2024. The Syllabus for the purpose will be framed and finalized as per the guidelines of appropriate authority. 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/course 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: 13th July, 2023.

Time: 7.30 pm onwards

Google Meet joining info

Video call link: meet.google.com/sgm-tanz-hua

Sd/-

Secretary

Faculty Council for Undergraduate Studies

BKU/FCUG/ 184(6) /2023

Date: 11/07/2023

Copy forwarded for information and necessary action to:

1. Registrar (Addl. Charge), Bankura University.
2. Dean (Officiating), Faculty Council of P.G. Studies in Arts, Science etc.
3. Chairman/Convenor, Undergraduate Board of Studies in Physical Education
4. System Administrator, Bankura University with request to upload this in website.
5. Secretary, Hon'ble Vice Chancellor, Bankura University.
6. Guard File

Sd/-

Secretary

Faculty Council for Undergraduate Studies

Physical Education and Sports

SEMESTER -I

Course Code: A/PHES/101/MJC-1

Course Title: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

Total Marks = 50 {Theory Marks: 40: Internal Assessment: 10}

Contact Hours per week: 4 (4 Credits) Examination Duration: 2 hours

COURSE OUTCOMES-

- 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*

THEORY PART: (Total Marks -40)

UNIT-I: INTRODUCTION

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

UNIT-II: HISTORICAL DEVELOPMENT

- 2.1 Historical Development of Physical Education and Sports in India in Pre and Post Independences periods.
- 2.2 Historical background and concept of Asian Games, Commonwealth Games and SAF Games and National Sports Scheme
- 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 and 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, Opening and Closing Ceremony.
- 3.4 Similarities and Dissimilarities between Ancient Olympic Games and Modern Olympic Games.

UNIT -IV: BIOLOGICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATIONS

- 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 and theories of learning, Types of learning, factors affecting learning, learning outcomes. Concept of Emotion, Self-Concept, Anxiety, Depression and Personality.
- 4.4 Sociological Foundation- Concept of socialization, Socialization through Physical Education and Sports, Role of Games and Sports in National and International Integration, Sports Ethics.

QUESTION PATTERN

END SEMESTER EXAMINATION Descriptive Type				Internal Marks	Total Marks
NUMBER OF QUESTION TO BE ANSWERED			TOTAL		
02 Mark Question	05 Marks Question	10 Marks Question			
5 Out of 8	4 Out of 6	1 Out of 2	40	10	50
02X5 = 10	05X4 = 20	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.
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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

Physical Education and Sports

SEMESTER -I

Course Code: A/PHES/101/MN-1

Course Title: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

Total Marks = 50 {Theory Marks: 40: Internal Assessment: 10}

Contact Hours per week: 4 (4 Credits) Examination Duration: 2 hours

COURSE OUTCOMES-

- 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*

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Physical Education

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Course Title: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION

Total Marks = 50 {Theory Marks: 40: Internal Assessment: 10}

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COURSE OUTCOMES-

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UNIT-I: INTRODUCTION

- 1.1 Definition, Meaning, Scope of Physical Education.
- 1.2 Aim, Objectives of Physical Education.
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Physical Education and Sports

SEMESTER – I

Course Code: A/PHES/104/SEC-1

Course Title: FORMAL AND RYTHMIC ACTIVITES AND INDIGENOUS GAMES

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

Contact Hours per week: 6 (3 Credits) Examination Duration- N.A.

COURSE OUTCOMES-

- 1) *To know about the indigenous games and the rules of play*
- 2) *Apply the knowledge in the field of physical education and movement activity.*
- 3) *Analyse the practical knowledge during the practical situation.*
- 4) *Appraise the effects during the training and practical sessions.*
- 5) *Learn the rhythm and discipline through activity*

UNIT 1 FORMAL AND RYTHMIC ACTIVITES

1.1 Aerobics activities.

1.2 Marching- Fall In, Attention, stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, Half Right Turn, Half Left Turn, About Turn, Mark Time Mark, Forward March. Salute, Right and Left salute.

