



Syllabus Module

Department of Physical Education

Session 2023-2024

Khatra Adibasi Mahavidyalaya

Semester-I (NEP Major & Minor)			
Course Code	Course Title	Course Topic	Teachers
A/PHES/101/MJC-1	HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS (4 Credits)	UNIT-I: <i>INTRODUCTION</i> 1.1 Meaning, Definition, Scope of Physical Education and Sports. 1.2 Aim, Objectives of Physical Education and Sports. 1.3 Misconceptions and Modern concept of Physical Education. 1.4 Need and Importance of Physical Education and Sports in present era.	MM
A/PHES/101/MJC-1	HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS	UNIT-II: <i>HISTORICAL DEVELOPMENT</i> 2.1 Historical Development of Physical Education and Sports in India in Pre and Post Independences periods. Historical Development of Physical Education and Sports by special emphasis on West Bengal. 2.2 Historical background and concept of Asian Games, Commonwealth Games and SAF Games and National Sports Scheme	TR

		<p>2.3 National Sports</p> <p>Awards- Arjuna Award, Dronacharya Award,</p> <p>Dhyanchand Award, Major Dhyan Chand Khel Ratna</p> <p>Award, Maulana Abul Kalam Azad Trophy,</p> <p>Rashtriya Khel Protsahan Puruskar.</p> <p>2.4 Famous personalities and National Institute in the field of Physical Education – Plato,</p> <p>Aristotle, James Buchanan, P.M. Joseph and LNIPE,</p> <p>YMCA,</p> <p>SAI.</p>	
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		<p>UNIT-III: <i>OLYMPIC MOVEMENT</i></p> <p>3.1 Ancient Olympic Games</p> <p>3.2 Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes and Olympic Village; Opening, Victory and Closing Ceremony.</p> <p>3.3. Similarities and Dissimilarities between Ancient Olympic Games and Modern Olympic Games.</p> <p>3.4 Olympic Movement in India</p>	AM
A/PHES/101/MJC-1	HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS	<p>UNIT -IV: <i>BIOLOGICAL, PHILOSOPHICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATIONS</i></p> <p>4.1 Biological Foundation- Meaning, definition and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development. Meaning and Classification of Body types, Age and Sex differences in relation to physical activities.</p> <p>4.2 Philosophical Foundation – Concept of School of Philosophy,</p>	TR + SC

		<p>Naturalism, Pragmatism, Idealism and Realism.</p> <p>4.3 Psychological Foundation- Concept of learning, Learning Curve, Laws and theories of learning, Types of learning, factors affecting learning, learning outcomes. Concept of Motivation, Emotion, Self-Concept, Anxiety, Depression and Personality.</p> <p>4.4 Sociological Foundation- Concept of socialization, Socialization through Physical Education and Sports, Role of Games and Sports in National and International Integration, Sports Ethics.</p>	
<p>Total Lectures: 54 (Major) Total Lectures: 50 (Minor)</p>			
<p>Course Code: A/PHES/103/MD-1</p> <p>Multidisciplinary (MD - 1)</p>	<p>INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS</p> <p>(3 Credits)</p>	<p>UNIT-I: INTRODUCTION</p> <ol style="list-style-type: none"> 1. 1.1 Meaning, Definition, Importance of Physical Education & Sports. 2. 1.2 Aim, Objectives & Scope of Physical Education & Sports. 3. 1.3 Misconceptions and Modern concept of Physical Education. 4. 1.4 Need and Importance of Physical Education and Sports in modern society. 	MM

