



Syllabus Module

Department of Physical Education

Session 2020-21

Khatra Adibasi Mahavidyalaya

Semester-I			
Course Code	Course Title	Course Topic	Teachers
UG/PEDG/101/C-1A	FOUNDATION AND HISTORY OF PHYSICAL EDUCATION	UNIT-I: INTRODUCTION 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.	MM
UG/PEDG/101/C-1A	FOUNDATION AND HISTORY OF PHYSICAL EDUCATION	UNIT-II: BIOLOGICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATION 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 differences in relation to physical activities. 2.3 Psychological Foundation-Concept of learning, Learning Curve, Laws of learning. 2.4 Sociological Foundation-	TR

Total Number of Lectures: 80

		<p>Concept of socialization, Socialization in Physical Education and Sports, Role of Games and Sports in National and International Integration.</p>	
		<p>UNIT-III: HISTORICAL FOUNDATION</p> <p>3.1 Historical Development of Physical Education Sports in India after Independence. 3.2 Olympic Movement in India. 3.3 Ancient Olympic Games. 3.4 Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath and Olympic Village.</p>	TR
UG/PEDG/101/C-1A	PRACTICAL	<p>(Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)</p>	TR + MM
		<p>Learn and demonstrate the step of Suryanamaskar.</p>	MM
UG/PEDG/101/C-1A	PRACTICAL	<p>Aerobics and Calisthenics exercises</p>	TR
UG/PEDG/101/C-1A	PRACTICAL	<p>Marching- Fall in attention, Stand at ease, Stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward March.</p>	TR + MM

Semester – II			
Course Code	Course Title	Course Topic	Teacher
UG/PEDG/201/C-1B	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS	UNIT-I: INTRODUCTION 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.	MM
UG/PEDG/201/C-1B	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS	UNIT-II: SKELETAL SYSTEM AND MUSCULAR SYSTEM 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.	TR
UG/PEDG/201/C-1B	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS	UNIT-III: RESPIRATORY SYSTEM AND CIRCULATORY SYSTEM 1. Meaning of Respiration and Blood Circulation. 2. Different organs associated with Respiration and Mechanism of Respiration. 3. Concept of Oxygen debt,	MM

		<p>Second wind, Vital capacity and Pulmonary ventilation, VO₂ 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>	
UG/PEDG/201/C-1B	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS	<p>UNIT- IV: <i>NERVOUS SYSTEM AND ENDOCRINE SYSTEM</i></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>	TR
	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS	<p>UNIT- V: <i>PHYSIOLOGY OF EXERCISE AND SPORTS</i></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>	TR
	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS (Practical)	<p>Preparation of Record Book is Compulsory which will be evaluated by Internal Examiner)</p> <p>1. Measurement of Blood</p>	TR + MM

	ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS (Practical)	Pressure 2. Measurement of Vital Capacity 3. Measurement of Heart Rate 4. Measurement of Physical Efficiency Index (PEI) 5. Measurement of Limb Length	
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Total Number of Lectures: 76

Semester - III			
Course Code	Course Title	Course Topic	Teacher
UG/PEDG/301/C-1C	Track & Field and its Rules Regulations	UNIT-I: TRACK MARKING 1. Lay out of Complete Track and Field arena. 2. Lay out and Marking of 400 mt Standard Track. 3. Lay out and Marking of 200 mt Track. 4. Calculation of Stagger Distance.	MM
UG/PEDG/301/C-1C	Track & Field and its Rules Regulations	UNIT-II: FIELD MARKING 1. Lay out and Marking of Throwing Sector: Shot Put, Discus Throw, Javelin Throw. 2. Lay out and Marking of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump	TR
UG/PEDG/301/C-1C	Track & Field and its Rules Regulations	UNIT-III: RULES REGULATION OF TRACK AND FIELD 1. List of Track and Field Events with their Specifications. 2. Rules Regulation regarding Start, Finish, Hurdles Race and Relay Race 3. Rules Regulation regarding Jumping Event: Long Jump, High	TR

