



CBCS SYLLABUS
FOR
THREE YEARS UNDER-GRADUATE COURSE
IN
PHYSICAL EDUCATION (PROGRAMME)
(w.e.f. 2017)



BANKURA UNIVERSITY
BANKURA
WEST BENGAL
PIN 722155



There will be six semesters in the three-year B.A. Programme in Education. The syllabus consists of 4 Core (C) papers each in two disciplines of choice, 2 core papers each in English and Hindi/ MIL, respectively, 2 AECC, Minimum 4 SEC, 2 Papers each from a list of DSE papers based on the two disciplines of choice selected above respectively, and 2 papers from the list of Generic Electives papers. Each course is of 50 marks [10 marks for Internal and 40 marks for End-Semester Examination (ESE)]. Lec. stands for Lecture Hour, Tu. stands for Tutorial, and Pr. stands for Practical Hour.

**1 Credit = 1 Theory period of one hour duration,
1 credit = 1 Tutorial period of one hour duration,
1 credits = 1 Practical period of two hour**

SEMESTER WISE COURSE STRUCTURE

No. of SEMESTER - 6

CREDITS =122

COURSES	SEM I	SEM II	SEM III	SEM IV	SEM V	SEM VI	TOTAL
CORE COURSES	18	18	18	18	-	-	72
DISCIPLINE SPECIFIC ELECTIVE COURSE	-	-	-	-	12	12	24
GENERIC ELECTIVE / INTERDISCIPLINARY COURSE	-	-	-	-	6	6	12
ABILITY ENHANCEMENT COMPULSORY COURSE (AECC)	4	2	-	-	-	-	4
SKILL ENHANCEMENT COURSES (SEC)	-	-	2	2	2	2	8
TOTAL	22	20	20	20	20	20	122

**THE DISTRIBUTION OF CREDITS FOR DIFFERENT CATEGORIES OF COURSES**

Semester	Courses	Credits	Marks		Total
			I.A	ESE	
1st Sem.	2 Core Courses of 6 Credits Each 1 (English/Hindi/MIL) of 6 Credits 1 Ability Enhancement Compulsory courses (AECC) (English/Hindi/MIL)/ Environmental Science of 1 Papers 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 4 = 4	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
2nd Sem.	2 Core Courses of 6 Credits Each 1 (Hindi/MIL/ English) of 6 Credits 1 Ability Enhancement Compulsory courses (AECC) Environmental Science (English/Hindi/MIL)/ of 1 Papers 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
3rd Sem.	2 Core Courses of 6 Credits Each 1 (English/Hindi/MIL) of 6 Credits 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
4th Sem.	2 Core Courses of 6 Credits Each 1 (Hindi/MIL/ English) of 6 Credits 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
5th Sem.	2 Department Specific Elective (DSE) Courses of 6 Credits Each 1 Generic Elective of 6 credits each 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
6th Sem.	2 Department Specific Elective (DSE) Courses of 6 Credits Each 1 Generic Elective of 6 credits each 1 Skill Enhancement Course (SEC) of 4 credit each	2 × 6 = 12 1 × 6 = 6 1 × 2 = 2	2 × 10 = 20 1 × 10 = 10 1 × 10 = 10	2 × 40 = 80 1 × 40 = 40 1 × 40 = 40	200
Total	4 Core papers each in two disciplines of choice, 2 core papers each in English and Hindi/ MIL, respectively, 2 AECC, Minimum 4 SEC, 2 Papers each from a list of DSE papers based on the two disciplines of choice selected above respectively, and 2 papers from the list of Generic Electives papers.	122	240	960	1200

**SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)**

PEDG= Physical Education (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.

B.A Program: 1st Semester

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
UG/PEDG/101/C-1A	Foundation & History of Physical Education	C-1	6	10	15	25	50	4-0-4
UG/102/C-2A	Discipline -2 (Other Subjects)	C-2	6	10	--	40	50	
UG/103/C-MIL-1	MIL-1	AECC-1 (Core)	6	10	--	40	50	5-1-0
UG/104/AECC-ENV	Environmental Studies -I	AECC-1 (Elective)	4	10	--	40	50	4-0-0
SEMESTER TOTAL :			22	40	160	200		

