



New Curriculum and Credit Framework

NEP (2020) SYLLABUS

FOR

FOUR YEARS UNDER-GRADUATE COURSE

IN

PHYSICAL EDUCATION AND SPORTS

(w.e.f. 2023)



BANKURA UNIVERSITY

BANKURA

WEST BENGAL

PIN 722155


Course Structure with Credit Distribution: U.G. 4 Years Programme with Single Major (NEP 2020)

Category of Course (Credit)	Major Course(4)		Minor Course (4)	Multidisciplinary (3)	Ability Enhancement Course (2)	Skill Enhancement Course (3)	Value Added Course	Summer Internship (2)	Research Project/ Dissertation(12)	Total Credit / No. of Course
	DSC	DSE								
I	1X4=4	-	1X4=4	1X3=3	1X2=2	1X3=3	1X4=4	-	-	20/6
II	1X4=4	-	1X4=4	1X3=3	1X2=2	1X3=3	1X4=4	-	-	20/6
CERTIFICATE Course	Credit -8		Credit -8	Credit -6	Credit -4	Credit -6	Credit -8	Additional (4 Credit)	-	40
III	2X4=8	-	1X4=4	1X3=3	1X2=2	1X3=3	-	-	-	20/6
IV	4X4=16	-	1X4=4	-	1X2=2	-	-	-	-	22/6
DIPLOMA Course	Credit -32		Credit -16	Credit -9	Credit -8	Credit -9	Credit -8	Additional (4 Credit)	-	82
V	2X4=8	2X4=8	1X4=4	-	-	-	-	-	-	22/6
VI	2X4=8	2X4=8	1X4=4	-	-	-	-	-	-	20/5
DEGREE Course	Credit -64		Credit -24	Credit -9	Credit -8	Credit -9	Credit -8	Credit -2	-	124
VII	1X4=4	3X4=12	1X4=4	-	-	-	-	-	-	20/5
VIII	1X4=4	3X4=12*	1X4=4	-	-	-	-	-	12*	20/5
HONS Course	Credit -96		Credit -32	Credit -9	Credit -8	Credit -9	Credit -8	Credit -2	-	164
HONS Course	Credit -84		Credit -32	Credit -9	Credit -8	Credit -9	Credit -8	Credit -2	Credit -12	

**SYLLABUS STRUCTURE FOR PHYSICAL EDUCATION AND SPORTS****B.A Four Years UG Course: 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		
A/PHE/ 101/ MJC-1	History and Foundation of Physical Education and Sports	Major	4	10	--	40	50	4-0-0
A/PHE/ 102/ MN-1	History and Foundation of Physical Education and Sports <i>(Not for Major Students of Phy. Edu & Sports)</i>	Minor	4	10	--	40	50	4-0-0
A/PHE/103/ MDC-1	Introduction of Physical Education and Sports <i>(Not for Major and Minor Students of Phy. Edu & Sports)</i>	Multidisciplinary	3	10	--	40	50	3-0-0
A/PHE/104/ SEC-1	Formal and Rhythmic Activities and Indigenous Game <i>(Only For Major Students of Phy. Edu & Sports)</i>	Skill Enhancement Course	3	10	40	--	50	0-0-6
ACS/ 105/ AEC-1	Compulsory English: Literature and Communication	AEC-1 (Compulsory)	2	10	--	40	50	2-0-0
ACS/106/ VAC -1	ENVIRONMENTAL STUDIES	Value Added Course	4	10	--	40	50	4-0-0
SEMESTER			TOTAL :	20	60	240	300	

PHE= Physical Education and Sports (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.