		<p>Jump, Triple Jump</p> <p>4. Rules Regulation Regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw</p>	
UG/PEDG/301/C-1C	Track & Field and its Rules Regulations	<p>UNIT-IV: ORGANIZATIONAL PART OF TRACK AND FIELD</p> <p>1. List of Officials and Their Responsibility 2. Step to be followed to organize Institutional Annual Athletic Meet.</p>	MM
UG/PEDG/301/C-1C	Track & Field and its Rules Regulations	<p>Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both</p>	TR + MM
UG/PEDG/301/C-1C	Track & Field and its Rules Regulations	<p>1.1 TRACK EVENTS:</p> <p>1.1.1 Starting Technique: Standing Start, Crouch Start and its Variations. Use of Block. 1.1.2 Acceleration with Proper Running Techniques, Special emphasis on Arm Action, Knee Action and stride length. 1.1.3 Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.</p>	MM
UG/PEDG/301/C-1C	Track & Field and its Rules Regulations	<p>1.2 FIELD EVENTS:</p> <p>1. 1.2.1 Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing. 2. 1.2.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.</p>	TR

		<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>Unit- I: YOGASANA</p> <p>1. Standing Position:</p> <ol style="list-style-type: none"> 1. 1.1 Ardachandrasana 2. 1.2 ArdhaChakrasana 3. 1.3 Padahastasana 4. 1.4 Brikshasana 5. 1.5 Natarajasana 	TR
		<p>2. Sitting Position:</p> <ol style="list-style-type: none"> 1. 2.1 Paschimothanasana 2. 2.2 Gomukhasana 3. 2.3 Ustrasana 4. 2.4 Supta Vajrasana 5. 2.5 Vakrasana 	TR
		<p>3. Supine Position:</p> <ol style="list-style-type: none"> 1. 3.1 Halasana 2. 3.2 Matsyasana 3. 3.3 Setubandhasana 4. 3.4 Naukasana 5. 3.5 Karnapidasana 	MM
		<p>4. Prone Position</p>	MM

		<ol style="list-style-type: none"> 1. 4.1 Bhujangasana 2. 4.2 Salavasana 3. 4.3 Dhanurasana 4. 4.4 Bhekasana 5. 4.5 Mayurasana 	
		<p>5. Inverted Position</p> <ol style="list-style-type: none"> 1. 5.1 Sarbangasana 2. 5.2 Shirsasana 5.3. Bhagrasana 4. 5.4 Bakasana 5. 5.5 Kopotasana 	MM
UG/PEDG/304/SEC-1	Yogasana and Gymnastics	<p>Unit- II: GYMNASTICS</p> <p>1. Roll in Acro Skill</p> <ol style="list-style-type: none"> 1. 1.1 Forward Roll 2. 1.2 Backward Roll 3. 1.3 Dive Roll 4. 1.4 Hand Stand Followed by Roll 	TR
UG/PEDG/304/SEC-1	Yogasana and Gymnastics	<p>2. Static Pose in Gymnastics</p> <ol style="list-style-type: none"> 1. 2.1 T- Balance 2. 2.2 Frog Balance 3. 2.3 Forward Split 4. 2.4 Arching/ Bridge 	TR
UG/PEDG/304/SEC-1	Yogasana and Gymnastics	<p>3. Basic Acro Skill</p> <ol style="list-style-type: none"> 1. 3.1 Round Off 2. 3.2 Cart-wheel 	MM

		<ol style="list-style-type: none">3. 3.3 Front Walkover4. 3.4 Hand Spring5. 3.5 Head Spring6. 3.6 Neck Spring7. 3.7 Somersault	
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Total Number of Lectures: 80

Semester - IV

Course Code	Course Title	Course Topic	Teacher
UG/PEDG/401/C-1D	Health Education & Complete Wellness	<p>UNIT I : INTRODUCTION</p> <p>1.1 Meaning and Definition of Health & Health Education</p> <p>1.2 Aims , Objectives & Principles of Health Education</p> <p>1.3 Need & Importance of Health Education , Factors influencing Health</p> <p>1.4 Health Agencies : World Health Organisation (WHO)</p> <p>United Nation Educational Scientific & Cultural Organisation (UNESCO)</p> <p>Integrated Child Development Services (ICDS)</p> <p>Ministry of Health & Family Welfare (MHFW)</p>	MM
UG/PEDG/401/C-1D	Health Education & Complete Wellness	<p>UNIT II : DIETETICS & NUTRITION</p> <p>2.1 Meaning & Definition of Nutrition & Food</p> <p>2.2 Basic Nutrients: Protein, Carbohydrate, Fat, Mineral, Water & Vitamin.</p> <p>2.3 Balance Diet, Factors affecting Diet, Athletic Diet.</p> <p>2.4 Mid-Day Meal Malnutrition</p>	TR
UG/PEDG/401/C-1D	Health Education & Complete Wellness	<p>UNIT III: WELLNESS & HYGIENE</p> <p>3.1 Meaning, Definition & Modern Concept of Wellness</p> <p>3.2 Hygienic living – Care of Skin, Eyes, Hair, Nose, Teeth.</p> <p>3.3 Causes, symptoms, prevention & control of communicable diseases : Malaria & Dengue</p> <p>3.4 Healthy Environment in the Educational</p>	MM

