



**Syllabus Module**

**Department of Physical Education**

**Session 2018-19**

**Khatra Adibasi Mahavidyalaya**

<b>Pattern</b>	<b>Paper</b>	<b>Units</b>	<b>Teachers</b>
<u>Part - III GEN</u>	<b>Fourth Paper</b>	<b><u>Therapeutic Aspects of Physical Activities</u></b>  1. Exercise Therapy – Corrective, Isotonic, Isometric, resistance exercises, Yogasanas as a therapy, Massage therapy.  2. Physiotherapy (Electrotherapy, Cryotherapy, Thermo therapy) – basic Principle.	M.M
		3. Basic principles of rehabilitation – modalities, relaxation techniques. 4. Recreation for different age groups and its therapeutic values.	K.M
		<b>GROUP - B</b>  <b>Physical Activities and Life Style</b>  1. Health and fitness – active life style, modern concepts. .2. Physical activity for	M.M

		<p>childhood and adolescence – growth and development.</p> <p>3. Physical activity for aged and disabled persons.</p>	
	<b>Fourth Paper</b>	<p><b>GROUP – C</b></p> <p>Specific development exercises for: Neck, arm, trunk (lateral, dorsal, abdominal), knee and ankle, with and without apparatus.</p>	K.M
	<b>Fourth Paper</b>	<p><b>GROUP – D PRACTICAL</b></p> <p>1. The following items will be evaluated by external examiner on the basis of record books and in consultation with concerned teacher/officer, if necessary.</p> <p>1. a) Participation in Physical Education Programme</p> <p>2. b) Visit to at least one standard tournament.</p> <p>2. Officiating: -</p> <p>1. a) Athletics – Running, Jumping,</p>	M.M+ K. M+T.R

		<p>throwing.</p> <p>2. b) Indian Games: Kabaddi, Kho-Kho.</p> <p>3. c) Ball Games: Football, Cricket, Volley-ball, Badminton</p> <p>(Examination on one item in each group)</p> <p>4. d) Yogasana</p>	
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## Syllabus Module

Department of Physical Education

Session 2018-19

Bankura University (UG Programme)

Semester-I			
Course Code	Course Title	Course Topic	Teachers
UG/PEDG/101/C-1A	FOUNDATION AND HISTORY OF PHYSICAL EDUCATION	<b>UNIT-I: INTRODUCTION</b>  1. 1.1 Definition, Meaning and Scope of Physical Education. 2. 1.2 Aim and Objectives of Physical Education. 3. 1.3 Misconception about Physical Education and Modern concept of Physical Education. 4. 1.4 Need and Importance of Physical Education in Present days.	M.M
		<b>UNIT-II: BIOLOGICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATION</b>  2.1 Biological Foundation-Meaning and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development.  2.2 Meaning of Body types, Classification of Sheldon's Body types, Age and Sex	K.M

		<p>differences in relation to physical activities.</p> <p>2.3 Psychological Foundation- Concept of learning, Learning Curve, Laws of learning.</p> <p>2.4 Sociological Foundation- Concept of socialization, Socialization in Physical Education and Sports, Role of Games and Sports in National and International Integration.</p>	
		<p><b>UNIT-III: HISTORICAL FOUNDATION</b></p> <p>3.1 Historical Development of Physical Education Sports in India after Independence.</p> <p>3.2 Olympic Movement in India.</p> <p>3.3 Ancient Olympic Games.</p> <p>3.4 Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath and Olympic Village.</p>	M.M
UG/PEDG/101/C-1A	FOUNDATION AND HISTORY OF PHYSICAL EDUCATION	<p><b>PRACTICAL:</b></p> <p>Learn and demonstrate the step of Suryanamaskar.</p> <p>Aerobics and Calisthenics exercises</p> <p>Marching- Fall in attention, Stand at ease, Stand easy, Eyes right, Eyes front, Right Turn, Left Turn,</p> <p>About Turn, Mark Time</p>	<b>M.M+K.M</b>

