



# **New Curriculum and Credit Framework**

## **NEP (2020) SYLLABUS**

**FOR**  
**FOUR YEARS UNDER-GRADUATE COURSE**  
**IN**

**PHYSICAL EDUCATION (MINOR)**

*(w.e.f. 2023)*

**5<sup>th</sup> and 6<sup>th</sup> 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
SEM	DSC	DSE								
<b>I</b>	1X4=4	-	1X4=4	1X3=3	1X2=2	1X3=3	1X4=4	-	-	20/6
<b>II</b>	1X4=4	-	1X4=4	1X3=3	1X2=2	1X3=3	1X4=4	-	-	20/6
<b>CERTIFICATE Course</b>	Credit -8		Credit -8	Credit -6	Credit -4	Credit -6	Credit -8	Additional (4 Credit)	-	<b>40</b>
<b>III</b>	2X4=8	-	1X4=4	1X3=3	1X2=2	1X3=3	-	-	-	20/6
<b>IV</b>	4X4=16	-	1X4=4	-	1X2=2	-	-	-	-	22/6
<b>DIPLOMA Course</b>	Credit -32		Credit -16	Credit -9	Credit -8	Credit -9	Credit -8	Additional (4 Credit)	-	<b>82</b>
<b>V</b>	4X4=16		1X4=4	-	-	-	-	-	-	22/6
<b>VI</b>	4X4=16		1X4=4	-	-	-	-	-	-	20/5
<b>DEGREE Course</b>	Credit -64		Credit -24	Credit -9	Credit -8	Credit -9	Credit -8	Credit -2	-	<b>124</b>
<b>VII</b>	4X4=16		1X4=4	-	-	-	-	-	-	20/5
<b>VIII</b>	4X4=16*		1X4=4	-	-	-	-	-	12*	20/5
<b>HONS Course</b>	Credit -96		Credit -32	Credit -9	Credit -8	Credit -9	Credit -8	Credit -2	-	<b>164</b>
<b>HONS Course</b>	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: 5<sup>th</sup> 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-9	Any Major Course	Major	4					
A/****/ 301/ MJC-10	Any Major Course	Major	4					
A/****/ 301/ MJC-11	Any Major Course	Major	4					
A/****/ 301/ MJC-12	Any Major Course	Major	4					
A/PHE/ 302/ MN-5	Inclusive Physical Education, Test, Measurement and Evaluation and Ground making <u>(Not for Major Students of Phy. Edu &amp; Sports)</u>	Minor	4	10	15	25	50	3-0-2
SEMESTER			TOTAL :	20				

**B.A Four Years UG Course: 6<sup>TH</sup> 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-13	Any Major Course	Major	4					
A/****/401/ MJC-14	Any Major Course	Major	4					
A/****/401/ MJC-15	Any Major Course	Major	4					
A/****/401/ MJC-16	Any Major Course	Major	4					
A/PHE/402/ MN-6	Computer Application in Physical Education <u>(Not for Major Students of Phy. Edu &amp; Sports)</u>	Minor	4	10	15	25	50	3-0-2
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 -V

Course Type – MINOR -5

Course Code: A/PHE/501/MN-5

**Course Title: INCLUSIVE PHYSICAL EDUCATION, TEST, MEASUREMENT AND EVALUATION AND GROUND MAKING**

**Total Marks = 50 {Theory Marks: 25: Practical Marks: 15 Internal Assessment: 10}**

**Contact Hours per week: 5 (3+1 Credits) Examination Duration- 1:15 Hours**

#### **COURSE OUTCOMES-**

- *Understand the value and importance of Inclusive Physical Education*
- *The knowledge would enable the students to understand the activity requirements of various levels of physically challenged persons.*
- *The knowledge would thus enable the students to prepare and organize worthwhile activity programs for various levels of physically challenged persons.*
- *Illustrate valid and reliable tests that measure various components of physical fitness and sport.*
- *Create appropriate assessments for formative and summative evaluation of student/athlete achievement.*
- *Demonstrate thorough planning for test administration to ensure the collection of valid data in physical education and sport.*