B.A Program: 2nd Semester

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
UG/PEDG/201/C-1B	Anatomy, Physiology & Physiology of Exercise and Sports	C-3	6	10	--	40	50	5-0-2
UG/202/C-2B	Discipline -2 (Other Subjects)	C-4	6	10		40	50	
UG/203/C-E	English-1	AECC-2 (Core)	6	10		40	50	5-1-0
UG/204/AECC-E/MIL	English/MIL	AECC-2 (Elective)	2	10		40	50	2-0-0
SEMESTER TOTAL :			20	40	160	200		



SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)

B.A Program: 3rd Semester

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
UG/PEDG/ 301/C-1C	Track & Field and Its Rules Regulations	C-5	6	10	15	25	50	4-0-4
UG/302/C- 2C	Discipline -2 (Other Subjects)	C-6	6	10		40	50	
UG/ 303/ C- MIL	MIL-2	AECC-3 (Core)	6	10		40	50	
UG/PEDG/ 304/SEC-1	Yogasana and Gymnastics	SEC-1	2	10	40	-	50	0-0-4
SEMESTER TOTAL :			20	40	160	200		

B.A Program: 4th Semester

Course Code	Course Title	Course Type	Credit	Marks Division			Total Marks	No. of Hour (L-T-P)
				Int. Ass	Prac	E.S.E		
UG/PEDG /401/C-1D	Health Education & Complete Wellness	C-7	6	10	15	25	50	4-0-4
UG/ 402/ C-2D	Discipline -2 (Other Subjects)	C-8	6	10	--	40	50	
UG/ 403/ C- E	English-2	AECC-4 (Core)	6	10	--	40	50	
UG/PEDG / 404/ SEC-2	Ball Game and Racket Game	SEC-2	2	10	40	--	50	0-0-4
SEMESTER TOTAL :			20	40	160	200		

SYLLABUS FOR PHYSICAL EDUCATION (PROGRAMME)**B.A Program: 5th Semester**

Course Code	Course Title	Cour. Type	Credit	Marks Division			Total Marks	No. Hour (L-T-P)	
				Int. Ass	Prac	E.S.E			
UG/PED G/ 501/ DSE-1A	1.Measurement & Evaluation	Any One	DSE-1	6	10	--	40	50	5-1-0
	2. Sports Training								
UG/ 502/ DSE-2A	Discipline -2 (Other Subjects)	Any One	DSE-2	6	10	--	40	50	
	Discipline -2 (Other Subjects)								
UG/PED G/ 503/ GE-1	1.First Aid & Personal Hygiene	Any One	GE -1	6	10	15	25	50	5-0-2
	2.Recreation								
UG/PED G/ 504/ SEC-3	Indigenous and Minor Game and Excursion/ Camping Program	SEC-3	2	10	40	--	50	0-0-4	
SEMESTER	TOTAL :		20	40	160	200			

B.A Program: 6th Semester

Course Code	Course Title	Cou type	Cre dit	Marks Division			Total Mark s	No. Hour (L-T-P)	
				Int. Ass	Prac	E.S.E			
UG/PED G/ 601/ DSE-1B	1.Sports Psychology	Any One	DSE-3	6	10	--	40	50	5-1-0
	2. Management of Sports and Physical Education								
UG/602/ DSE-2B	Discipline -2 (Other Sub)	Any One	DSE-4	6	10		40	50	
	Discipline -2 (Other Sub)								
UG/PED G/ 603/ GE-2	1. Health Education & Safety Edu.	Any One	GE -2	6	10	15	25	50	5-0-2
	2.Complete Fitness & Therapeutic values of Phy. Edu.								
UG/PED G/ 604/ SEC-4	Adapted Physical Education and Computer Application in Physical Edu.	SEC-4	2	10	15	25	50	1-0-2	
SEMESTER	TOTAL :		20	40	160	200			



B.A Program in Physical Education

SemeSter - V

Discipline Specific Elective (DSE-1) Course Code: UG/PEDG/501/DSE-1A

Course Title: Measurement & Evaluation

Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)

Contact Hours per week: 6

Examination Duration: 2 Hours

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.

UNIT-II: PHYSICAL FITNESS TEST AND MEASUREMENT

- 2.1 AAHPER Youth Physical Fitness Test.
- 2.2 Harvard Step Test.
- 2.3 Cooper 12 Minute Walking – Running Test.

UNIT-III: MOTOR FITNESS TEST

- 3.1 Indiana Motor Fitness Test.
- 3.2 Oregon Motor Fitness Test.
- 3.3 Kraus Weber Minimum Muscular Fitness Test.