		Mark, Forward March.	
UG/PEDG/201/C-1B	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS	<b>UNIT-I: INTRODUCTION</b>  1. Meaning and Definition of Anatomy & Physiology. 2. Definition and Meaning of Cell, Tissue, Organ and System. 3. Need for knowledge of Anatomy and Physiology in the field of Physical Education.	M.M
		<b>UNIT-II: SKELETAL SYSTEM AND MUSCULAR SYSTEM</b>  1. Meaning and definition of Skeletal System and Muscular System 2. Types of bones, name of the major bones the human body. 3. Types of joint, Fundamental movements and movement around Ankle, Knee, Hip, Shoulder, Wrist. 4. Definition of muscle, its types, Structure and function of muscle. 5. Types of Muscular contraction and concept of All or none law. 6. Postural Deformities and their Remedies.	T. R
UG/PEDG/201/C-1B	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND	1. Meaning of Respiration and Blood Circulation. 2. Different organs associated with Respiration and Mechanism of Respiration.	K.M

	SPORTS	<p>3. Concept of Oxygen debt, Second wind, Vital capacity and Pulmonary ventilation, VO<sub>2</sub> Max</p> <p>4. Heart, structure and function of heart, Mechanism of Blood Circulation.</p> <p>5. Blood, function of Blood and its compositions.</p> <p>6. Concept of Stroke Volume, Cardiac Output, Blood Pressure, Blood Group and Coagulation of Blood.</p>	
		<p><b>UNIT- IV: NERVOUS SYSTEM AND ENDOCRINE SYSTEM</b></p> <p>1. Definition and Meaning of Nervous System and Endocrine System</p> <p>2. Brain, Spinal cord and their function</p> <p>3. Concept of Reflex action, Reciprocal Innervations and Inhibition</p> <p>4. Type of Endocrine Glands and their functions -Pituitary, Thyroid, and Adrenal Gland</p>	T. R
		<p><b>T- V: PHYSIOLOGY OF EXERCISE AND SPORTS</b></p> <p>1. Definition of Physiology and Physiology of Exercise and Sports</p> <p>2. Effects of Exercise (immediate effects) on Muscular System.</p> <p>3. Effects of Exercise (immediate effects) on Respiratory System.</p> <p>4. Effects of Exercise (immediate effects) on Circulatory System.</p>	T. R

		<ol style="list-style-type: none"> <li>1. Measurement of Blood Pressure</li> <li>2. Measurement of Vital Capacity</li> <li>3. Measurement of Heart Rate</li> <li>4. Measurement of Physical Efficiency Index (PEI)</li> <li>5. Measurement of Limb Length</li> </ol>	M.M+K.M+T. R
<b>SEMESTER - III</b>			
UG/PEDG/301/C-1C	Track & Field and its Rules Regulations	<b>UNIT-I: TRACK MARKING</b> <ol style="list-style-type: none"> <li>1. Lay out of Complete Track and Field arena.</li> <li>2. Lay out and Marking of 400 Mt Standard Track.</li> <li>3. Lay out and Marking of 200 Mt Track.</li> <li>4. Calculation of Stagger Distance.</li> </ol>	M.M
		<b>UNIT-II: FIELD MARKING</b> <ol style="list-style-type: none"> <li>1. Lay out and Marking of Throwing Sector: Shot Put, Discus Throw, Javelin Throw.</li> <li>2. Lay out and Marking of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump</li> </ol>	M.M
		<b>UNIT-III: RULES REGULATION OF TRACK AND FIELD</b> <ol style="list-style-type: none"> <li>1. List of Track and Field Events with their Specifications.</li> </ol>	T. R



