



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	Credit	Marks Division			Total Marks	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 -1

Core Paper 1 (DSC-1) Course Code: UG/PEDG/101/C-1A

Course Title : FOUNDATION AND HISTORY 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

THEORY: 25 marks

Unit-I: *Introduction*

- 1.1 Definition, Meaning and Scope of Physical Education.
- 1.2 Aim and Objectives of Physical Education.
- 1.3 Misconception about Physical Education and Modern concept of Physical Education.
- 1.4 Need and Importance of Physical Education in Present days.

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- Concept of socialization, Socialization in Physical Education and Sports, Role of Games and Sports in National and International Integration.

Unit-III: *Historical Foundation*

- 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.



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

1. Learn and demonstrate the step of Suryanamaskar.
2. Aerobics and Calisthenics exercises
3. Marching- Fall in attention, Stand at ease, Stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward March.

INTERNAL MARKS: (10)

1. Internal Marks will be given based on at least Three Internal Theory Unit Test .and Internal Practical Test and Practical Performance throughout the entire semester.

SUGGESTED READINGS:

THEORY

1. Graham, G. (2001) **Teaching Children Physical Education: Becoming a Master Teacher**. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M. L. & Singh, M. K. (2006) **Physical Education** (Naveen Publications).
3. Lau, S.K. (1999), **Great Indian players**, New Delhi, Sports Publication
4. Lumpkin, A. (2007) **Introduction to Physical Education, Exercise Science and Sports Studies**, McGraw Hill, New York, U.S.A.
5. Siedentop, D. (2004) **Introduction to Physical Education, Fitness and Sport**, McGraw Hill Companies Inc., New York, USA.
6. Shaffer, D.R. (2002) **Developmental Psychology: Childhood and Adolescence**. Thomson, Sydney, Australia
7. Shukla, (2000) **Mother on Education**, National Council of Teacher Education, New Delhi.
8. Singh, A. et al. (2000) **Essentials of Physical Education**, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006) **Foundations of Physical Education, Exercise Science, and Sports**. McGraw Hill Companies, Inc., New York, USA.
10. LI, öi hñä Hhw j äm, C%çm (2010), উচ্চতর শারীরশিক্ষা, নীলধন; ফ্লিনে, পেসে, হাঁ i j z
11. Sharma, N.P.(2009), **Sports History**, KSK Publisher & Distributors, New Delhi – 110002
12. Bhattacharyya, A.K. (2012), **Dimensions of Physical Education: Principles, Foundations Interpretations**, Classique Books, Kolkata-12

PRACTICAL

1. Fahey, T.D., M.P. Insel and W.T. Rath (2006), **Fit & Well: Core Concepts and Labs in Physical Fitness**, McGraw Hill, New York.
2. Kansal, D.K. (2012) **A Practical Approach to Test Measurement and Evaluation Sports & Spiritual Science Publications**, New Delhi.
3. হেদাফিদে, Lj' e (2010), **নীলধন; ফ্লু, লিপ হেপ, লমলাই, 700012**



B.A Program in Physical Education

SemeSter - II

Core Paper 3 (DSC-3) Course Code: UG/PEDG/201/C-1B

ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS

Total Marks = 50 {Theory Marks: 40 :: Internal Assessment (Practical)- 10}

Contact Hours per week: 6

Examination Duration: 2 hours

THEORY MARKS: 40 marks

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.

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, Elbow and 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.

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, Second wind, Vital capacity and Pulmonary ventilation, VO_2 Max
4. Heart, structure and function of heart, Mechanism of Blood Circulation.
5. Blood, function of Blood and its compositions.
6. Concept of Stroke Volume, Cardiac Output, Blood Pressure, Blood Group and Coagulation of Blood.

