



New Curriculum and Credit Framework

NEP (2020) SYLLABUS

FOR

FOUR YEARS UNDER-GRADUATE COURSE

IN

PHYSICAL EDUCATION (MINOR)

(w.e.f. 2023)

3rd and 4th Semester



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 | 4X4=16 | - | 1X4=4 | - | - | - | - | - | - | 22/6 |
| VI | 4X4=16 | - | 1X4=4 | - | - | - | - | - | - | 20/5 |
| DEGREE Course | Credit -64 | | Credit -24 | Credit -9 | Credit -8 | Credit -9 | Credit -8 | Credit -2 | - | 124 |
| VII | 4X4=16 | - | 1X4=4 | - | - | - | - | - | - | 20/5 |
| VIII | 4X4=16* | - | 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: 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 | | |
| A/****/ 301/ MJC-3 | Any Major Course | Major | 4 | | | | | |
| A/****/ 301/ MJC-4 | Any Major Course | Major | 4 | | | | | |
| A/PHE/ 302/ MN-3 | Track and Field <i>(Not for Major Students of Phy. Edu & Sports)</i> | Minor | 4 | 10 | 15 | 25 | 50 | 2-0-4 |
| A/****/303/ MDC-3 | Any Multidisciplinary Course | <i>Multidisciplinary</i> | 3 | | | | | |
| A/****/304/ SEC-3 | Same discipline as Major Subject | <i>Skill Enhancement Course</i> | 3 | | | | | |
| ACS/ 305/ AEC-3 | <i>MIL-II Bengali, Sanskrit, Santali</i> | <i>AEC-3 (Compulsory)</i> | 2 | 10 | -- | 40 | 50 | 2-0-0 |
| SEMESTER | | | TOTAL : | 20 | | | | |

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*****B.A Four Years UG Course: 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 | | |
| A/****/401/MJC-5 | Any Major Course | Major | 4 | | | | | |
| A/****/401/MJC-6 | Any Major Course | Major | 4 | | | | | |
| A/****/401/MJC-7 | Any Major Course | Major | 4 | | | | | |
| A/****/401/MJC-8 | Any Major Course | Major | 4 | | | | | |
| A/PHE/402/MN-4 | Management of Physical Education <i>(Not for Major Students of Phy. Edu & Sports)</i> | Minor | 4 | 10 | -- | 40 | 50 | 4-0-0 |
| ACS/ 405/AEC-4 | Compulsory English: Literature Language and Communication | AEC-4 (Compulsory) | 2 | 10 | -- | 40 | 50 | 2-0-0 |
| 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 -III

Course Type – MINOR -3

Course Code: A/PHE/301/MN-3

Course Title: TRACK AND FIELD**Total Marks = 50** {Theory Marks: 25: Practical Marks: 15 Internal Assessment: 10}

Contact Hours per week: 4 (4 Credits) Examination Duration: 1:15 hours

COURSE OUTCOMES-

- 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**

- 1.1 Concept of Different structural forms and types of Tracks. Characteristics of Standard Track
- 1.2 Draw the different types of Tracks with event wise complete marking of Track.
- 1.3 Lay out and Marking Procedure of Standard Track and Non-Standard Track.
- 1.4 Calculation of Stagger Distance and Diagonal Access.

UNIT-II: FIELD MARKING AND COMBINED EVENT

- 2.1 Lay out and Marking Procedure of Throwing Sector: Shot Put, Discus Throw, Javelin Throw.
- 2.2 Lay out and Marking Procedure of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump
- 2.3 Draw the sector of different types of field events. Layout and marking procedures of field events.
- 2.4 Concept of Combined Events- Decathlon, Heptathlon, Pentathlon, Triathlon.

UNIT-III: RULES REGULATIONS OF TRACK AND FIELD EVENTS

- 3.1 List of Track and Field Events with their Specifications.
- 3.2 Rules and Regulations regarding Start and Finish of Track Events including Relay Race
- 3.3 Rules and Regulations regarding Jumping Event: Long Jump, High Jump.
- 3.4 Rules and Regulations regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw

UNIT-IV: ORGANIZATIONAL PART OF TRACK AND FIELD

- 4.1 List of Officials and their responsibilities.
- 4.2 Responsibilities of the Athletes related to participation in competition.
- 4.3 Organizational and management setups of opening and closing ceremony of Sports meet.
- 4.4 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. TRACK EVENTS:

- 1.1 Starting Technique: Standing Start, Crouch Start and its Variations. Fixing up of Starting Block.
- 1.2 Acceleration with Proper Running Techniques, Special emphasis on Arm Action, Knee Action and stride length.
- 1.3 Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.

2. FIELD EVENTS:

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

QUESTION PATTERN

| END SEMESTER EXAMINATION | | | Internal Marks | Prac. 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 | 10 | 15 |
| 01X5 = 05 | 05X2 = 10 | 10X1 = 10 | | | |

For External Examination Purpose Only:

1. Any one Sprinting Event selected of his/her best choice by Examinee with proper fixing the block, demonstrate crouch start technique and proper running action and finish the event with any one finishing technique = 7 Marks
2. Any one Jumping event and any one Throwing event should be selected of his/her best choice by Examinee 4+4 = 8 Marks

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

SUGGESTED READINGS:

- *Layout and Marking of Track And Field*, Dr. N. Govindarajulu, Dr. Rakesh Gupta, Friends Publication (India), New Delhi -110002
- *IAAF Competition Rules (Latest Version)*, International Association of Athletics Federations, MC 98007, MONAC Cedex.
- *Teaching Athletics*, Dr. O.P. Gahlawat, Friends Publication (India), New Delhi, 110002.
- *Games and Sports, Athletic Track & Court Marking Handbook*, Rajesh Agola, www.physicalliteracykurnool.com
- *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
- *Handbook of Physical Education And Sports*, J. Krishna Murti, Commonwealth Publishers, Ansari Road, Dariya Ganj, New Delhi- 110002



Physical Education SEMESTER - IV

Course Type – MINOR -4

Course Code: A/PHE/402/MN/4

Course Title: Yoga Education, Yogasana and Pranayama

Total Marks = 50 {Theory Marks: 25: Practical Marks: 15 Internal Assessment: 10}**Contact Hours per week: 6 (4 Credits) Examination Duration- 1:15 Hours**

COURSE OUTCOMES-

- 1) They will recognize the benefits and necessity of yoga in the modern era, both for physical and mental well-being.
- 2) They will comprehend the concept of Astanga Yoga, including its eight limbs: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.
- 3) Students will grasp the meaning, definitions, and etymology of Pranayama and Kriya, as well as their effects on various systems of the human body.
- 4) Students will understand the concept of Mudra and become familiar with various types of Mudras.
- 5) Students will demonstrate proficiency in performing yoga asanas from standing, sitting, and supine positions.
- 6) Students will master various pranayama techniques to regulate their breath and energy and They will experience increased mental alertness and concentration through pranayama.
- 7) Mudra practice will promote physical, mental, and emotional well-being.
- 8) Students will experience increased relaxation and tranquility through mudra practice.

THEORY PART: (Total Marks -25)

UNIT-I: INTRODUCTION

- 1.1 Meaning, Definitions and Aim of Yoga, Concepts and Mis-concepts of Yoga
- 1.2 Benefit and necessity of Yoga in Modern era
- 1.3 Preparation for Yoga Practice – Place, Time, Food, Dress, Contraindications.
- 1.4 Concept of Astanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna. Dhayana, Samadhi)

UNIT-II: PRANAYAMA

- 2.1 Meaning and Definition of Pranayama; Breathing Technique – Puraka - Kumbhaka Rechaka.
- 2.2 Types of Pranayama – Anulom Vilom, Bhramri, Bhastrika, Nadi Shodan, Shitali, Sheetkari, Ujjayi, Kapalbhatai (Kriya Pranayama)
- 2.3 Benefits for regular Practice of pranayama. Side effects of distorted Pranayama practices.
- 2.4 Pranayama in prevention and cure of Diseases. (Sedentary diseases). Pranayama for Depression and bad mental health.

**UNIT-III: ASANA, MEDITATION AND MUDRA**

- 3.1 Meaning and definition of Asana- Types of Asana - Sitting, Standing, Prone and Supine position.
- 3.2 Meaning and definition of Meditation, Benefits of Meditation in Daily life. Spiritual meditation, Progressive relaxation, Movement meditation.
- 3.3 Meditation as remedy of ADHD (Attention-deficit hyperactivity disorder).
- 3.4 Concept of Mudra, Type of Mudra - Gyan Mudra, Dhyana Mudra, Pran Mudra, Maha mudra, Khechari Mudra

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

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

- 1.1 ArdhaChandrasana
- 1.2 ArdhaChakrasana
- 1.3 Padahasthasana
- 1.4 Brikshasana

3. Supine Position:

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

5. Inverted Position

- 5.1 Sarvangasana
- 5.2 Shirsasana
- 5.3. Bhagrasana
- 5.4 Kopotasana

2. Sitting Position:

- 2.1 Paschimothanasana
- 2.2 Gomukhasana
- 2.3 Padmasana
- 2.4 Supta Vajrasana

4. Prone Position

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

UNIT- II: PRANAYAMA

Pranayama – Anulom Vilom Kapalbhati (Kriya Pranayama), Bhamri, Bhastrika

UNIT- III: MEDITATION & MUDRA

Meditation: Mantra Meditation, Focused Meditation, Guided Meditation, Spiritual Meditation
Visualization Meditation

Mudra: Gyan Mudra, Dhyana Mudra, Pran Mudra, Maha Mudra, Khechari Mudra

**QUESTION PATTERN**

| END SEMESTER EXAMINATION Descriptive Type | | | Internal Marks | Prac. Marks | Total Marks |
|--|-------------------|-------------------|-------------------|----------------|----------------|
| 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 | 10 | 15 |
| 01X5 = 05 | 05X2 = 10 | 10X1 = 10 | | | |

For External Examination Purpose Only:

Unit I - Any One Yogasana from each Position: (Marks - 2) x 5 = 10 Marks

Unit II - Any One Pranayama = 2 Marks

Unit III - Any One Meditation and Any One Mudra: (Marks – 1.5+1.5) = 3 Marks

From Unit -I, Unit -II & Unit – III each one activity should be selected by his/her best choice by Examinee.

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).

SUGGESTED READINGS:

- Goyanka, Harikrishandass : *Yoga Darshan*, Geeta Press, Gorakhpur (Samvat 2061).
- Karel Werner: *Yoga and Indian Philosophy*, Motilal Banarasidas.,1975
- Swami Vivekananda: *Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga*, (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- Gore M. M. Geeta Press, Gorakhpur: *Anatomy and Physiology of Yogic Practices*,
- Bhogal, R. S Bihar Yoga Publication Trust, 2006, Munger: *Yoga and Modern Psychology*
- Basavaraddi, : *A Monograph on Pranayama*, MDNIY, New Delhi, 2016
- Iyengar, B. K. S :*Light on Yoga*,Harper Collins Publisher, New Delhi, 2005
- Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.