		Institutions, Playground Auditorium.	
UG/PEDG/401/C-1D	Health Education & Complete Wellness	1. Measurement of Body Mass Index 2. Measurement of Body Fat 3. Record Book	TR + MM
UG/PEDG/404/SEC-2	Ball Game and Racket Game	FOOT BALL	MM
UG/PEDG/404/SEC-2	Ball Game and Racket Game	HAND BALL 1. 1.2.1 Gripping/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. 4. 1.2.4 Dribbling : High and Low. 5. 1.2.5 Blocking and Goal keeping. 6. 1.2.6 Game practice with application of ruler and regulation	TR

UG/PEDG/404/SEC-2	Ball Game and Racket Game	<p>VOLLEY BALL</p> <ol style="list-style-type: none"> 1. 1.3.1. Service: Under arm service, Side arm service, Tennis service, Floating service 2. 1.3.2. Pass: Under Arm Pass, Over Head Pass 3. 1.3.3 Spiking and Blocking 4. 1.3.4 Game practice with application of rules and regulations. 	TR + MM
UG/PEDG/404/SEC-2	Ball Game and Racket Game	<p>NET BALL :</p> <p>Catching: One handed, Two handed with feet grounded and flight.</p> <p>Throwing (Different passes and their uses): One hand passes - Shoulder pass, High shoulder pass, Under arm pass, Bounce pass, Lob pass, Two hand Passes – 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 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>	TR + MM

		<p>Intercepting: Pass and Shot</p> <p>Game practice with application of rules and regulations</p>	
UG/PEDG/404/SEC-2	Ball Game and Racket Game	<p>CRICKET :</p> <p>Batting skill: The basic elements - The grip, The stance & The back lift.</p> <p>Basic shots and techniques: The front foot defence, Front foot drive off and on side, Back foot defence, Back foot drive off and on side, Pull shots, Square Cut shot.</p> <p>Bowling skills: Grip, Approach Run, Delivery Style and Follow Through, Out-swing, Off-swing, Leg spin, Off spin.</p>	MM
UG/PEDG/404/SEC-2	Ball Game and Racket Game	<p>BADMINTON</p> <p>2.1.1. Racket parts, Racket grips, Shuttle grip</p> <p>2.1.2 Service: Short service, Long service, Long high service</p> <p>3. 2.1.3. Shots: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot,</p> <p>Net shot, Smash.</p> <p>4. 2.1.4. Game practice with application of rules and regulations.</p>	TR + MM

APSNS 503GE-1	Ball Game and Racket Game	TABLE TENNIS <ol style="list-style-type: none"> 1. 2.2.1. Basic Knowledge: Grip of racket, Shake hard grip, Pen hold grip. 2. 2.2.2. Stance- Alternate & Parallel Stance. 3. 2.2.3. Push and Service: Back hand, Forehand. 4. 2.2.4. Chop: Backhand, Forehand. 5. 2.2.5. Receive: Push and chop with Back hand and Forehand. 6. 2.2.6. Game practice with application of rules and regulation. 	TR + MM
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Total Number of Lectures: 72

SEMESTER - V

Course Code	Course Title	Course Topic	Teacher
UG/PEDG/501/DSE-1A	Measurement & Evaluation	UNIT-I: INTRODUCTION <ol style="list-style-type: none"> 1.1 Meaning, Definition of Test Measurement and Evaluation. 1.2 Importance of Test Measurement and Evaluation in Physical Education and Sports. 1.3 Criteria for selecting tests: Scientific authenticity and establishing validity, Reliability and Objectivity. 	MM
UG/PEDG/501/DSE-1A	Measurement & Evaluation	UNIT-II: PHYSICAL FITNESS TEST AND MEASUREMENT <ol style="list-style-type: none"> 1. 2.1 AAHPER Youth Physical Fitness Test. 2. 2.2 Harvard Step Test. 3. 2.3 Cooper 12 Minute Walking – Running Test. 	MM