		<p>2. Rules Regulation regarding Start, Finish, Hurdles Race and Relay Race</p> <p>3. Rules Regulation regarding Jumping Event: Long Jump, High Jump, Triple Jump</p> <p>4. Rules Regulation Regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw</p>	
		<p><b>UNIT-IV: ORGANIZATIONAL PART OF TRACK AND FIELD</b></p> <p>1. List of Officials and Their Responsibility</p> <p>2. Step to be followed to organize Institutional Annual Athletic Meet.</p>	M.M
		<p><b>1.1 TRACK EVENTS:</b></p> <p>1.1.1 Starting Technique: Standing Start, Crouch Start and its Variations. Use of Block.</p> <p>1.1.2 Acceleration with Proper Running Techniques, Special emphasis on Arm Action, Knee Action and stride length.</p> <p>1.1.3 Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.</p>	M.M+K.M+T. R
		<p><b>1.2 FIELD EVENTS:</b></p> <p>1. 1.2.1 Long Jump:</p>	M.M+K.M+T. R

		<p>Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.</p> <p>2. 1.2.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.</p> <p>1.2.3. Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (O' Brien Technique)</p> <p>1.2.4 Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery. 1.2.5 Javelin Throw: Grip, Carry, Release and Recovery.</p>	
UG/PEDG/304/SEC-1	Yogasana and Gymnastics	<p><b>Unit- I: YOGASANA</b></p> <p><b>1. <i>Standing Position:</i></b></p> <p>1. <b>1.1</b> Ardachandrasana  2. 1.2 ArdhaChakrasana  3. 1.3 Padahastasana  4. 1.4 Brikshasana  5. 1.5 Natarajasana</p>	T. R
UG/PEDG/304/SEC-1	Yogasana and Gymnastics	<p><b>2. <i>Sitting Position:</i></b></p> <p>1. 2.1 Paschimothanasana  2. 2.2 Gomukhasana  3. 2.3 Ustrasana  4. 2.4 Supta Vajrasana  5. 2.5 Vakrasana</p>	T. R

UG/PEDG/304/SEC-1	Yogasana and Gymnastics	<b>3. <i>Supine Position:</i></b>  1. 3.1 Halasana 2. 3.2 Matsyasana 3. 3.3 Setubandhasana 4. 3.4 Naukasana 5. 3.5 Karnapidasana	K.M
UG/PEDG/304/SEC-1	Yogasana and Gymnastics	<b>4. <i>Prone Position</i></b>  1. 4.1 Bhujangasana 2. 4.2 Salavasana 3. 4.3 Dhanurasana 4. 4.4 Bhekasana 5. 4.5 Mayurasana	M.M+K.M
UG/PEDG/304/SEC-1	Yogasana and Gymnastics	<b>5. <i>Inverted Position</i></b>  1. 5.1 Sarbhangasana 2. 5.2 Shirsasana  5.3. Bhagrasana  1. 5.4 Bakasana 2. 5.5 Kopotasana	M.M
UG/PEDG/304/SEC-1	Yogasana and Gymnastics	<b>Unit- II: GYMNASTICS</b>  <b>1. <i>Roll in Acro Skill</i></b>  1. 1.1 Forward Roll 2. 1.2 Backward Roll 3. 1.3 Dive Roll 4. 1.4 Hand Stand Followed by Roll  <b>2. <i>Static Pose in Gymnastics</i></b>	M.M+K.M

		5. 2.1 T- Balance 6. 2.2 Frog Balance 7. 2.3 Forward Split 8. 2.4 Arching/ Bridge  <b>3. Basic Acro Skill</b>  9. 3.1 Round Off 10. 3.2 Cart-wheel 11. 3.3 Front Walkover 12. 3.4 Hand Spring 13. 3.5 Head Spring 14. 3.6 Neck Spring 15. 3.7 Somersault 16.	
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Semester – IV			
Course Code	Course Title	Course Topic	Teacher