### **THEORY PART: (Total Marks - 25)**

#### **UNIT - I INTRODUCTION**

- 1.1 Introduction to Inclusive Physical Education
- 1.2 Meaning and Definition of Inclusive Physical Education
- 1.3 Aims, Goals and Objectives of Inclusive Physical Education
- 1.4 Need and Importance of Inclusive Physical Education

#### **UNIT – II TEST, MEASUREMENT & EVALUATION**

- 2.1 Meaning, Definition and importance of Test, Measurement and Evaluation in Physical Education, Relationship among Test, Measurement and Evaluation
- 2.2 Type of Tests- Standard test and Teacher made test, Subjective test and Objective test
- 2.3 Criteria for selecting tests: Scientific authenticity (Reliability, Validity, Objectivity and Norms) and administrative feasibility
- 2.4 Principles of Evaluation.

#### **UNIT -III PHYSICAL TEST AND MOTOR FITNESS TEST**

- 3.1 AAHPER Youth Physical Fitness Test.
- 3.2 Harvard Step Test.
- 3.3 Indiana Motor Fitness Test
- 3.4 Newton Motor Ability Test



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

1. Marking of Track (400m and 200m)
2. Marking of Throwing sectors (Discus, Javelin and Shotput)
3. Marking of Jumping sectors (Long and High Jump)

**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	50
01X5 = 05	05X2 = 10	10X1 = 10				

**For External Examination Purpose Only:**

1. Any one Track Marking - 5, Any one Throwing Sector Marking – 5, Any one Jumping Sector Marking -5 will be selected as per the student's own choice

**Guideline for Record Book – Content of Record Book--Explain details of procedure for any Three Ground markings which the students choose for their Practical Exam**

**SUGGESTED READINGS:**

1. H.H. Clark & "Development and Adapted Physical Education" Englewood, Prentice Hall 1964.
2. D.H. Clark, A.S. Daniels "Adapted physical Education" New York Harpers & Brothers 1972.
3. G.T. Stafford, "Prevention & Corrective Physical Education" 4.J.L. Rathoone, "Corrective Physical Education" Philadelphia W.B. Saunders Co. 1968.
4. V.V. Hunt, "Recreation for the Handicapped" Prentice Hall inc., 1974
5. B.J. Cratty, Adapted Physical Education in the main stream love Publishing Company, Denver Colorado 80222. 1989
6. Yobu, A, Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications.
7. John Wiley and Sons, Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc.
8. Kansal, D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.
9. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.
10. Barry L.Johnson, Jack K.Nelson and Measurements for Evaluation in physical education the surjeet Publications
11. Tritschler K. Barrow & McGee's (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.
12. Mishra Sharad Chandra (2005).Tests And Measurement in physical education. Sports. Delhi
13. Sharma JP (2006). Test and measurements in physical education. Khel sahitya. Delh



## Physical Education

### SEMESTER – VI

Course Type – MINOR -6

Course Code: A/PHE/601/MN-6

**Course Title: COMPUTER APPLICATION IN PHYSICAL EDUCATION****Total Marks = 50 {Theory Marks: 25: Practical Marks: 15 Internal Assessment: 10}****Contact Hours per week: 5 (4 Credits) Examination Duration- 1:15 Hours****COURSE OUTCOMES-**

- *Understand the Fundamentals of Computers and ICT and Utilize Application Software in Physical Education and Sports*
- *Implement Technology in Training Program Design as well as Analyze and Interpret Data Using Computer Applications*
- *Apply basic computer operations and software for data management, documentation, and reporting in sports and fitness contexts.*
- *Utilize video analysis and motion analysis software to evaluate sports techniques and enhance athlete performance.*
- *Analyze and interpret performance data using statistical tools and basic data visualization techniques to support decision-making in sports training and physical education*

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

- 1.1 Define computer. Brief history of the computer and its evolution
- 1.2 Different accessories of computer and their uses
- 1.3 Different uses of computers in daily life
- 1.4 Importance of computers in modern-day scenario