UG/PEDG/501/DSE-1A	Measurement & Evaluation	<p>UNIT-III: MOTOR FITNESS TEST</p> <ol style="list-style-type: none"> 1. 3.1 Indiana Motor Fitness Test. 2. 3.2 Oregon Motor Fitness Test. 3. 3.3 Kraus Weber Minimum Muscular Fitness Test. 	TR
UG/PEDG/501/DSE-1A	Measurement & Evaluation	<p>UNIT-IV : MEASUREMENTS OF SPORTS SKILLS</p> <ol style="list-style-type: none"> 1. 4.1 McDonald Soccer Skill Test. 2. 4.2 Russell-Lange Volleyball Test. 3. 4.3 Lockhart and McPherson Badminton skill Test. 	TR
UG/PEDG/504/SEC-3	Indigenous & Minor Game and Excursion- Camping Program	<p>INDIGENOUS GAME</p> <p>Kabaddi :</p> <p>Skills and Raiding: 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.</p> <p>Skills of Holding the Raider: Various formation; catching from particular position, different catches, catching formation and techniques.</p> <p>Additional Skills in Raiding: Escaping from various holds, techniques of escaping from chain formation offence.</p> <p>Game practice with application of rules and regulations.</p>	MM

UG/PEDG/504/SEC-3	Indigenous & Minor Game and Excursion- Camping Program	<p>1.2 Kho- Kho :</p> <p>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), Pole turn, pole drive, Trapping , Hammering, Rectification of foul.</p> <p>Skills in Running: Chain play, Ring play, Ring play and chain & ring mixed play.</p> <p>Game Practice with Applications of Rules and regulations.</p>	TR
UG/PEDG/504/SEC-3	Indigenous & Minor Game and Excursion- Camping Program	<p>MINOR GAMES :</p> <p>Meaning of Different Terminology- Minor Game, Recreational Game, Traditional Game Lead up Activity, Folk games.</p> <p>Need, Importance and benefit of Minor games in present society as well as Physical Education Curriculum.</p> <p>Practice of Five Minor Games in accordance with the available facilities, local tradition and climatic condition.</p>	TR
UG/PEDG/504/SEC-3	Indigenous & Minor Game and Excursion- Camping Program	<p>EXCURSIONS CUM CAMPING PROGRAM</p> <p>Minimum 3 days (excluding traveling date) Lead up Camping Program to nearby feasible plac</p>	TR + MM
UG/PEDG/503/GE-1	First Aid and	INTRODUCTION TO FIRST	TR

	<p>Personal Hygiene</p> <p>First Aid and Personal Hygiene</p>	<p>AID</p> <p>1.1. – Meaning and Definition of First Aid 1.2. - Aims and objectives of First Aid 1.3. – Need and Importance of First Aid in Present day. 1.4. – Golden Rules of First Aid</p>	
UG/PEDG/503/GE-1	First Aid and Personal Hygiene	<p>UNIT-II : CONCEPT OF SPORTS INJURIES AND OTHER OCCURRENCE AND FIRST AID</p> <p>2.1. – Sports Injuries and their First Aid – Sprain, Strain, Fracture, Dislocation, wound and Bleeding 2.2. – Other Occurrence and First Aid – Electric Shock, Snake Bite, Drown, Heart Attack. 2.3. – Immediate care of injuries – P.R.I.C.E. 2.4. – Concept of Postural Deformities and their First Aid – Lordosis, Kyphosis, Scoliosis, Bow Leg, Knock Knee, Flat Foot</p>	TR
UG/PEDG/503/GE-1	First Aid and Personal Hygiene	<p>UNIT-III : HYGINE, PERSONAL HYGINE, MENTAL HYGINE</p> <p>3.1. – Meaning and Concept of Hygiene, Personal Hygiene and Mental Hygiene 3.2. – Importance of Hygiene for healthy life 3.3. – Personal hygiene : - Care of Skin, Eye, Teeth, Ear and Hair 3.4. – Mental hygiene and its procedure</p>	MM
UG/PEDG/503/GE-1	First Aid and	PRACTICAL – 15 Marks	TR + MM