UNIT-IV : MEASUREMENTS OF SPORTS SKILLS

- 4.1 McDonald Soccer Skill Test.
- 4.2 Russell-Lange Volleyball Test.
- 4.3 Lockhart and McPherson Badminton skill Test.

SUGGESTED READINGS:

- A.K.Gupta Tests & Measurements in physical Education sports publication New Delhi – 52
- Yobu, A, Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications.
- John Wiley and Sons, Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc.
- Kansal, D.K. (1996), “Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.
- Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.
- Barry L.Johnson, Jack K.Nelson and Measurements for Evaluation in physical education the surjeet Publications
- Tritchler K. Barrow & McGee’s (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.
- Mishra Sharad Chandra (2005).Tests And Measurement in physical education. Sports. Delhi
- Sharma JP (2006). Test and measurements in physical education. khel sahitya. Delhi



B.A Program in Physical Education SemeSter - V

Discipline Specific Elective (DSE-1)

Course Code: UG/PEDG/501/DSE-1A

Course Title: Sports Training

Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)

Contact Hours per week: 6

Examination Duration: 2 Hours

UNIT I: INTRODUCTION

- 1.1. Meaning and Definition of Sports Training
- 1.2. Aims , Objectives Sports Training
- 1.3. Principles of Sports Training
- 1.4. Importance of Sports Training

UNIT II: LOAD & ADAPTATION

- 2.1 Meaning and Definition of Load & Adaptation
- 2.2 Type & Components of training load
- 2.3 Principles of Load
- 2.4 Causes, Symptoms & Control of Over Load

UNIT III: TRAINING COMPONENTS & TRAINING METHODS:

- 3.1 Meaning and Definition of Training Components: Strength ,Speed , Endurance , Co- ordination, Flexibility . Agility & Balance
- 3.2 **Continuous Training Methods**
 - 3.2.1 Slow Continuous Methods
 - 3.2.2 Fast Continuous Methods
 - 3.2.3 Fartlek Training Method
- 3.3 **Interval Training Method**
 - 3.3.1 Intensive Interval Training Method
 - 3.3.2 Extensive Interval Training Method
- 3.4 **Circuit Training Method**
- 3.5 **Ballistic Method**

UNIT IV: TRAINING PROGRAMMING

- 4.1 Meaning and Definition & Types of Periodization
- 4.2 Aims & Content of Periods Preparatory , Competition & Transitional

SUGGESTED READINGS:

- Singh, H. (1991) Science of Sports Training, New Delhi, DVS Publications
- Uppal, A.K. Principles of Sports Training, Friends Publications, New Delhi.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
- YograjThani (2003), Sports Training, Delhi : Sports Publications
- Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
- Thomas, J.P (1971) Scientific Weight Training for Games and Sports, Chennai: Gnanodaya Press.
- Jenson, G. and Fisher, A.G(1972) Scientific Basis of Athletic Conditioning, 2nd ed., Philadelphia: Lea and Fibiger.
- Jones, B.J.(1982) Guide to Effective Coaching Principles and Practices. Allyn and Bacon, Inc.



B.A Program in Physical Education SemeSter - V

Skill Enhancement Course (SEC-3) Course Code: **UG/PEDG/504/SEC-3**

Course Title: Indigenous & Minor Game and Excursion- Camping Program

Total Marks:= 50 (Practical Marks:40 :: Internal Marks(Practical: 10)

Contact Hours per week: 2

Examination Duration:

UNIT – 1 INDIGENOUS GAME

1.1 Kabaddi

- 1.1.1 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.
- 1.1.2 Skills of Holding the Raider: Various formation; catching from particular position, different catches, catching formation and techniques.
- 1.1.3 Additional Skills in Raiding: Escaping from various holds, techniques of escaping from chain formation offence.
- 1.1.4 Game practice with application of rules and regulations.

1.2 Kho- Kho

- 1.2.1 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), Pole turn, pole drive, Trapping, Hammering, Rectification of foul.
- 1.2.2 Skills in Running: Chain play, Ring play, Ring play and chain & ring mixed play.
- 1.2.3 Game Practice with Applications of Rules and regulations.