(3 Credits)	INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS	UNIT-II: HISTORICAL DEVELOPMENT <ol style="list-style-type: none"> 1. 2.1 Historical Development of Physical Education and Sports in India in Pre & Post Independence periods. 2. 2.2 National Sports Awards- Arjuna Award, Dronacharya Award, Dhyanchand Award 3. 2.3 Olympic Movement - Ancient Olympic Games & Modern Olympic Games 4. 2.4 Asian Games and SAF Games 	TR
	INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS	UNIT -III: BIOLOGICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATION <p>3.1 Biological Foundation- Meaning, Definition and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development.</p> <p>3.2 Meaning and importance of Body types, Classification of Sheldon's Body types, Age and Sex differences in relation to physical activities.</p> <p>3.3 Psychological Foundation- Concept of learning, Learning Curve, Laws of learning, Types of learning, factors affecting learning, learning outcomes, Motivation, Emotion, Anxiety, Personality</p> <p>3.4 Sociological Foundation- Concept of socialization, Socialization through Physical</p>	AM

		Education and Sports, Role of Games and Sports in National and International Integration, Sports Ethics.	
Total Lectures: 47			
Course Code: A/PHE/104/SEC-1 Skill Enhancement Course (SEC - 1) (3 Credits)	FORMAL AND RHYTHMIC ACTIVITIES AND INDIGENOUS GAMES (3 Credits)	UNIT 1: FORMAL AND RHYTHMIC ACTIVITIES 1. Marching 2. Calisthenics activities 3. Aerobics activities/ Bratachari	MM+AM
		UNIT – 2 INDIGENOUS GAMES 2.1 Kabaddi 2.2 Kho- Kho	TR+SC
Total Lectures (SEC1): 65			

Semester – II (NEP Major & Minor)			
Course Code	Course Title	Course Topic	Teacher
Course Code: A/PHES/201/MJC/2	Management of Physical Education and Sports (4 Credits)	UNIT-I: INTRODUCTION	SC
Course Code: A/PHES/201/MJC/2	Management of Physical Education and Sports	UNIT-II: MANAGEMENT OF PHYSICAL EDUCATION & SPORTS PROGRAMS AND TOURNAMENTS	TR
Course Code: A/PHES/201/MJC/2	Management of Physical Education and Sports	UNIT-III: LEADERSHIP IN PHYSICAL EDUCATION AND SPORTS	MM

	Management of Physical Education and Sports	UNIT-IV: FINANCIAL MANAGEMENT	TR + SC
Total Lectures: 46 (Major) Total Lectures: 45 (Minor)			
Course Code	Course Title	Course Topic	Teacher
Course Code: A/PHES/203/MD-2 Multidisciplinary (MD - 2)	Fitness and Recreation (3 Credits)	UNIT-I: INTRODUCTION TO FITNESS	MM
	Fitness and Recreation	UNIT-II: RECREATION AND RECREATIONAL ACTIVITIES	AM
Course Code: A/PHES/203/MD-2	Fitness and Recreation	UNIT-III: SOCIETY AND RECREATION	TR
Course Code: A/PHES/204/SEC-2 Skill Enhancement Course (SEC - 2)	Ball Game and Racket Game (Credits - 3)	1.1 FOOTBALL Kicking Skills Receiving Skills: Dribbling: Heading: .	SC

Course Code: A/PHES/204/SEC-2 Skill Enhancement Course (SEC - 2)	Ball Game and Racket Game	1.2 VOLLEYBALL 1.2.1. Service 1.2.2 Spiking and Blocking, 1.2.3 Game practice with practical knowledge rules and regulations	SC
Course Code: A/PHES/204/SEC-2	Ball Game and Racket Game	1.3 NETBALL (RACKET GAME) 2.1 BADMINTON	SC
Course Code: A/PHES/204/SEC-2	Ball Game and Racket Game	2.2 TABLE TENNIS	MM
Total Lectures: 92			
Course Code: ACS/206/VAC-2	HEALTH AND WELLNESS (4 Credits)	UNIT I: INTRODUCTION UNIT II: NUTRITION AND WEIGHT MANAGEMENT UNIT III: HYGIENE, PERSONAL HYGIENE, MENTAL HYGIENE & COMMUNITY HYGIENE UNIT IV: HEALTH PROBLEM IN INDIA	TR

