



New Curriculum and Credit Framework

NEP (2020) SYLLABUS

FOR

FOUR YEARS UNDER-GRADUATE COURSE

IN

PHYSICAL EDUCATION

(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*****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/****/ 101/ MJC-1	Any Major Course	Major	4					
A/PHE/ 102/ MN-1	History and Foundation of Physical Education <i>(Not for Major Students of Phy. Edu & Sports)</i>	Minor	4	10	--	40	50	4-0-0
A/****/103/ MDC-1	Any Multidisciplinary Course	<i>Multidisciplinary</i>	3					
A/****/104/ SEC-1	Same discipline as Major Subject	<i>Skill Enhancement Course</i>	3					
ACS/ 105/ AEC-1	<i>Compulsory English: Literature and Communication</i>	<i>AEC-1 (Compulsory)</i>	2	10	--	40	50	2-0-0
ACS/106/ VAC -1	<i>Compulsory Subject: ENVIS</i>	<i>Value Added Course</i>	4	10	--	40	50	4-0-0
SEMESTER			TOTAL :	20				

PHES= 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****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/****/201/MJC-2	Any Major Course	Major	4					
A/PHE/202/MN-2	Management of Physical Education <i>(Not for Major Students of Phy. Edu & Sports)</i>	Minor	4	10	--	40	50	4-0-0
A/PHE/203/MDC-2	Any Multidisciplinary Course	Multidisciplinary	3					
A/PHE/204/SEC-2	Same discipline as Major Subject	Skill Enhancement Course	3					
ACS/ 205/AEC-2	MIL	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					

PHES= 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

SEMESTER -1

Course Type – MINOR -1

Course Code: A/PHE/102/MN-1

Course Title: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION

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, Philosophical, Psychological and Sociological factors that make foundation of Physical Education.*
- 4) *To build up concept regarding Historical background and events of Physical Education*

THEORY PART: (Total Marks -40)

UNIT-I: INTRODUCTION

- 1.1 Meaning, Definition and Scope of Physical Education.
- 1.2 Aim, Objectives of Physical Education.
- 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 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, 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 and Olympic Village, Opening 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 (২০২২)**, 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 SEMESTER - II

Course Type – MINOR -2

Course Code: A/PHE/202/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.*
- 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.

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	
02 Mark Question	05 Marks Question	10 Marks Question		
5 Out of 8	4 Out of 6	1 Out of 2	40	10
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