**UNIT – II CONCEPTS OF COMPUTER APPLICATIONS**

- 2.1 Concept of Hardware, Software, Operating System and Anti-Virus
- 2.2 Different functions of Keyboard keys – Ctrl, Shift, Caps Lock, Enter, Delete, Backspace, Arrow key, Esc key
- 2.3 Function of Mouse: Right Click, Left Click, Single Click, Double Click, Scrolling
- 2.4 Internet and its uses and importance in the present day

**UNIT -III MS OFFICE**

- 3.1 MS word- concept and use, creating, saving, editing a page, inserting documents like: table and pictures, use of margins, use of ruler, different alignments and its uses
- 3.2 MS excel – Concept and use, creating, saving, editing an excel sheet, inserting documents like: table and using mathematical formulas, making charts and calculations
- 3.3 MS PowerPoint-Concept and use, creating, saving, editing a slide, inserting documents like: table, pictures, videos and charts, use of custom animation, designing and layout of slides
- 3.4 MS Outlook-Concept and use, compose and send emails, email with attachment with signature, organizing your inbox, calendar and scheduling, create manage appointments and meetings



**PRACTICAL PART: (Total Marks - 15)****UNIT – I: MS OFFICE****1. MS Word**

- 1.1 Creating, saving and opening a document
- 1.2 Formatting, page setup, paragraph alignment, spelling and grammar check, printing option, inserting: page number, graph, footnote and notes.
- 1.3 Drawing table, inserting row and column, deleting row and column
- 1.4 Draw and insert image, Set up image

**2. MS Excel**

- 2.1 Inserting data into Excel sheet
- 2.2 Creating, saving and opening worksheet
- 2.3 Preparing bar Diagrams
- 2.4 Format and editing features adjusting columns width and row height understanding charts.

**3. MS Power Point**

- 3.1 Creating, saving and opening a ppt. file
- 3.2 Format and editing features: design, inserting slide number, picture, graph and table.
- 3.3 Stating slide show, Animations in the slides show
- 3.4 Preparation of Power Point presentations

**UNIT – II: INFORMATION TECHNOLOGY**

- 2.1 Use different Browser (Chrome, Firefox), Web Browsing, Search Academic Information, Download images/ File, Save files from the web
- 2.2 Set Up Internet Connection through (Wi-Fi, Ethernet, Mobile data).
- 2.3 Create a new email account, Composing, sending, replying and attaching files to emails,
- 2.4 Learn to manage the Privacy and Security of Internet and Social Media, Prepare a sample online project

**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	50
01X5 = 05	05X2 = 10	10X1 = 10				

**For External Examination Purpose Only:**

1. Any Two Items from Unit -I among which one item selected of his/her best choice by the Examinee and one item suggested by the External Examiner= 5 Marks
2. Any Two Items from Unit -II among which one item selected of his/her best choice by the Examinee and one item suggested by the External Examiner= 5 Marks
3. Digital Project – 5 Marks





### **SUGGESTED READINGS:**

1. Sinha, P. K. & Sinha, P. (n.d.). *Computer fundamentals. 4th edition, BPB Publication.*
2. Milke, M.(2007). *Absolute beginner's guide to computer basics. Pearson Education Asia.*
3. Haggery, T., *The Administrative use of computers in professional Sport Organization, New York.*
4. Kadu, Ravindra Mahadeorao, (2016), *Computer Applications in Physical Education, Sports Publications, ISBN13:9788178799827*
5. Chavan, Uday, (2016), *Computer Applications in Physical Education, Khel Sahitya Kendra Publisher, New Delhi*
6. Kumar, Sandeep (2019) *Computer Applications in Physical Education, Sports Publication; First edition, ASIN: B07S81YD55*
7. Dr. J.K. Thakur, *Statistics and Computer Application in Physical Education, Sports Publications(2014)*
8. Carlo Dindorf, Eva Bartaguiz, Freya Gassmann, Michael Fröhlich, ***Artificial Intelligence in Sports, Movement, and Health, Publisher: Springer***