



New Curriculum and Credit Framework

NEP (2020) SYLLABUS

FOR
FOUR YEARS UNDER-GRADUATE COURSE
IN

PHYSICAL EDUCATION (MINOR)

(w.e.f. 2023)

7th 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								
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: 7th 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/****/ 701/ MJC-17	Any Major Course	Major	4					
A/****/ 702/ MJC-18	Any Major Course	Major	4					
A/****/ 703/ MJC-19	Any Major Course	Major	4					
A/****/ 704/ MJC-20	Any Major Course	Major	4					
A/PHE/ 705/ MN-7	Talent Identification in Sports, Sports Nutrition and Major Game <u>(Not for Major Students of Phy. Edu & 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 – VII

Course Type – MINOR -7

Course Code: A/PHE/705/MN-7

Course Title: Talent Identification in Sports, Sports Nutrition and Major Game**Total Marks = 50 {Theory Marks: 25: Practical Marks: 15, Internal Assessment: 10}**

Contact Hours per week: 5 (3+1 =4 Credits)

Examination Duration- 1:15 Hours

COURSE OUTCOMES-

1. Understand the concept and importance of talent identification in sports.
2. Explain methods and models of talent identification.
3. Conduct and apply talent identification tests and measurements.
4. Analyze factors influencing sports talent.
5. Explain basic concepts of nutrition and nutrients.
6. Analyse the dietary needs of athletes and physically active individuals.
7. Prepare simple balanced diet plans for sports persons.
8. Identify nutritional deficiency diseases and preventive measures.
9. To learn the basic skills related to the different ball games and also the racket games.
10. Improvement of physical attributes along with the mental capacity of an individual leading towards the ultimate goal of overall development.
11. To enhance the neuro-muscular coordination along with other physical factors.
12. To learn about the rules and regulation of different ball and racket games.

THEORY PART: (Total Marks - 25)**UNIT - I INTRODUCTION TO TALENT IDENTIFICATION IN SPORTS**

- 1.1 Meaning, definition, aim, Objectives and Importance of Talent Identification in Sports,
- 1.2 Factors influencing Sports talent - Physical, Physiological, Psychological factors, Genetic and environmental factors
- 1.3 Difference between Talent Identification, Talent Selection and Talent manifestation
- 1.4 Role of Schools, Colleges, Universities and sports organizations in identifying talent in sports

UNIT – II METHODS AND TESTS AND CHALLENGES FOR TALENT IDENTIFICATION

- 2.1 Scientific approaches to talent identification. Anthropometric measurements (height, arm span, leg length, etc.)
- 2.2 Physical fitness tests for identifying talent: Physical Fitness-Based and Skill-Based Testing Methods
- 2.3 Use of sports science and technology (AI, Data Analytics, Digital assessment) in talent identification
- 2.4 Problems and challenges in talent identification, Strategies for improving talent identification systems

UNIT -III FUNDAMENTALS OF NUTRITION

- 3.1 Concept and definition of nutrition, Classification of nutrients
- 3.2 Importance of nutrition in sports performance
- 3.3 Macronutrients and micronutrients, Food groups and nutrients
- 3.4 Functions of carbohydrates, proteins and fats, vitamins and minerals, water and electrolyte balance, fibre and phytonutrients.

UNIT - IV SPORTS NUTRITION AND DIET PLANNING FOR ATHLETES

- 3.1 Importance of nutrition in sports, diet before, during and after competition
- 3.2 Ergogenic aids and supplements, concept and principle of balanced diet, components of balanced diet
- 3.3 Steps of energy supply from different type of nutrients carbohydrate fat and protein in sports
- 3.4 Hydration and dehydration in sports, food safety and hygiene, protein supplements and energy drinks

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

BALL GAME AND RACKET SPORTS (ANY ONE)**FOOTBALL**

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

VOLLEYBALL

1. Service: Under arm service, Over Head service, Side arm service, Floating service
2. Pass: Under Arm Pass and Over Head Pass
3. Spiking and Blocking, Rotation and Movement of Libero
4. Game practice with practical knowledge of rules and regulations

CRICKET

1. Batting skill: The grip, The stance, the back lift, front foot defence, Front foot drive (off and on drive), Back foot defence, Back foot drive (off and on drive), Pull shot, Square Cut
2. Bowling skills: Grip, Approach Run, Delivery Style and Follow Through, Out-swing, In-swing, Leg spin, Off spin
3. Fielding and catching: collection of ball, throwing, defensive and offensive fielding, different types of catching
4. Game practice with application of Rules and Regulations;

BADMINTON

1. Racket parts, Racket grips, Shuttle grip
2. Service: Short service, Long service, Long high service
3. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Smash.
4. Game practice with practical knowledge of rules and regulations.

INDIAN GAME AND GYMNASTICS (ANY ONE)

KABADDI

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. Holding Skills: Wrist, Hand and Waist Catch. Techniques of various chain formation.
3. Additional Skills in Raiding: Escaping Techniques from various holds, techniques of escaping from various chain formations.
4. Game practice with Practical Knowledge of rules and regulations.

KHO- KHO

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 dive, Trapping, Hammering, Rectification of foul
2. Skills in Running: Chain play, Ring play, Ring play and chain & ring mixed play
3. Game Practice with practical knowledge of rules and regulations

GYMNASTICS

1. Roll in Acro Skill: Forward Roll, Backwards Roll, Sideways Roll, Dive Roll, Hand Stand Followed by Roll
2. Static Pose in Gymnastics: T- Balance, Frog Balance, Forward Split, Arching/ Bridge, Headstand
3. Basic Acro Skill: Round Off, Cartwheel, Front Walkover, Hand Spring, Head Spring, Neck Spring, Somersault

QUESTION PATTERN

END SEMESTER EXAMINATION				Internal Marks	Prac. Marks	Total Marks
Descriptive Type						
NUMBER OF QUESTIONS 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				

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:

1. *Talent Identification and Development*, Author: Dr. Ajmer Singh, Publisher: Kalyani Publishers
2. *Talent Identification in Sports*, Author: Dr. B. P. Singh, Publisher: Friends Publications (India)
3. *Identification and Development of Sports Talent*, Author: Dr. P. K. Nayak, Publisher: Khel Sahitya Kendra
4. *Sports Talent Identification*, Author: Dr. V. K. Sharma, Publisher: Friends Publications (India)
5. *Benardot, D. Advanced Sports Nutrition. Human Kinetics.*
6. *Burke, L., & Deakin, V. Clinical Sports Nutrition. McGraw-Hill.*
7. *Maughan, R., & Burke, L. Sports Nutrition. Wiley-Blackwell.*
8. *Mudambi, S., & Rajagopal, M. V. Fundamentals of Foods and Nutrition. New Age International.*
9. *Srilakshmi, B. Nutrition Science. New Age International.*
10. *Dietary Guidelines for Indians. National Institute of Nutrition.*
11. *Indian Food Composition Tables. National Institute of Nutrition*