UNIT – 2 MINOR GAMES

- 2.1 Meaning of Different Terminology- Minor Game, Recreational Game, Traditional Game Lead up Activity, Folk games.
- 2.2 Need, Importance and benefit of Minor games in present society as well as Physical Education Curriculum.
- 2.3 Practice of Five Minor Games in accordance with the available facilities, local tradition and climatic condition.

UNIT – 3 EXCURSIONS CUM CAMPING PROGRAM

Minimum 3 days (excluding traveling date) Lead up Camping Program to nearby feasible place.

(Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

SUGGESTED READINGS:

- JaemsG.NasonJimpaul “Modern Sports Administration”, Pub prentice Hall . (1998)
- Reddy, N.G., “Read & Play: Kho Kho, Nava Ratna Book House (1990)
- Kishore, Naval, (2012), “How to play KHO KHO” Sports Publication; 2012 edition, ISBN-10: 9381867291
- Sāthaye, Vasanta (2002), “Kho-kho, techniques & tips”, Nav Maharashtra Sangh, Pune
- Patil, Savitri S., (2018), Kabaddi Skills and Techniques, AkiNik Publications; 1 edition, ISBN: 9789353350062
- S. Muniraju, (2015), “A Text Book On Kabaddi: Kabaddi, Skills Techniques and Strategies”, LAP LAMBERT Academic Publishing, ISBN-10: 3659801348
- Suresh, Kutty K. (2011) Minor Games, Sports Publication; 2011 edition, ISBN-10: 8178796392
- VeenaVerma “Organization & Administration in Physical Education”, pub Lokeshthani sports. (2003)



B.A Program in Physical Education SemeSter - V

Generic Elective (GE-1)

Course Code: **UG/PEDG/503/GE-1**

Course Title: Recreation and Physical Activity

Total Marks:= 50

{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment (Theory + Practical): 10 }

Contact Hours per week: 6

Examination Duration:

THEORY – 25 Marks**UNIT-I : INTRODUCTION TO RECREATION**

- 1.1. – Meaning, Types and Nature of Recreation
- 1.2. - Aims and objectives of Recreation
- 1.3. – Need, Importance of recreation for healthy life.
- 1.4. – Recreation as a social phenomenon

UNIT-II : PHYSICAL EDUCATION, RECREATION AND RECREATIONAL AGENCIES

- 2.1. - Physical Education, Physical Activity and Recreation
- 2.2. - Recent changes in the recreational activities
- 2.3. - Responsibilities of a recreational manager
- 2.4. - Arrangement of recreation centres and Recreation providing agencies

UNIT-III : CAMPING PROGRAM

- 3.1. - Concept and meaning of camp
- 3.2. - Aims and objectives & Types of camp
- 3.3. - Agencies promoting camp
- 3.4. - Educative value of camp.

PRACTICAL – 15 Marks (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

1. Practice of Rhythmic Exercise – Aerobics exercises / Callisthenic Exercises (With Music)
2. Practice of Bratachari – Satya Brata & Gyanobrata
3. Practice of five Recreational Game in a group as facilities available and interest of the student.
4. One day cycle expedition or Hiking programme.

SUGGESTED READINGS:

- Jensen C. and Naylor J. (2005). “Opportunities in Recreation and Leisure Sports” McGraw Hill. Publishers. New York.U.S.A.
- V.V. Hunt, “Recreation for the Handicapped” Prentice Hall inc., 1974
- Chelladurai. P (1999) “Human Resource Management in sport and Recreation”, Human kinetics.
- K. Chandrashekar “Sports Administration” ,VinekThaniKnelSahitya Kendra pub., (2004)
- Willgoose, C.E. (1979). “Curriculum in Physical Education” 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc
- “Greenbelt Recreation Activity Guide-Fall 2018” (Aug 17, 2018), City of Greenbelt
- Mood Dale, Frank Musker, Judith Rink, (February 23, 2011), “Sports and Recreational Activities” McGraw-Hill Education; 15 edition, ISBN-10: 0078022487



B.A Program in Physical Education SemeSter - V

Generic Elective (GE-1)

Course Code: **UG/PEDG/503/GE-1****Course Title: First Aid and Personal Hygiene****Total Marks:= 50****{{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment (Theory + Practical): 10}}**

Contact Hours per week: 6

Examination Duration:

THEORY – 25 Marks**UNIT-I : INTRODUCTION TO FIRST AID**

- 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

UNIT-II : CONCEPT OF SPORTS INJURIES AND OTHER OCCURRENCE AND FIRST AID

- 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, Khyposis, Scoliosis, Bow Leg, Knock Knee, Flat Foot