Unit- IV: Nervous System and Endocrine System

1. Definition and Meaning of Nervous System and Endocrine System
2. Brain, Spinal cord and their function
3. Concept of Reflex action, Reciprocal Innervations and Inhibition
4. Type of Endocrine Glands and their functions -Pituitary, Thyroid, and Adrenal Gland

**Unit- V: Physiology of Exercise and Sports**

1. Definition of Physiology and Physiology of Exercise and Sports
2. Effects of Exercise (immediate effects) on Muscular System.
3. Effects of Exercise (immediate effects) on Respiratory System.
4. Effects of Exercise (immediate effects) on Circulatory System.

INTERNAL MARKS: (Practical) 10 marks (Preparation of Record Book is Compulsory which will be evaluated by Internal Examiner)

1. Measurement of Blood Pressure
2. Measurement of Vital Capacity
3. Measurement of Heart Rate
4. Measurement of Physical Efficiency Index (PEI)
5. Measurement of Limb Length

(Internal Practical Marks will be given based on Internal Practical Test and Practical Performance throughout the entire semester)

SUGGESTED READINGS:**THEORY + PRACTICAL**

- Jain AK (2002). **Anatomy & Physiology for Nurses**. Arya Publishers, Delhi.
- Moried EN (2007). **Essential of Human Anatomy & Physiology**. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). **Human Anatomy** Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). **Anatomy & Physiology**. McGraw Hill, Boston.
- Tortora (2003). **Principles of Anatomy & Physiology**, New York: John Willy & Sons,
- William CS (2000). **Essentials of Human Anatomy & Physiology**, Benjamin
- Wilson and Waugh (1996). **Anatomy & Physiology in Health & Illness**. Churchill Livingstone 9 D
- D. Rajlakshmi (2007), **Anatomy and Physiology in Physical Education**, Sports Educational Technologies, New Delhi-110002
- Prakash A.(1998), **Text-Book of Anatomy & Physiology**, Khel Sahitya Kendra, Delhi-110052



B.A Program in Physical Education

SemeSter - III

Core Paper 5 (DSC-5) Course Code: UG/PEDG/301/C-1C

Course Title: Track & Field and its Rules Regulations

Total Marks:= 50

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

Contact Hours per week: 6

Examination Duration: 2 hours

THEORY MARKS: 25 marks

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.

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

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 Jump, Triple Jump
4. Rules Regulation Regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw

Unit-IV: Organizational Part of Track and Field

1. List of Officials and Their Responsibility
2. Step to be followed to organize Institutional Annual Athletic Meet.



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

1.1 Track Events:

- 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.

1.2 Field Events:

- 1.2.1 Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.
- 1.2.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.
- 1.2.3. Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (O' Brien Technique)
- 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.

INTERNAL MARKS: (10)

1. Internal Theory Marks will be given based on at least Three Internal Theory Unit Test. and Internal Practical Test and Practical Performance throughout the entire semester.

SUGGESTED READINGS:

- 1. Layout and Marking of Track And Field, Dr. N. Govindarajulu, Dr. Rakesh Gupta, Friends Publication (India), New Delhi -110002
- 2. IAAF Competition Rules (Latest Version), International Association of Athletics Federations, MC 98007, MONACO Cedex.
- 3. Teaching Athletics, Dr. O.P. Gahlawat, Friends Publication (India), New Dellhi, 110002.
- 4. 400 çjV;l VÊ;l, çLIZ jœ¼p£, Online Version.
- 5. Games and Sports, Athletic Track & Court Marking Handbook, Rajesh Agola, www.physicalliteracykurnool.com
- 6. Book of Rules of Games and Sports, National Council of YMCAs of India, Department of Communication, Bharat Yuvak Bhavan, Jai Singh Road, New Delhi- 110001
- 7. Handbook of Physical Education And Sorts, J. Krishna Murti, Commonwealth Publishers, Ansari Road, Dariya Ganj, New Delhi- 110002