1.3 Calisthenics activities.

UNIT – 2 INDIGENOUS GAMES

2.1 Kabaddi

2.1.1 Raiding Skills: 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.

2.1.2 Holding Skills: Wrist, Hand and Waist Catch. Techniques of various chain formation. Additional Skills in Raiding: Escaping Techniques from various holds, techniques of escaping from various chain formation.

2.1.3 Game practice with Practical Knowledge of rules and regulations.

2.2 Kho- Kho

2.2.1 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), Tiger Jump, Pole turn, pole drive, Trapping, Hammering, Rectification of foul.

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

2.2.3 Game Practice with practical knowledge of rules and regulations.

Physical Education and Sports

SEMESTER -1

Course Code: A/PHES/103/MD-1

Course Title: INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS

Total Marks = 50 {Theory Marks: 40: Internal Assessment: 10}

Contact Hours per week: 3 (3 Credits) Examination Duration: 2 hours

COURSE OUTCOMES-

- 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*

THEORY PART: (Total Marks -40)

UNIT-I: INTRODUCTION

- 1.1 Definition, Meaning, Importance of Physical Education & Sports. Aim, Objectives & Scope of Physical Education & Sports.
- 1.2 Misconceptions about Physical Education and Modern concept of Physical Education.
- 1.3 Need and Importance of Physical Education and Sports in modern society.

UNIT-II: HISTORICAL DEVELOPMENT

- 2.1 Historical Development of Physical Education and Sports in India in Pre & Post Independence periods.
- 2.2 National Sports Awards- Arjuna Award, Dronacharya Award, Dhyanchand Award
- 2.3 Olympic Movement in India - Ancient Olympic Games & Modern Olympic Games

UNIT -III: BIOLOGICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATION

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

QUESTION PATTERN

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NUMBER OF QUESTION TO BE ANSWERED			TOTAL		
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02X5 = 10	05X4 = 20	10X1 = 10			

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Physical Education and Sports

SEMESTER - II

Course Code: A/PHES/201/MJC/2

Course Title: Management of Physical Education and Sports

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

Contact Hours per week: 4 (4 Credits) Examination Duration: 2 Hours

COURSE OUTCOMES-

- 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, Importance, Scope, Principles and Management of Physical Education and Sports Programs.
- 1.2 Aims Objective and Management of intramural and extramural competitions.
- 1.3 Management of Events, Equipment and Play Fields in Physical Education and Sports.

UNIT-II: LEADERSHIP IN PHYSICAL EDUCATION AND SPORTS

- 2.1 Meaning, Definition, Elements, importance and principals of Leadership.
- 2.2 Forms of Leadership (Autocratic, Laisser-faire, Democratic, Benevolent Dictator and qualities of administrative leader.
- 2.3 Development of organizational leadership performance

UNIT-III: MANAGEMENT OF PHYSICAL EDUCATION & SPORTS PROGRAMS AND TOURNAMENTS

- 3.1 Management of Physical Education programs and Games & Sports meets in School, College, and University.
- 3.2 Concept of Planning for Management and Factors affecting Planning.
- 3.3 Meaning, Definition, Importance and types of Tournaments and Procedure of Drawing Fixture, merits and demerits of Knock-out, League and Combination Tournaments.

UNIT-IV: FINANCIAL MANAGEMENT

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

4.2 Meaning, Definition, Importance and criteria of good Budget in Physical Education and Sports. Steps for preparing a good budget in Physical Education and Sports.