UNIT-III : HYGINE, PERSONAL HYGINE, MENTAL HYGINE

- 3.1. – Meaning and Concept of Hygine, Personal Hygine and Mental Hygine
- 3.2. – Importance of Hygine for healthy life
- 3.3. – Personal Hygine : - Care of Skin, Eye, Teeth, Ear and Hair
- 3.4. – Mental Hygine and its procedure

PRACTICAL – 15 Marks (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

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

SUGGESTED READINGS:

- Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003
- Nemir, A. (n.d.). The school health education. New York:Harber and Brothers.
- Ghosh, B.N. A Treaties of Hygiene and Public Health, Scientific Publishing Co., Kolkata.
- Thakur, S. Krira Chikitsha, Paschimbanga Rajya Pustak Parsad.
- Kar, S. (2018). Mahavidyalayer Sarirsiksha : Health Education and First Aid: Classique Books, Kalkata
- First Aid Manual, (6 Jul 2016), DK; Tenth - Revised edition, ISBN-10: 0241241235



B.A Program in Physical Education

SemeSter - VI

Discipline Specific Elective (DSE-3) Course Code: **UG/PEDG/601/DSE-1B**

Course Title: **Sports Psychology**

Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)

Contact Hours per week: 6

Examination Duration: 2 Hours

UNIT –I: INTRODUCTION

- 1.1 Manning, Definition, and Scope of General and Sports Psychology.
- 1.2 Need for knowledge of Sports Psychology in the field of Physical Education.
- 1.3 Role of Sports Psychology in the Growth and Development of body and mind.
- 1.4 Meaning and nature of Stress, type of Stress, Anxiety, arousal and their effects on Sports performance.

UNIT-II: LEARNING AND PERSONALITY CONCEPTS

- 2.1 Meaning, Definition and types of Learning.
- 2.2 Theories of Learning Transfer of Learning.
- 2.3 Meaning of Personality, factors affecting Personality.
- 2.4 Development of Personality, Relationship of Personality with Sports Performance.

UNIT- III: MOTIVATION AND EMOTIONS

- 3.1 Meaning, Definition and types of Emotion.
- 3.2 Importance of emotions in the field of Physical Education and Sports.
- 3.3 Meaning, Definition and types of Motivation.
- 3.4 Role of Motivation in Sports performance.

UNIT –VI: PSYCHO-SOCIAL ASPECT OF SPORTS.

- 4.1 Psycho-Social aspect of man.
- 4.2 Heredity and Environment – meaning, definition and role in the field of Sports.
- 4.3 Meaning and definition of Interest, role of Interest in Sports performance.

SUGGESTED READINGS:

- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Leunes, A. and I.R. Nation (2001) Sports Psychology (with InfoTrac). Wadsworth.
- Martin, G.L. (2003) Sports Psychology-Practical Guidelines from Behaviour Analysis. Sports Press, Winnipeg, Canada.
- Puni, A.T. “Sports psychology”, Chanduga NIS.



B.A Program in Physical Education SemeSter - VI

Discipline Specific Elective (DSE-3) Course Code: **UG/PEDG/601/DSE-1B**

Course Title: Management of Sports and Physical Education

Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)

Contact Hours per week: 6

Examination Duration: 2 Hours

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

UNIT-II: LEADERSHIP IN SPORTS AND PHYSICAL EDUCATION

- 2.1 Meaning and Definition of Leadership.
- 2.2 Elements of Leadership.
- 2.3 Form of Leadership Autocratic, Laisser-faire, Democratic, Benevolent Dictator.
- 2.4 Qualities of Administrative Leader.
- 2.5 Leadership and Organisational Performance.

UNIT-III: MANAGEMENT OF SPORTS AND TOURNAMENTS

- 3.1 Sports Management in School, College, and University.
- 3.2 Factor affecting planning.
- 3.3 Meaning and Definition and types of Tournaments.
- 3.4 Procedure of Drawing Fixture, merit and demerit of Knock-out and League Tournaments.

UNIT-VI: FINANCIAL MANAGEMENT

- 4.1 Financial Management in School, College and University.
- 4.2 Budget, criteria of good Budget.
- 4.3 Importance of good Budget.