Total Number of Lectures: 46

Semester – III (CBCS New)			
Course Code	Course Title	Course Topic	Teacher
AP/PHE /301/C-3	Track & Field and its Rules Regulations	<p>UNIT-I: TRACK MARKING</p> <p>1. Concept of Different types of Track 2. Characteristics of Standard Track 3. Lay out procedure of Complete Track and Field Event arena. 2. Lay out and Marking Procedure of Standard Track. 3. Lay out and Marking Procedure of Non Standard Track. 4. Calculation of Stagger Distance.</p>	SC
AP/PHE /301/C-3	Track & Field and its Rules Regulations	<p>UNIT-II: FIELD MARKING AND COMBINED EVENT</p> <p>1. Lay out and Marking Procedure of Throwing Sector: Shot Put, Discus Throw, Javelin Throw. 2. Lay out and Marking Procedure of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump 3. Combined Events- Heptathlon, Decathlon.</p>	TR
AP/PHE /301/C-3	Track & Field and its Rules Regulations	<p>UNIT-III: RULES REGULATIONS OF TRACK AND FIELD EVENTS</p>	TR

AP/PHE /301/C-3	Track & Field and its Rules Regulations	UNIT-IV: ORGANIZATIONAL PART OF TRACK AND FIELD	AM
AP/PHE /301/C-3	Track & Field and its Rules Regulations	Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both	TR + MM
AP/PHE /301/C-3	Track & Field and its Rules Regulations PRACTICAL	1.1 TRACK EVENTS:	SC
AP/PHE /301/C-3	Track & Field and its Rules Regulations PRACTICAL	1.2 FIELD EVENTS: Total Lectures: 90	TR

Course Code: AP/PHE /304/SEC-1	Yogasana and Gymnastics	Unit- I: YOGASANA 1. Standing Position: 1. 1.1 Ardachandrasana 2. 1.2 ArdhaChakrasana 3. 1.3 Padahasthasana 4. 1.4 Brikshasana 5. 1.5 Natarajasana	TR
		2. Sitting Position: 1. 2.1 Paschimothanasana 2. 2.2 Gomukhasana 3. 2.3 Ustrasana 4. 2.4 Supta Vajrasana 5. 2.5 Vakrasana	SC
		3. Supine Position: 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> <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 	AM
		<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 <p>UNIT- II: PRANAYAMA</p> <p>UNIT- III: Kriya</p>	AM
AP/PHE /304/SEC-1	Yogasana and Gymnastics	<p>Unit- VI: 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

AP/PHE /304/SEC-1	Yogasana and Gymnastics	2. <i>Static Pose in Gymnastics</i> 1. 2.1 T- Balance 2. 2.2 Frog Balance 3. 2.3 Forward Split 4. 2.4 Arching/ Bridge	SC
AP/PHE /304/SEC-1	Yogasana and Gymnastics	3. <i>Basic Acro Skill</i>	
		1. 3.1 Round Off 2. 3.2 Cart-wheel 3. 3.3 Front Walkover 4. 3.4 Hand Spring 5. 3.5 Head Spring 6. 3.6 Neck Spring 7. 3.7 Somersault	MM+AM
Total Lectures :92			

Semester – IV ((CBCS New)			
Course Code	Course Title	Course Topic	Teacher
<p>Course Code: AP/PHE /401/C-4</p>	<p>Health, Fitness and Wellness</p>	<p>UNIT I: INTRODUCTION</p> <ol style="list-style-type: none"> 1. Meaning and Definition of Health & Health Education 2. 1.2 Aims, Objectives & Principles of Health Education 3. 1.3 Need & Importance of Health Education, Factors influencing Health 4. 1.4 Health Agencies: <ul style="list-style-type: none"> World Health Organisation (WHO) United Nations Educational Scientific & Cultural Organisation (UNESCO) United Nations International Children’s Emergency Fund (UNICEF) Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) Ministry of Health & Family Welfare (MHFW) 	<p>MM</p>
<p>AP/PHE /401/C-4</p>	<p>Health, Fitness and Wellness</p>	<p>UNIT II: DIETETICS & NUTRITION</p> <p>2.1 Concept of Diet, Preparation of Diet Chart for Active people, Semi-active people and sedentary people in relation with gender and age.</p> <p>2.2 Factors affecting Diet, Balance Diet, Athletic Diet, Principle of preparation of Balance Diet.</p> <p>2.3 Meaning & Definition of Nutrition & Food, Basic Nutrients: Protein, Carbohydrate, Fat, Mineral, Water & Vitamin.</p> <p>2.4 Mid-Day Meal: Aim and objectives, Composition of Mid-Day Meal. 2.5 Malnutrition: Concept, Definition, Causes, Effects and Remedies.</p>	<p>TR</p>