	Personal Hygiene	<p>1. Use of Triangular Bandage, Roller Bandages, Tube Bandages, Adhesive bandages, Liquid Bandages</p> <p>2. Concept and Practice of Slings with Bandage - Arm Sling, Collar & Cuff Sling</p> <p>3. Practice of Bandaging - Simple Spiral, Reverse Spiral, Figure of Eight, Spica.</p> <p>4. Practice of knot – Square knot & Reef Knot</p> <p>5. Practice of Bandaging on Finger (Hand), Wrist, Elbow, Knee, Ankle, Head</p>	
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Total Number of Lectures: 78

SEMESTER - VI			
Course Code	Course Title	Course Topic	Teacher
UG/PEDG/601/DSE-1B	Management of Sports and Physical Education	<p>तर्कसंग्रह: UNIT-I: INTRODUCTION</p> <p>1.1 Meaning, Definition, concept of Sports Management.</p> <p>1.2 The purpose and scope of Sports Management.</p> <p>1.3 Qualities and Competencies required for the Sports Management. 1.4 Events Management in Physical Education</p>	TR
UG/PEDG/601/DSE-1B	Management of Sports and Physical Education	<p>UNIT-II: LEADERSHIP IN SPORTS AND PHYSICAL EDUCATION</p> <p>2.1 Meaning and Definition of Leadership.</p> <p>2.2 Elements of Leadership.</p>	TR

		<p>2.3 Form of Leadership Autocratic, Laisser-faire, Democratic, Benevolent Dictator. 2.4 Qualities of Administrative Leader.</p> <p>2.5 Leadership and Organisational Performance.</p>	
UG/PEDG/601/DSE-1B	Management of Sports and Physical Education	<p>UNIT-III: MANAGEMENT OF SPORTS AND TOURNAMENTS</p> <p>3.1 Sports Management in School, College, and University.</p> <p>3.2 Factor affecting planning.</p> <p>3.3 Meaning and Definition and types of Tournaments.</p> <p>3.4 Procedure of Drawing Fixture, merit and demerit of Knock-out and League Tournaments.</p>	TR + MM
UG/PEDG/601/DSE-1B	Management of Sports and Physical Education	<p>UNIT-VI: FINANCIAL MANAGEMENT</p> <p>4.1 Financial Management in School, College and University. 4.2 Budget, criteria of good Budget.</p> <p>4.3 Importance of good Budget.</p>	TR

UG/PEDG/604/SEC-4	Adapted Physical Education and Computer Application in Physical Education	<p>UNIT-I: INTRODUCTION TO ADAPTED PHYSICAL EDUCATION AND SPORTS</p> <ol style="list-style-type: none"> 1. Meaning, Definition and Objectives of Adapted Physical Education. 2. Disability: Meaning, Definition and Type 3. Disability and Health Related Condition 4. Physical exercise programme for different type of disabled Person 5. Risk factors and preventive measures of Physical Exercise Program for Disabled. 6. Disability and Sports – Para Olympics 	TR + MM
UG/PEDG/604/SEC-4	Adapted Physical Education and Computer Application in Physical Education	<p>UNIT-II: COMPUTER APPLICATION IN PHYSICAL EDUCATION</p> <ol style="list-style-type: none"> 1. Computer and its accessories, Function of various accessories. 2. Concept of Hardware, Software, Operating System and Anti-Virus 3. Function of Key Board – Ctrl Key, Shift Key, Cap Lock, Enter, Delete, Backspace, Arrow Key, Esc Key 	TR + MM
		<ol style="list-style-type: none"> 1. Function of Mouse – Right Click, Left Click, Single Click, Double Click, Scrolling. 2. Need of Computer Application and internet browsing in Physical Education at modern society. 	MM
		<ol style="list-style-type: none"> 1. MS Word – Concept and use <ol style="list-style-type: none"> 1. 6.1 New File Create, File save, File Open, File Rename, File Delete 2. 6.2 Copy, Paste, Cut, Clipart, word art, Insert 	TR