SUGGESTED READINGS:

- Nanda, S.M. Sports Management, Friend Publications, New Delhi.
- Paul, A. Sarirsikshay Management, Classic Publishers, Kolkata.
- Bucher, C. A. Administration of Physical Education and Athletic Programme. St. Louis: The C.V. Mosby Co.
- Broyles, F. J. & Robert, H. D. Administration of Sports, Athletic Programme: A Managerial Approach. New York: Prentice Hall Inc
- Pandey, L.K. (1977). Methods in Physical Education. Delhe: Metropolitan Book Depo.
- Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication
- Kar, S. & Santra, D.C. (2018): Snatak Sarirs iksha Porichaya (Vol.-1), Santra Publication, Kolkata



B.A Program in Physical Education

SemeSter - VI

Skill Enhancement Course (SEC-4) Course Code: UG/PEDG/604/SEC-4

Course Title: Adapted Physical Education and Computer Application in Physical Education

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

Contact Hours per week: 2

Examination Duration:

THEORY MARKS: 25 marks

UNIT-I: INTRODUCTION TO ADAPTED PHYSICAL EDUCATION AND SPORTS

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

UNIT-II: COMPUTER APPLICATION IN PHYSICAL EDUCATION

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
4. Function of Mouse – Right Click, Left Click, Single Click, Double Click, Scrolling.
5. Need of Computer Application and internet browsing in Physical Education at modern society.
6. **MS Word – Concept and use**
 - 6.1 New File Create, File save, File Open, File Rename, File Delete
 - 6.2 Copy, Paste, Cut, Clipart, word art, Insert table & Image
7. **MS Excel – Concept and Use**
 - 7.1 Details concept of Spread Sheet – Raw, Column, Sheet
 - 7.2 Input of Graph, Formula, Table
8. **MS Power Point – Concept and use**
 - 8.1 New Slide Create, Slide Format, Slide delete, Slide rearrange
 - 8.2 Slide Design, Slide Animation, Slide show
9. Concept of Network, Internet, Wi-Fi, E-mail, Web Page

**PRACTICAL:15 MARKS**

1. Turn on and Shut down of Computer and Monitor.
2. **MS Word :** (i) Formatting Text – Font Style, Font Size, Colour, Bold, Italic, Underline, Sub/ Super Script, Alignment.
(ii) Insert of Page numbering, Word art, Clip Art, Print option.
3. **MS Excel :** (i) Addition, Subtraction, Multiplication, Division - row and Column wise, Calculate Average & Percentage.
(ii) Input the same number, alternative number, continuous number in spread sheet, input and Editing Graph and Table, Concept of inserting various formulas.
4. **MS Power Point :** (i) New Slide Creating, Slide deleting, Slide rearrangement, Slide Formatting, Slide Design
(ii) Insert table, image, clip art, word art at the slide, slide animation, Slide show.
5. **Internet & Email (Optional):** (i) Web Browsing, Downloading image/ File, save file from web, create new email account.

EXERCISES :

(Any one from MS word, Any one from MS Excel, Any one from MS Power point and any one from Information Technology)

- a) Draw various court & Track and Field Arena through Paint.
- b) Write an Application to Principal for purchasing sports goods (with table) for your college students.
- c) Prepare Score Sheet by MS word – High Jump, Broad Jump, Throwing Event.
- d) Prepare a Sample Project Work Book through MS Word.
- e) Calculate Average Speed of College Student by MS Excel.
- f) Calculate BMI of Students by MS Excel
- g) Calculate percentage of marks of your Marksheet through MS Excel.
- h) Prepare a power point presentation on Annual Sports Day.
- i) Open your College Website, download syllabus from university website.
- j) Email your friend regarding world Cup final match with photo attachment.

SUGGESTED READINGS:

- Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.
- Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
- Haggery, T., The Administrative use of computers in professional Sport Organization, New York.
- Vikas Gupta, (1995) Computer Course, Delhi: Pustak Mahal.
- Kadu, Ravindra Mahadeorao, (2016), Computer Applications in Physical Education, Sports Publications, ISBN-13:9788178799827
- Chavan, Uday, (2016), Computer Applications in Physical Education, Khel Sahitya Kendra Publisher, New Delhi
- Kumar, Sandeep (2019) Computer Applications in Physical Education, Sports Publication; First edition, ASIN: B07S81YD55
- H.H. Clark & "Development and Adapted Physical Education" Englewood, Prentice Hall 1964.
- D.H. Clark, A.S. Daniels "Adapted physical Education" New York Harpers & Brothers 1972.
- G.T. Stafford, "Prevention & Corrective Physical Education" 4.J.L. Rathoone, "Corrective Physical Education" Philadelphia W.B. Saunders Co. 1968.
- V.V. Hunt, "Recreation for the Handicapped" Prentice Hall inc., 1974
- B.J. Cratty, Adapted Physical Education in the main stream love Publishing Company, Denver Colorado 80222. 1989