B.A Program in Physical Education

SemeSter - III

Skill Enhancement Course (SEC-1) Course Code: UG/PEDG/304/SEC-1

Course Title: Yogasana and Gymnastics

Total Marks:= 50 {Practical Marks:40 :: Internal Assessment (Practical): 10}

Contact Hours per week: 2

Examination Duration:

PRACTICAL MARKS: 40 marks (Preparation of Record Book is Compulsory which will be evaluated by Internal and External Examiner Both)

Unit- I: YOGASANA

1. Standing Position:

- 1.1 Ardhashandrasana
- 1.2 ArdhaChakrasana
- 1.3 Padahasthasana
- 1.4 Brikshasana
- 1.5 Natarajasana

2. Sitting Position:

- 2.1 Paschimothanasana
- 2.2 Gomukhasana
- 2.3 Ustrasana
- 2.4 Supta Vajrasana
- 2.5 Vakrasana

3. Supine Position:

- 3.1 Halasana
- 3.2 Matsyasana
- 3.3 Setubandhasana
- 3.4 Naukasana
- 3.5 Karnapidasana

4. Prone Position

- 4.1 Bhujangasana
- 4.2 Salavasana
- 4.3 Dhanurasana
- 4.4 Bhekasana
- 4.5 Mayurasana

5. Inverted Position

- 5.1 Sarbangasana
- 5.2 Shirsasana
- 5.3 Bhagrasana
- 5.4 Bakasana
- 5.5 Kopotasana



Unit- II: GYMNASTICS

1. Roll in Acro Skill

- 1.1 Forward Roll
- 1.2 Backward Roll
- 1.3 Dive Roll
- 1.4 Hand Stand Followed by Roll

2. Static Pose in Gymnastics

- 2.1 T- Balance
- 2.2 Frog Balance
- 2.3 Forward Split
- 2.4 Arching/ Bridge

3. Basic Acro Skill

- 3.1 Round Off
- 3.2 Cart-wheel
- 3.3 Front Walkover
- 3.4 Hand Spring
- 3.5 Head Spring
- 3.6 Neck Spring
- 3.7 Somersault

INTERNAL MARKS: (Practical- 10)

1. Internal Practical Marks will be given based on Internal Practical Test and Practical Performance throughout the entire semester.

SUGGESTED READINGS:

- 1. Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
- 2. The Complete Illustrated Book of YOGA, Swami Vishnudevananda, Bell Publishing, USA
- 3. 2100 Asanas, The Complete Yoga Poses, Daniel Lacerda, Hachette Book group, Leventhal Publisher.
- 4. Head over heels about Gymnastics, Floor Skills, Gemma Coles, www.dancemania.biz.
- 5. The Gymnastics book, Elfi Schlegel & Claire Ross Dunn, Firefly Books , Online Version
- 6. Gymnastics Skills Tips, and Tricks, JEFF SAVAGE, Enslow Publisher Inc, Online Version.



B.A Program in Physical Education

SemeSter - IV

Core Paper 7 (DSC-7) Course Code: UG/PEDG/401/C-1D

Course Title: Health Education & Complete Wellness

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

Contact Hours per week: 6

Examination Duration: 2 Hours

THEORY – 25 Marks

UNIT I : INTRODUCTION

- 1.1 Meaning and Definition of Health & Health Education
- 1.2 Aims , Objectives & Principles of Health Education
- 1.3 Need & Importance of Health Education , Factors influencing Health
- 1.4 Health Agencies : World Health Organisation (WHO)
United Nation Educational Scientific & Cultural Organisation (UNESCO)
Integrated Child Development Services (ICDS)
Ministry of Health & Family Welfare (MHFW)

UNIT II : DIETETICS & NUTRITION

- 2.1 Meaning & Definition of Nutrition & Food
- 2.2 Basic Nutrients: Protein, Carbohydrate, Fat, Mineral, Water & Vitamin.
- 2.3 Balance Diet, Factors affecting Diet, Athletic Diet.
- 2.4 Mid-Day Meal, Malnutrition

UNIT III: WELLNESS & HYGIENE

- 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
- 3.4 Healthy Environment in the educational institutions, playground & auditorium.