<p>AP/PHE /401/C-4</p>	<p>Health, Fitness and Wellness</p>	<p>UNIT III: WELLNESS & HYGIENE</p> <p>Meaning, Definition & Modern Concept of Wellness</p> <p>3.2 Healthy habits, Hygienic living – Care of Skin, Eyes, Hair, Nose, Teeth.</p> <p>3.3 Healthy Environment in the Educational Institutions, Playground, Auditorium and Gymnasium</p> <p>3.4. Causes, symptoms, prevention & control of communicable diseases: Malaria, Dengue, Chicken pox,</p>	<p>SC</p>
		<p>UNIT IV: FIRST-AID MANAGEMENT</p> <p>.1 First-Aid- Meaning, Abbreviation, Definition, Aims, Importance and Golden rules of First-aid</p> <p>4.2 Types of Bandages and their uses.</p> <p>4.3 Concept of Sports Injuries, causes and prevention of Sports Injuries.</p> <p>4.4 Sports Injuries- Sprain, Strain, wound (Puncture, Surgical, Rapture, Bites), Dislocation (Simple, Compound, Complex) and Fracture (Greenstick, Hairline, Oblique, Segmental)</p>	

AP/PHE/404/SEC-2	Health, Fitness and Wellness	1. Measurement of Body Mass Index	TR + MM
AP/PHE/404/SEC-2		2. Measurement of Body Fat	
AP/PHE /401/C-4		3. Record Book	
		Total Lectures :62	
Course Code: AP/PHE/404/SEC-2	Ball Game and Racket Game	FOOT BALL	MM
AP/PHE/404/SEC-2	Ball Game and Racket Game	HAND BALL	TR + AM

AP/PHE/404/SEC-2	Ball Game and Racket Game	CRICKET:	SC
AP/PHE/404/SEC-2	Ball Game and Racket Game	BADMINTON	TR + SC
AP/PHE/404/SEC-2	Ball Game and Racket Game	<p>TABLE TENNIS</p> <ol style="list-style-type: none"> 1. Basic Knowledge: Grip of racket, Shake hand 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. 	SC + AM

Total Number of Lectures: 82

SEMESTER – V (CBCS Old)

SEMESTER-V (CBCS OLD)			
Course Code	Course Title	Course Topic	Teacher
UG/PEDG/501/DSE-1A	Measurement & Evaluation	UNIT-I: INTRODUCTION 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	SC MM
UG/PEDG/501/DSE-1A	Measurement & Evaluation	UNIT-II: PHYSICAL FITNESS TEST AND MEASUREMENT	MM
UG/PEDG/501/DSE-1A	Measurement & Evaluation	UNIT-III: MOTOR FITNESS TEST	AM
UG/PEDG/501/DSE-1A	Measurement & Evaluation	UNIT-IV: MEASUREMENTS OF SPORTS SKILLS <p style="text-align: center; color: blue;">Total Lectures: 62</p>	TR
UG/PEDG/504/SEC-3	Indigenous & Minor Game and Excursion- Camping Program	NDIGENOUS GAME Kabaddi:	MM+ AM