B.A Program in Physical Education SemeSter - VI

Generic Elective (GE-2)

Course Code: **UG/PEDG/603/GE-2**

Course Title: Complete Fitness and Therapeutic Value of Physical Education

Total Marks:= 50

{Theory Marks: 25 :: Practical Marks:15 :: Internal Assessment (Theory + Practical): 10 }

Contact Hours per week: 6

Examination Duration: 2 Hours

UNIT- I: COMPLETE FITNESS

- 1.1 Meaning and Concept of Complete Fitness and wellness.
- 1.2 Need, Components and significance of Complete Fitness.
- 1.3 Factor affecting Complete Fitness.
- 1.4 Special emphasis on Physical Fitness: Meaning, definition and modern concept of Physical Fitness.
- 1.5 Physical Fitness Components and their developmental training method: Health-related and Sports Performance-related Physical Fitness.
- 1.6 Means of Fitness development – Aerobic and Anaerobic Exercise, Target Heart Rate, Warming Up, Conditioning, Cooling Down

UNIT- II: INTRODUCTION OF THERAPY

- 2.1 Meaning, definition, Aim and Scope of Therapy
- 2.2 Types of Therapy
- 2.3 Explanation of the Term – Physiotherapy, Exercise-therapy, Massage-therapy, Yoga Therapy

UNIT- III: THERAPEUTIC ASPECTS OF PHYSICAL EXERCISE

- 3.1 Therapeutic value of Exercise: Definition, Principles and Importance of Therapeutic Exercises .
- 3.2 Classification, Effects and uses of Therapeutic exercise – Passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

UNIT – IV: METHOD OF PHYSIOTHERAPY

- 4.1 Physiotherapy and its use in the treatment and rehabilitation in sports injuries.
- 4.2 Electrotherapy : Meaning, Technique and safety Precaution - Short wave diathermy, Electric Muscle Stimulation
- 4.3 Hydrotherapy: Meaning, Technique and safety Precaution – Whirlpool, Contrast bath
- 4.4 Thermotherapy: Meaning, Technique and safety Precaution – Hot Pack, Wax Bath
- 4.5 Cryotherapy: Meaning, Technique and safety Precaution – Ice Pack, Cold Compress
- 4.6 Massage Therapy : Types, Techniques, Indication and Contra indications.



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

1. Calculation of Body Mass Index (BMI)
2. Skinfold Measurement
3. Measurement of Fitness Components –

Muscular Strength – (Minimal Strength) –	TEST - Leg-Raise
(Leg Strength) –	TEST – Standing Broad Jump
Muscular Endurance- (Abdominal Muscle) –	TEST - Sit-ups
Cardiovascular Endurance –	TEST- Harvard Step Test or Run and Walk Test
Flexibility – (Lower Back Flexibility) –	TEST - Sit and Reach Test
Standing Balance -	TEST – Stork Stand Test
4. Measurement of Pulse Rate / Heart Rate at Radial Artery and Carotid Artery
5. Measurement of Vital capacity by spirometer.

SUGGESTED READINGS:

- Brukner P and Sydney KK. Clinical sports medicine, McGraw-Hill Co., 2011
- Fox J and Sharp T. Practical Electrotherapy: A Guide to Safe Application. Churchill Livingstone, 2007.
- Petty NJ and Moore AP. Neuromusculoskeletal examination and assessment: a handbook for therapies. Foreword by GD Maitland Edinburgh, Churchill Livingstone, 4th edition 2011.
- Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- James, A. Gould & George J. Davies.(1985). Physical Therapy. Toronto: C.V. Mosby Company.
- Smith, Mandy, (2005), Cardiovascular/Respiratory Physiotherapy, Elsevier Health - INR;UK.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
- Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.