PRACTICAL (Marks 15)

1. Measurement of Body Mass Index
2. Measurement of Body Fat
3. Record Book



B.A Program in Physical Education

SemeSter - IV

Skill Enhancement Course (SEC-2) Course Code: UG/PEDG/404/SEC-2

Course Title: Ball Game and Racket Game

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

Contact Hours per week: 2

Examination Duration:

UNIT-1 BALL GAME (ANY TWO)

15X2=30

1.1 FOOT BALL

- 1.1.1 Kicking : Instep kick, Inside kick, Lifted kick (Half volley and Full volley) in swing and out swing kicks.
- 1.1.2 Receiving : Sole receiving(trapping), Inside and Outside foot receiving, Thigh receiving Chest receiving.
- 1.1.3 Dribbling : Inside dribbling, Outside dribbling and Zig-zag dribbling.
- 1.1.4 Heading and Throw-in: Short and Long
- 1.1.5 Goal keeping
- 1.1.6 Game practice with application of rules and regulations.

1.2 HAND BALL

- 1.2.1 Gripping/Catching/Receiving Technique/ Ball Control
- 1.2.2 Passing Techniques: Shoulder Pass, Chest Pass, Under Hand Pass, Over Head Pass, Bounce Pass, Reverse Pass.
- 1.2.3 Goal shooting: Side shot, Jump shot, Bounce shot, Dive shot, Reverse shot.
- 1.2.4 Dribbling : High and Low.
- 1.2.5 Blocking and Goal keeping.
- 1.2.6 Game practice with application of ruler and regulation

1.3 VOLLEY BALL

- 1.3.1 Service: Under arm service, Side arm service, Tennis service, Floating service
- 1.3.2 Pass: Under Arm Pass, Over Head Pass
- 1.3.3 Spiking and Blocking
- 1.3.4 Game practice with application of rules and regulations.

1.4 NET BALL

- 1.4.1 Catching: One handed, Two handed with feet grounded and flight.



- 1.4.2 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 , Over head pass and Bounce pass.
- 1.4.3 Foot work: Landing on one foot, Landing on two feet, Pivot, Running pass.
- 1.4.4 Shooting : One hand Shot, Forward step shot, and Backward step shot.
- 1.4.5 Techniques of free dodge and sprint, Sudden sprint, Sprint and Stop, Sprinting with change at speed.
- 1.4.6 Defending: Marking the player, Marking the ball, Blocking inside the circle, Blocking outside the circle, Defending the circle edge against the passing.
- 1.4.7 Intercepting: Pass and Shot
- 1.4.8 Game practice with application of rules and regulations

1.5 CRICKET

- 1.5.1 Batting skill: The basic elements - The grip, The stance & The back lift.
- 1.5.2 Basic shots and techniques: The front foot defense, Front foot drive off and on side, Back foot defense, Back foot drive off and on side, Pull shots, Square Cut shot.
- 1.5.3 Bowling skills: Grip, Approach Run, Delivery Style and Follow Through, Out-swing, Off-swing, Leg spin, Off spin.

UNIT- 2 RACKET GAME (ANY ONE)

10X1=10

2.1 Badminton

- 2.1.1. Racket parts, Racket grips, Shuttle grip
- 2.1.2 Service: Short service, Long service, Long high service
- 2.1.3. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.
- 2.1.4. Game practice with application of rules and regulations.

2.2 Table Tennis

- 2.2.1. Basic Knowledge: Grip of racket, Shake hand grip, Pen hold grip.
- 2.2.2. Stance- Alternate & Parallel Stance.
- 2.2.3. Push and Service: Back hand, Forehand.
- 2.2.4. Chop: Backhand, Forehand.
- 2.2.5. Receive: Push and chop with Back hand and Forehand.
- 2.2.6. Game practice with application of rules and regulation.





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