4.3 Sports Sponsorship: Meaning, Aim, Objective, Trends and Management process of Sports Sponsorship

QUESTION PATTERN

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SUGGESTED READINGS:

- Nanda, S.M. Sports Management, Friend Publications, New Delhi.
- Paul, A. Sarirsikshay 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 Sarirs iksha Porichaya (Vol.-1), Santra Publication, Kolkata

Physical Education and Sports

SEMESTER - II

Course Code: A/PHES/201/MN/2

Course Title: Management of Physical Education and Sports

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

Contact Hours per week: 4 (4 Credits) Examination Duration: 2 Hours

COURSE OUTCOMES-

- 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, Importance, Scope, Principles and Management of Physical Education and Sports Programs.
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Course Code: A/PHE/201/MN/2

Course Title: Management of Physical Education

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

Contact Hours per week: 4 (4 Credits) Examination Duration: 2 Hours

COURSE OUTCOMES-

- 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.*
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- 3.1 Management of Physical Education programs and Games & Sports meets in School, College, and University.
- 3.2 Concept of Planning for Management and Factors affecting Planning.
- 3.3 Meaning, Definition, Importance and types of Tournaments and Procedure of Drawing Fixture, merits and demerits of Knock-out, League and Combination Tournaments.

UNIT-IV: FINANCIAL MANAGEMENT

- 4.1 Financial Management in Physical Education in School, College and University.
- 4.2 Meaning, Definition, Importance and criteria of good Budget in Physical Education. Steps for preparing a good budget in Physical Education.
- 4.3 Sports Sponsorship: Meaning, Aim, Objective, Trends and Management process of Sports Sponsorship

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. Sarirsikshay 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 Sarirs iksha Porichaya (Vol.-1), Santra Publication, Kolkata

Physical Education and Sports

SEMESTER – II

Course Code: A/PHES/204/SEC-2

Course Title: Ball Game and Racket Game

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

Contact Hours per week: 6 (3Credits)

Examination Duration: N.A

COURSE OUTCOMES-

- 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 FOOTBALL

- 1.1.1 Kicking Skills : Instep kick, Inside kick, Lofted kick (Half volley and Full volley) in-swing and out-swing kicks.
Receiving Skills: With Sole of the foot, Inside and Outside of the foot, with Thigh and Chest.
Dribbling: Inside dribbling, Outside dribbling and Zig-zag dribbling.
Heading: Standing and Jumping and Throw-in: In Standing and in Running Condition
- 1.1.2 Goal keeping – Static and Dynamics Condition
- 1.1.3 Game practice and practical knowledge of rules and regulations.

1.2 VOLLEYBALL

- 1.2.1. Service: Under arm service, Over Head service, Side arm service, Floating service Pass: Under Arm Pass, Over Head Pass
- 1.2.2 Spiking and Blocking
- 1.2.3 Game practice with practical knowledge rules and regulations along with Rotation and Substitution (Players and Libero).

1.3 NETBALL

- 1.3.1 Catching: One hand, Two hands with feet grounded and flight.
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.
Foot work: Landing on one foot, Landing on two feet, Pivot, Running pass.
Shooting : One hand Shot, Forward step shot, and Backward step shot. Techniques of free dodge and sprint, Sudden sprint, Sprint and Stop, Sprinting with change of speed.

- 1.3.2. Defending: Marking the player, Marking the ball, Blocking inside the circle, Blocking outside the circle, Defending the circle edge against the passing. Intercepting: Pass and Shot
- 1.3.3 Game practice with practical knowledge of rules and regulations.

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
Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.
- 2.1.3. Game practice with practical knowledge of rules and regulations.

2.2 TABLE TENNIS

- 2.2.1. Basic Knowledge: Grip of Racket, Shake hand grip, Pen hold grip.
Stance- Alternate & Parallel Stance.
- 2.2.2. Push and Service: Backhand, Forehand.
Chop: Backhand and Forehand.
Receive: Push and chop with Backhand and Forehand.
- 2.2.3. Game practice with practical knowledge 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

Physical Education and Sports

SEMESTER – II

Course Code: A/PHES/203/MD-2

Course Title: Fitness and Recreation

Total Marks: = 50 {Theory Marks: 40: Internal Assessment: 10}

Contact Hours per week: 3 (3 Credits) Examination Duration-2:00 Hours

COURSE OUTCOMES-

- 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) *Self-confidence and self-worth as they relate to physical education recreation programs.*

THEORY PART: (Total Marks -40)

UNIT-I: INTRODUCTION TO FITNESS

- 1.1. Meaning, Definition, Types and Importance of fitness
- 1.2. Concept of the components of health and performance/skill related physical fitness
- 1.3 Assessment and Maintenance techniques of health and skill related physical fitness components and assessment of BMI, Physical Fitness (AAPHERD Youth Fitness Test) and Physical Efficiency Index (Harvard Step Test).