B.A Program in Physical Education

SemeSter - VI

Generic Elective (GE-2)

Course Code: **UG/PEDG/603/GE-2**

Course Title: Health Education and Safety Education

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

Contact Hours per week: 6

Examination Duration: 2 Hours

UNIT I : INTRODUCTION

- 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.

UNIT II : HEALTH SCHEME AND HEALTH SERVICES

- 2.1 Health Agencies – (i) WHO (ii) UNESCO (iii) UNICEF
- 2.2 National Health Scheme - Rashtriya Bal Swasthya Karyakram (RBSK), Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), Rashtriya Swasthya Bima Yojana, Integrated Child Development Service
- 2.3 School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record
- 2.4 Personal Hygiene : Care of Eyes, Ear, Nose, Skin, Mouth and Teeth

UNIT III : HEALTH PROBLEM IN INDIA

- 3.1 Cause, Prevention and Control Communicable Disease : Malaria, Dengue
- 3.2 Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes
- 3.3 Nutritional Disorders:
 - 3.3.1. Nutrients and their Functions and Daily Requirements
 - 3.3.2. Health disorders for deficiency of Protein, Vitamins and Minerals
- 3.4 Postural Deformities : Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot

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



PRACTICAL (Any Five) – Marks – 15 (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

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 Pressure
6. Measurement of Resting Heart Rate
7. Measurement of Peak Expiratory Flow
8. Determination of Caloric Value of Food

SUGGESTED READINGS:

- Anspaugh DJ Ezell G and Goodman KN (2006). Teaching Today's Health. Mosby Publishers. Chicago. USA. Balayan D (2007).
- Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
- Dewan AP (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
- Dixit Suresh (2006). Swasthya Shiksha. Sports Publication. Delhi.
- Uppal A.K & Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi.
- Park K (2007). Park's Text Book of Preventive & Social Medicine. Banarsi Das Bhanot & Company. Delhi.
- Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.
- Hoeger, W W K and S.A. Hoeger (2004). Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.
- Ghosh, B.N. A Treaties of Hygiene and Public Health, Scientific Publishing Co., Kolkata.



AT A GLANCE (Only Physical Education Course)

Course Code	Semester	Course Title	Course Type	Theory	Practical	ESE Total	Internal	Total Marks
UG/PEDG/101/C-1A	1 st	Foundation & History of Physical Education	C-1	25	15	40	10 (Theo-5+Prac-5)	50
UG/PEDG/201/C-1B	2 nd	Anatomy, Physiology & Physiology of Exercise and Sports	C-3	40	-	40	10 (Theo)	50
UG/PEDG/301/C-1C	3 rd	Track &field and Its Rules regulations	C-5	25	15	40	10 (Theo-5+Prac-5)	50
UG/PEDG/304/ SEC-1	3rd	Yogasana and Gymnastics	SEC-1	-	40	40	10 (Prac)	50
UG/PEDG/401/C-1D	4 th	Health Education & Complete Wellness	C-7	40	-	40	10 (Theo)	50
UG/PEDG/404/ SEC-2	4th	Ball Game and Racket Game	SEC-2		40	40	10 (Prac)	50
UG/PEDG/501/DSE-1A	5 th	1.Measurement & Evaluation	Any One	DSE-1	40	-	40	10 (Theo)
		2. Sports Training						
UG/PEDG/503/GE-1	5 th	1.First Aid & Personnel Hygiene	Any One	GE-1	25	15	40	10 (Theo-5+Prac-5)
		2.Recreation						
UG/PEDG/504/ SEC-3	5th	Indigenous and Minor Game and Excursion/ Camping Program	SEC-3	-	40	40	10 (Prac)	50
UG/PEDG/601/DSE-1B	6 th	1.Sports Psychology	Any One	DSE-3	40	-	40	10 (Theo)
		2. Management of sports and Physical Education						
UG/PEDG/603/GE-2	6 th	1.Health Education and Safety Edu.	Any One	GE-2	25	15	40	10 (Theo-5+Prac-5)
		2. Complete Fitness and Therapeutic values of Physical Education						
UG/PEDG/604/ SEC-4	6th	Adapted Physical Education and Computer Application in Physical Education	SEC-4	25	15	40	10 (Prac)	50
		TOTAL		285	195	480	120 (Theo-60+Prac-60)	600
				-50(GE) =235	-30 (GE) =165	-80(GE) =400	-20 (Theo-10+Prac-10) =100 (Theo-50+Prac-50)	-100(GE) =500