UG/PEDG/401/C-1D	Health Education & Complete Wellness	<p><b>UNIT I : INTRODUCTION</b></p> <p>1.1 Meaning and Definition of Health &amp; Health Education</p> <p>1.2 Aims , Objectives &amp; Principles of Health Education</p> <p>1.3 Need &amp; Importance of Health Education , Factors influencing Health</p> <p>1.4 Health Agencies : World Health Organisation (WHO)</p> <p>United Nation Educational Scientific &amp; Cultural Organisation (UNESCO)</p> <p>Integrated Child Development Services (ICDS)</p> <p>Ministry of Health &amp; Family Welfare (MHFW)</p>	M.M
UG/PEDG/401/C-1D	Health Education & Complete Wellness	<p><b>UNIT II : DIETETICS &amp; NUTRITION</b></p> <p>2.1 Meaning &amp; Definition of Nutrition &amp; Food</p> <p>2.2 Basic Nutrients: Protein, Carbohydrate, Fat, Mineral, Water &amp; Vitamin.</p> <p>2.3 Balance Diet, Factors affecting Diet, Athletic Diet.</p> <p>2.4 Mid-Day Meal Malnutrition</p>	K.M

UG/PEDG/401/C-1D	Health Education & Complete Wellness	<b>UNIT III: WELLNESS &amp; HYGIENE</b>  3.1 Meaning, Definition & Modern Concept of Wellness 3.2 Hygienic living – Care of Skin, Eyes, Hair, Nose, Teeth. 3.3 Causes, symptoms, prevention & control of communicable diseases : Malaria & Dengue 3.4 Healthy Environment in the Educational Institutions, Playground & Auditorium.	M.M
UG/PEDG/401/C-1D	Health Education & Complete Wellness	1. Measurement of Body Mass Index  2. Measurement of Body Fat  3. Record Book	T. R
UG/PEDG/404/SEC-2	Ball Game and Racket Game	<b>FOOT BALL</b>	M.M
UG/PEDG/404/SEC-2	Ball Game and Racket Game	<b>HAND BALL</b>  1. 1.2.1 Griping/Catching/Receiving Technique/ Ball Control 2. 1.2.2 Passing Techniques: Shoulder Pass, Chest Pass, Under Hand Pass, Over Head Pass, Bounce Pass, Reverse Pass.  3. 1.2.3 Goal shooting: Side shot, Jump shot, Bounce shot, Dive shot, Reverse shot.	T. R

		<ol style="list-style-type: none"> <li>4. 1.2.4 Dribbling : High and Low.</li> <li>5. 1.2.5 Blocking and Goal keeping.</li> <li>6. 1.2.6 Game practice with application of ruler and regulation</li> </ol>	
UG/PEDG/404/SEC-2	Ball Game and Racket Game	<p><b>VOLLEY BALL</b></p> <ol style="list-style-type: none"> <li>1. 1.3.1. Service: Under arm service, Side arm service, Tennis service, Floating service</li> <li>2. 1.3.2. Pass: Under Arm Pass, Over Head Pass</li> </ol> <ol style="list-style-type: none"> <li>1. 1.3.3 Spiking and Blocking</li> <li>2. 1.3.4 Game practice with application of rules and regulations.</li> </ol>	T. R+ M.M
UG/PEDG/404/SEC-2	Ball Game and Racket Game	<p><b>NET BALL</b></p> <p>Catching: One handed, Two handed with feet grounded and flight.</p> <p>Throwing (Different passes and their uses): <b>One hand passes</b> - Shoulder pass, High shoulder pass, Under arm pass, Bounce pass, Lob pass, <b>Two hand Passes</b> – Push pass , Overhead pass and Bounce pass.</p> <p>Foot work: Landing on one foot, Landing on two feet, Pivot, Running pass.</p> <p>Shooting : One hand Shot, Forward step shot, and Backward step shot.</p> <p>Techniques of free dodge and</p>	K.M

		<p>sprint, Sudden sprint, Sprint and Stop, Sprinting with change at speed.</p> <p>Defending: Marking the player, Marking the ball, Blocking inside the circle, Blocking outside the circle, Defending the circle edge against the passing.</p> <p>Intercepting: Pass and Shot</p> <p>Game practice with application of rules and regulations</p>	
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M.M- MONOJIT MONDAL

K.M-KOUSIK MALLICK

T.R-TITHI ROY