UG/PEDG/504/SEC-3	Indigenous & Minor Game and Excursion- Camping Program	1.2 Kho- Kho:	TR
UG/PEDG/504/SEC-3	Indigenous & Minor Game and Excursion- Camping Program	MINOR GAMES:	SC
UG/PEDG/504/SEC-3	Indigenous & Minor Game and Excursion- Camping Program	EXCURSIONS CUM CAMPING PROGRAM Total Lectures: 92	TR + MM+ SC
UG/PEDG/503/GE-1	First Aid and Personal Hygiene	INTRODUCTION TO FIRST AID	TR
		UNIT-II: CONCEPT OF SPORTS INJURIES AND OTHER OCCURRENCE AND FIRST AID	AM
UG/PEDG/503/GE-1	First Aid and Personal Hygiene	UNIT-III: HYGINE, PERSONAL HYGINE, MENTAL HYGINE	MM+ SC
UG/PEDG/503/GE-1	First Aid and Personal Hygiene	PRACTICAL	TR + MM
Total Lectures: 65			

SEMESTER – VI(CBCS OLD)

Course Code	Course Title	Course Topic	Teacher
UG/PEDG/601/DSE-1B	Management of Sports and Physical Education	UNIT-I: INTRODUCTION 1.1 Meaning, Definition, concept of Sports Management. 1.2 The purpose and scope of Sports Management. 1.3 Qualities and Competencies required for the Sports Management. 1.4 Events Management in Physical Education	TR
UG/PEDG/601/DSE-1B	Management of Sports and Physical Education	UNIT-II: LEADERSHIP IN SPORTS AND PHYSICAL EDUCATION	TR+MM
UG/PEDG/601/DSE-1B	Management of Sports and Physical Education	UNIT-III: MANAGEMENT OF SPORTS AND TOURNAMENTS	TR + SC
UG/PEDG/601/DSE-1B	Management of Sports and Physical Education	UNIT-VI: FINANCIAL MANAGEMENT Total Lectures: 72	AM

UG/PEDG/604/SEC-4	Adapted Physical Education and Computer Application in Physical Education	UNIT-I: INTRODUCTION TO ADAPTED PHYSICAL EDUCATION AND SPORTS	TR + SC
UG/PEDG/604/SEC-4	Adapted Physical Education and Computer Application in Physical Education	UNIT-II: COMPUTER APPLICATION IN PHYSICAL EDUCATION	SC + 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. 	SC MM
	Adapted Physical Education and Computer Application in Physical Education	1. MS Word – Concept and use	TR

	Adapted Physical Education and Computer Application in Physical Education	<ol style="list-style-type: none"> 1. MS Excel – Concept and Use 2. MS Power Point – Concept and use 	AM
	Adapted Physical Education and Computer Application in Physical Education	<p>PRACTICAL:15 MARKS</p> <ol style="list-style-type: none"> 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> <ol style="list-style-type: none"> 4. MS Power Point: 5. Internet & Email <p style="text-align: center;">Total Lectures: 92</p>	TR + MM+ SC

UG/PEDG/603/GE-2	Health Education and Safety Education	UNIT I: INTRODUCTION .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.	TR
UG/PEDG/603/GE-2	Health Education and Safety Education	UNIT II: HEALTH SCHEME AND HEALTH SERVICES 1. 2.1 Health Agencies – WHO and UNESCO 2. 2.2 National Health Scheme- RashtriyaBalSwasthyaKaryakram(RBSK), PradhanMantriSwasthya Suraksha Yojana (PMSSY), Rashtriya Swasthya Bima Yojana, Integrated Child Development Service 3. 2.3 School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record 4. 2.4 Personal Hygiene : Care of Eyes, Ear, Nose, Skin, Mouth and Teeth	MM

UG/PEDG/603/GE-2	Health Education and Safety Education	UNIT III: HEALTH PROBLEM IN INDIA	SC
UG/PEDG/603/GE-2	Health Education and Safety Education	UNIT IV: SAFETY EDUCATION 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	AM
UG/PEDG/603/GE-2	Health Education and Safety Education	PRACTICAL (Any Five) 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

Total Number of Lectures: 84

T.R-TITHI ROY

M.M- MONOJIT MONDAL

S.C-SWARNAVA CHAKRABORTY

A.M-AMRIT MANDAL

Tentative Date of Internal Examination (Odd Semester): Third Week of December 2023

Tentative Date of Internal Examination (Even Semester): Second Week of May 2024