**SYLLABUS STRUCTURE FOR PHYSICAL EDUCATION AND SPORTS****B.A Four Years UG Course: 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		
A/PHE/201/MJC-2	Management of Physical Education and Sports	Major	4	10	--	40	50	4-0-0
A/PHE/202/MN-2	Management of Physical Education and Sports <i>(Not for Major Students of Phy. Edu & Sports)</i>	Minor	4	10	--	40	50	4-0-0
A/PHE/203/MDC-2	Fitness and Recreation <i>(Not for Major and Minor Students of Phy. Edu & Sports)</i>	Multidisciplinary	3	10	--	40	50	3-0-0
A/PHE/204/SEC-2	Ball Game and Racket Game <i>(Only For Major Students of Phy. Edu & Sports)</i>	Skill Enhancement Course	3	10	40	--	50	0-0-6
ACS/205/AEC-2	MIL -1 (Santali/ Bengali/ Sanskrit)	AEC-1 (Compulsory)	2	10	--	40	50	2-0-0
ACS/206/VAC-2	Any One of the Following a) Health and Wellness b) Understanding India: Indian Philosophical Traditions and Value Systems c) Basic of India Constitution/ Basic of the Constitution of India d) Arts and Craft of Bengal e) Historical Tourism in West Bengal f) Basics of Indian Constitution	Value Added Course	4	10	--	40	50	4-0-0
SEMESTER			TOTAL					
			20	60		240	300	

PHE= Physical Education and Sports (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.



Program Outcomes (Attribute wise)

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.



Physical Education and Sports

SEMESTER -I

Course Type – MAJOR -1

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

UNIT-II: HISTORICAL DEVELOPMENT

- 2.1 Historical Development of Physical Education and Sports in India in Pre and Post Independences periods. Historical Development of Physical Education and Sports by special emphasis on West Bengal.
- 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, Dhyan Chand Award, Major Dhyan Chand Khel Ratna Award, Maulana Abul Kalam Azad Trophy, Rashtriya Khel Protsahan Puruskar.
- 2.4 Famous personalities and National Institute in the field of Physical Education – Plato, Aristotle, James Buchanan, P.M. Joseph and LNIPE, YMCA, SAI.

UNIT-III: OLYMPIC MOVEMENT

- 3.1 Ancient Olympic Games
- 3.2 Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes and Olympic Village; Opening, Victory and Closing Ceremony.
- 3.3 Similarities and Dissimilarities between Ancient Olympic Games and Modern Olympic Games.
- 3.4 Olympic Movement in India



UNIT -IV: BIOLOGICAL, PHILOSOPHICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATIONS

- 4.1 Biological Foundation- Meaning, definition and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development. Meaning and Classification of Body types, Age and Sex differences in relation to physical activities.
- 4.2 Philosophical Foundation – Concept of School of Philosophy, Naturalism, Pragmatism, Idealism and Realism.
- 4.3 Psychological Foundation- Concept of learning, Learning Curve, Laws and theories of learning, Types of learning, factors affecting learning, learning outcomes. Concept of Motivation, 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			Internal Marks	Total Marks		
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	40	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

1. Kamlesh, M. L. & Singh, M. K. (2006) **Physical Education** (Naveen Publications).
2. Lau, S.K. (1999), **Great Indian players**, New Delhi, Sports Publication
3. Lumpkin, A. (2007) **Introduction to Physical Education, Exercise Science and Sports Studies**, McGraw Hill, New York, U.S.A.
4. Siedentop, D. (2004) **Introduction to Physical Education, Fitness and Sport**, McGraw Hill Companies Inc., New York, USA.
5. Shaffer, D.R. (2002) **Developmental Psychology: Childhood and Adolescence**. Thomson, Sydney, Australia
6. Shukla, (2000) **Mother on Education**, National Council of Teacher Education, New Delhi.
7. Singh, A. et al. (2000) **Essentials of Physical Education**, Kalyani Publishers, Ludhiana, Punjab.
8. 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 মণ্ডল, ইন্দ্রনীল (২০১০), **উচ্চতর শারীরশিক্ষা, শারীরশিক্ষা প্রকাশনী, সিউডি, বীরভূমা**
11. কর, শুভব্রত, **শারীরশিক্ষার ভিত্তি ও ইতিহাস**, ক্লাসিক বুকস, কলকাতা-১২
12. কয়াল, রাজর্ষি, **শারীরশিক্ষার বুনয়াদ ও ইতিহাস (2022)**, ক্লাসিক বুকস, কলকাতা ১২
13. Sharma, N.P.(2009), **Sports History**, KSK Publisher & Distributors, New Delhi – 110002
14. Bhattacharyya, A.K. (2012), **Dimensions of Physical Education: Principles, Foundations Interpretations**, Classique Books, Kolkata-12