		table & Image	
		<ol style="list-style-type: none"> 1. MS Excel – Concept and Use <ol style="list-style-type: none"> 1. 7.1 Details concept of Spread Sheet – Raw, Column, Sheet 2. 7.2 Input of Graph, Formula, Table 2. MS Power Point – Concept and use <ol style="list-style-type: none"> 1. 8.1 New Slide Create, Slide Format, Slide delete, Slide rearrange 2. 8.2 Slide Design, Slide Animation, Slide show 3. Concept of Network, Internet, Wi-Fi, E-mail, Web Page 	TR + MM
		<p>PRACTICAL:15 MARKS</p> <ol style="list-style-type: none"> 1. Turn on and Shut down of Computer and Monitor. 2. MS Word : 3. MS Excel : <p>(i) Formatting Text – Font Style, Font Size, Colour, Bold, Italic, Underline, Sub/ Super Script, Alignment.</p> <p>(ii) Insert of Page numbering, Word art, Clip Art, Print option.</p> <p>(i) Addition, Subtraction, Multiplication, Division - row and Column wise, Calculate</p> <p>Average & Percentage.</p> <p>(ii) Input the same number, alternative number, continuous number in spread sheet,</p> <p>input and Editing Graph and Table, Concept of inserting various formulas.</p>	TR + MM

		<p>4. MS Power Point : (i) New Slide Creating, Slide deleting, Slide rearrangement, Slide Formatting, Slide</p> <p>Design (ii) Insert table, image, clip art, word art at the slide, slide animation, Slide show.</p> <p>5. Internet & Email (Optional): (i) Web Browsing, Downloading image/ File, save file from web, create new email account.</p>	
UG/PEDG/603/GE-2	Health Education and Safety Education	<p>UNIT I : INTRODUCTION</p> <p>1.1 Meaning and Definition of Health & Health Education 1.2 Dimension of Health 1.3 Aims , Objectives of Health Education 1.4 Need & Importance of Health Education.</p>	TR
UG/PEDG/603/GE-2	Health Education and Safety Education	<p>UNIT II : HEALTH SCHEME AND HEALTH SERVICES</p> <p>1. 2.1 Health Agencies – WHO and UNESCO</p> <p>1. 2.2 National Health Scheme - RashtriyaBalSwasthyaKaryakram(RB SK), PradhanMantriSwasthya Suraksha Yojana (PMSSY), Rashtriya Swasthya Bima Yojana, Integrated Child Development Service</p> <p>3. 2.3 School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record</p> <p>4. 2.4 Personal Hygiene : Care of Eyes, Ear, Nose, Skin, Mouth and</p>	MM

		Teeth	
UG/PEDG/603/GE-2	Health Education and Safety Education	<p>UNIT III : HEALTH PROBLEM IN INDIA</p> <ol style="list-style-type: none"> 1. 3.1 Cause, Prevention and Control Communicable Disease : Malaria, Dengue 2. 3.2 Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes 3. 3.3 Nutritional Disorders: <ul style="list-style-type: none"> 3.3.1. Nutrients and their Functions and Daily Requirements 3.3.2. Health disorders for deficiency of Protein, Vitamins and Minerals 4. 3.4 Postural Deformities : Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot 	TR
UG/PEDG/603/GE-2	Health Education and Safety Education	<p>UNIT IV : SAFETY EDUCATION</p> <p>4.1 Meaning and definition of Safety and Safety Education 4.2 Relation between Health and Safety 4.3 Need and importance of safety Education in daily life 4.4 Safety measures in Home, Street, Play Ground</p>	MM
UG/PEDG/603/GE-2	Health Education and Safety Education	<p>PRACTICAL (Any Five)</p> <ol style="list-style-type: none"> 1. Measurement of Height 2. Measurement of Weight 3. Measurement of BMI (Body Mass Index) 4. Measurement of BMR (Basal Metabolic Rate) 5. Measurement of Blood 	TR + MM

		Pressure 6. Measurement of Resting Heart Rate 7. Measurement of Peak Expiratory Flow 8. Determination of Caloric Value of Food	
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Total Number of Lectures: 80

T.R-TITHI ROY

M.M- MONOJIT MONDAL

Tentative Date of Internal Examination (Odd Semester): Last Week of February 2021

Tentative Date of Internal Examination (Even Semester): Last Week of June 2021