UNIT-II: RECREATION AND RECREATIONAL ACTIVITIES

- 2.1. Meaning, Definition and Importance of Recreation
- 2.2. Types of recreation: Active and Passive recreation
- 2.3 Types of recreational activities in different age groups

UNIT-III: SOCIETY AND RECREATION

- 3.1. Study of recreation as a social phenomenon
- 3.2. Agencies providing recreational activities in our society
- 3.3 Therapeutic aspects of recreational activities

QUESTION PATTERN

END SEMESTER EXAMINATION Descriptive Type				Theory Marks	Internal Marks	Total Marks
NUMBER OF QUESTION TO BE ANSWERED			TOTAL			
02 Mark Question	05 Marks Question	10 Marks Question				
5 Out of 8	4 Out of 6	1 Out of 2		40	40	10
02X5 = 10	05X4 = 20	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

Physical Education and Sports

SEMESTER – II

Course Code: ACS/206/VAC-2

Course Title: HEALTH AND WELLNESS

Total Marks:= 50 {Theory Marks: 40 :: Internal Assessment : 10 }
Contact Hours per week: 4 (4 Credits) Examination Duration-2:00 Hours

COURSE OUTCOMES-

- 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.*

UNIT I: INTRODUCTION

- 1.1 Meaning, Definition, Aim and objectives and dimensions of Health and wellness.
- 1.2 Meaning, Definition, Aims, Objectives & Principles of Health Education.
- 1.3 Factors affecting health and wellness.
- 1.4 Health Agencies: World Health Organization (WHO) United Nation Educational Scientific & Cultural Organization (UNESCO) Integrated Child Development Services (ICDS) Ministry of Health & Family Welfare (MHFW)

UNIT II: NUTRITION AND WEIGHT MANAGEMENT

- 2.1 Meaning, Definition and Importance of Nutrition, food and effect of malnutrition on health.
- 2.2 Basic Nutrients: Protein, Carbohydrate, Fat, Mineral, Water & Vitamins.
- 2.3 Diet, Balance Diet, Factors affecting Diet, Athletic Diet, Mid-Day Meal.
- 2.4 Obesity – Concept, Problems, Causes, Prevention, Assessment and procedure of weight Management.

UNIT III: HYGIENE, PERSONAL HYGIENE, MENTAL HYGIENE & COMMUNITY HYGIENE

- 3.1 Meaning, Concept and types of Hygiene.
- 3.2 Importance of Hygiene for healthy life, desirable hygienic habits and Importance of rest, sleep & exercise.
- 3.3 Personal Hygiene: - Care of Skin, Eye, Teeth, Ear, Nail, Nose and Hair.
- 3.4 Mental Hygiene, its importance and its practice procedure.

UNIT IV: HEALTH PROBLEM IN INDIA

- 4.1 Causes, Prevention and Control of Communicable Diseases: Malaria, Dengue, Corona virus.
- 4.2 Causes, Prevention and Control Non-Communicable Diseases: Heart Attack, Asthma, arthritis.
- 4.3 Postural Deformities: Causes and corrective exercise of kyphosis, lordosis, Scoliosis, knock knees, Bow leg and Flat foot.
- 4.4 Problems associated with postural deformities

QUESTION PATTERN

END SEMESTER EXAMINATION Multiple Choice Type		Theory Marks	Internal Marks	Total Marks
NUMBER OF QUESTION TO BE ANSWERED	TOTAL			
01 Mark Question				
40 Out of 40	40	40	10	50
01X40=40				

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 Treaties 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.