Physical Education and Sports

SEMESTER -I

Course Type – MINOR -1

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*

THEORY PART: (Total Marks -40)

UNIT-I: INTRODUCTION

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

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- 2.1 Historical Development of Physical Education and Sports in India in Pre and Post Independences periods. Historical Development of Physical Education and Sports by special emphasis on West Bengal.
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UNIT-III: OLYMPIC MOVEMENT

- 3.1 Ancient Olympic Games
- 3.2 Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes and Olympic Village; Opening, Victory and Closing Ceremony.
- 3.3. Similarities and Dissimilarities between Ancient Olympic Games and Modern Olympic Games.
- 3.4 Olympic Movement in India



UNIT -IV: BIOLOGICAL, PHILOSOPHICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATIONS

- 4.1 Biological Foundation- Meaning, definition and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development. Meaning and Classification of Body types, Age and Sex differences in relation to physical activities.
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- 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			Internal Marks	Total Marks		
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	40	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

1. Kamlesh, M. L. & Singh, M. K. (2006) **Physical Education** (Naveen Publications).
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16. কয়াল, রাজর্ষি, **শারীরশিক্ষার বুনয়াদ ও ইতিহাস (২০২২)**, ক্লাসিক বুকস, কলকাতা ১২
17. Sharma, N.P.(2009), **Sports History**, KSK Publisher & Distributors, New Delhi – 110002
18. Bhattacharyya, A.K. (2012), **Dimensions of Physical Education: Principles, Foundations Interpretations**, Classique Books, Kolkata-12



Physical Education and Sports

SEMESTER -I

Course Type – MULTIDISCIPLINARY -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 Meaning, Definition, Importance of Physical Education & Sports.
- 1.2 Aim, Objectives & Scope of Physical Education & Sports.
- 1.3 Misconceptions and Modern concept of Physical Education.
- 1.4 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 - Ancient Olympic Games & Modern Olympic Games
- 2.4 Asian Games and SAF Games

UNIT -III: BIOLOGICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATION

- 3.1 Biological Foundation- Meaning, Definition and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development.
- 3.2 Meaning and importance of Body types, Classification of Sheldon's Body types, Age and Sex differences in relation to physical activities.
- 3.3 Psychological Foundation- Concept of learning, Learning Curve, Laws of learning, Types of learning, factors affecting learning, learning outcomes, Motivation, Emotion, Anxiety, Personality
- 3.4 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			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	40	10	50
02X5 = 10	05X4 = 20	10X1 = 10			

SUGGESTED READINGS:**THEORY**

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2. Lau, S.K. (1999), **Great Indian players**, New Delhi, Sports Publication
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4. Siedentop, D. (2004) **Introduction to Physical Education, Fitness and Sport**, McGraw Hill Companies Inc., New York, USA.
5. Shaffer, D.R. (2002) **Developmental Psychology: Childhood and Adolescence**. Thomson, Sydney, Australia
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7. Singh, A. et al. (2000) **Essentials of Physical Education**, Kalyani Publishers, Ludhiana, Punjab.
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11. কয়াল, রাজর্ষি, **শারীরশিক্ষার বুনয়াদ ও ইতিহাস (2022)**, ক্লাসিক বুকস, কলকাতা ১২
12. Sharma, N.P.(2009), **Sports History**, KSK Publisher & Distributors, New Delhi – 110002
13. Bhattacharyya, A.K. (2012), **Dimensions of Physical Education: Principles, Foundations Interpretations**, Classique Books, Kolkata-12



Physical Education and Sports

SEMESTER – I

Course Type – Skill Enhancement Course -1

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

PRACTICAL PART: Total marks - 40 (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)**UNIT 1: FORMAL AND RYTHMIC ACTIVITES****Marks -16**

- 1.1 Marching- (6 Marks) 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.
- 1.2 Calisthenics activities- (5 Marks) With different Apparatus (Minimum 5 Exercises with 16 Count) and without Apparatus (Minimum 5 Exercises with 16 Count)
- 1.3 Aerobics activities/ Bratachari (5 Marks)

UNIT – 2 INDIGENOUS GAMES**2.1 Kabaddi****Marks -12**

- 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**Marks -12**

- 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.

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Tournament, Name of famous National and International Players, Major Skill (Fundamentals with Picture).



Physical Education and Sports SEMESTER - II

Course Type – MAJOR -2

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 and Scope of Management of Physical Education and Sports.
- 1.2 Principles and purpose of Management of Physical Education and Sports. Concept, Importance and Principles of Time Table Management.
- 1.3 Aims, Objectives and Management of intramural and extramural competitions.
- 1.4 Management of Events, Storeroom, Stock register, Gymnasium and Play Fields in Physical Education and Sports.

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

- 2.1 Management of Physical Education programs and Games & Sports meets in School, College, and University.
- 2.2 Concept of Planning for Management and Factors affecting Planning.
- 2.3 Meaning, Definition, Importance and types of Tournaments and Procedure of Drawing Fixture, merits and demerits of Knock-out, League and Combination Tournaments.
- 2.4 Method of organizing annual indoor and outdoor Physical Activities.

UNIT-III: LEADERSHIP IN PHYSICAL EDUCATION AND SPORTS

- 3.1 Meaning, Definition, Elements, importance and principals of Leadership.
- 3.2 Forms of Leadership (Autocratic, Laisser-faire, Democratic, Benevolent Dictator and qualities of administrative leader.
- 3.3 Development of organizational leadership performance.
- 3.4 Qualities of Good Leader in Physical Education and Sports.

**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
- 4.4 Process of purchasing Physical Education and Sports Equipment.

QUESTION PATTERN

END SEMESTER EXAMINATION			Internal Marks	Total Marks		
Descriptive Type						
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	40	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. Saririkshay 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 Saririksha Porichaya (Vol.-1), Santra Publication, Kolkata



Physical Education and Sports SEMESTER - II

Course Type – MINOR -2

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 and Scope of Management of Physical Education and Sports.
- 1.2. Principles and purpose of Management of Physical Education and Sports. Concept, Importance and Principles of Time Table Management.
- 1.3. Aims, Objectives and Management of intramural and extramural competitions.
- 1.4. Management of Events, Storeroom, Stock register, Gymnasium and Play Fields in Physical Education and Sports.

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

- 2.1. Management of Physical Education programs and Games & Sports meets in School, College, and University.
- 2.2. Concept of Planning for Management and Factors affecting Planning.
- 2.3. Meaning, Definition, Importance and types of Tournaments and Procedure of Drawing Fixture, merits and demerits of Knock-out, League and Combination Tournaments.
- 2.4. Method of organizing annual indoor and outdoor Physical Activities.

UNIT-III: LEADERSHIP IN PHYSICAL EDUCATION AND SPORTS

- 3.1. Meaning, Definition, Elements, importance and principals of Leadership.
- 3.2. Forms of Leadership (Autocratic, Laisser-faire, Democratic, Benevolent Dictator)
- 3.3. Development of organizational leadership performance.
- 3.4. Qualities of Good Leader in Physical Education and Sports.

**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

4.4 Process of purchasing Physical Education and Sports Equipment.

QUESTION PATTERN

END SEMESTER EXAMINATION			Internal Marks	Total Marks
Descriptive Type				
NUMBER OF QUESTION TO BE ANSWERED			TOTAL	40
02 Mark Question	05 Marks Question	10 Marks Question		
5 Out of 8	4 Out of 6	1 Out of 2	10	50
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 Type – Multidisciplinary-2

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
- 1.4 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 Characteristic of Recreation
- 2.2. Importance and Types of Recreation
- 2.3 Types of recreational activities in different age groups
- 2.4 Responsibilities and Characteristics of Recreational Manager

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
- 3.4 Recreation as a professional Career.

**QUESTION PATTERN**

END SEMESTER EXAMINATION				Theory Marks	Internal Marks	Total Marks
Descriptive Type						
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			
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 Type - Skill Enhancement Course

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 (ANYTWO)

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, Rotation and Movement of Libero
- 1.2.3 Game practice with practical knowledge rules and regulations

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, 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.

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Tournament, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

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 Schrodts (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