

BALAGARH BIJOYKRISHNAMAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
CBCS Course Plan (With Effective from 2017-18 onwards)

Name of programme: B.A. Physical Education General

No. of Course in General: 12

Total Credit in General: 122

**One internal assessment per course per semester carries 10 marks each, in addition to 5 marks of student attendance.

**CC and DSE Courses carry 60 marks in theory along with 15 marks in internal. SEC paper carries 40 marks in theory along with 10 marks in internal.

Semester	Course & Course title	Topic Name	No. of lectures and practical	Name of Teacher	Curriculum Delivery
1 st	<u>CC-1A/GE: Foundation and History of Physical Education</u>	<u>Unit-I: Introduction</u>	12	Amitab kumar Mandal	Class room lecture, Class test -1
		<u>Unit- II: Biological and Sociological Foundations of Physical Education</u>	18	Amitab kumar Mandal	Classroom lecture, ICT-PPT
		<u>Unit- III: History of Physical Education</u>	18	Priyatosh Mondal	Classroom lecture, ICT PPT, Class Test-1

		<p>Sports in India- Pre-Independence period and Post-Independence period.</p> <ul style="list-style-type: none"> • Olympic Movement- Ancient Olympic Games and Modern Olympic Games. • Brief historical back ground of Asian Games and Common wealth Games. • National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award. 			
		<p><u>Unit-IV: Yoga Education:</u></p> <ul style="list-style-type: none"> • Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga. History of Yoga. • Astanga Yoga • Hatha Yoga 	18	Priyatosh Mondal	Classroom lecture, ICT PPT, Class Test-1
		<p><u>FIELD PRACTICAL</u></p> <ol style="list-style-type: none"> 1. Learn and demonstrate the technique of Suryanamaskar. 2. Development of physical fitness through Callisthenics and Aerobic activities 		Amitab kumar Mandal & Priyatosh Mondal	ON FIELD

2 nd	<u>CC1B-Management of Physical Education and Sports</u>	<u>Unit-I:Introduction</u>	12	Amitab Kumar Mandal	Classroom lecture , ICT PPT , Class test-1,Tutorial class
		<ul style="list-style-type: none"> • Concept and Definition of Sports Management • Important of Sports Management • Purpose of Sports Management. • Principles of Sports Management 			
		<u>Unit-II:Tournaments</u>	18	Amitab Kumar Mandal	Classroom lecture, Class test, Tutorial class
		<ul style="list-style-type: none"> • Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge). • Procedure of drawing fixture. • Method of organizing Annual Athletic Meet and Play Day. • Method of organizing of Intramural and Extramural competition. 			
		<u>Unit-III: Facilities and Equipments</u>	18	Priyatosh Mondal	Classroom lecture, Tutorial class
		<ul style="list-style-type: none"> • Method of calculation of Standard Athletic Track marking. • Care and maintenance of play ground and gymnasium. • Importance, care and maintenance of sports equipments. • Time Table: Meaning, importance and factors affecting Time Table. 			
		<u>Unit-IV: Leadership</u>	12	Priyatosh Mondal	Classroom lecture, ICT PPT, Class test-1
		<ul style="list-style-type: none"> • Meaning and definition of leadership. • Qualities of good leader in Physical Education. • Principles of leadership activities. • Hierarchy of Leadership in School, College and University level. 			

		<p align="center"><u>FIELD PRACTICAL</u></p> <ol style="list-style-type: none"> Layout knowledge and Officiating ability- Track and Field events (anyone) Games: Football, Kabaddi, Kho-Kho and Volleyball (anyone). 		Amitab Kumar Mandal & Priyatosh Mondal	On Field
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3 rd	<u>CC1C 3: Anatomy, Physiology and Exercise Physiology</u>	<p><u>Unit-I:Introduction</u></p> <ul style="list-style-type: none"> Meaning and definition of Anatomy, Physiology and Exercise Physiology. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education Human Cell- Structure and function Tissue Types and functions 	12	Amitab Kumar Mandal	Classroom lecture, Tutorial class
		<p><u>Unit-II: Musculo-skeletal System</u></p> <ul style="list-style-type: none"> Skeletal System-Structure of Skeletal System. Classification and location of bones and joints. Anatomical difference between male and female. Muscular System-Type, location, function and structure of muscle. Types of muscular contraction. Effect of exercise on muscular system. 	18	Amitab Kumar Mandal	Classroom lecture, ICT PPT, Class test-1
		<p><u>Unit-III: Circulatory System</u></p> <ul style="list-style-type: none"> Blood-Composition and function. Heart-Structure and functions. Mechanism of blood circulation through heart Blood Pressure, Athletic Heart and Bradycardia Effect of exercise on circulatory system 	18	Priyatosh Mondal	Classroom lecture, ICT PPT, Class test-1

		<p><u>Unit-IV: Respiratory System</u></p> <ul style="list-style-type: none"> • Structure and function of Respiratory organs. • Mechanism of Respiration. • Vital Capacity, O₂ Debt and Second Wind. • Effect of exercise on respiratory system. 	12	Priyatosh Mondal	Classroom lecture, Tutorial class
		<p><u>LAB PRACTICAL</u></p> <ol style="list-style-type: none"> 1. Assessment so f BMI and WHR. 2. Assessment of Heart rate, Blood Pressure, Respiratory Rate and Pick Flow Rate (any two). 		Amitab Kumar Mandal & Priyatosh Mondal	Classroom lecture, Tutorial class
	<u>SEC1 – Track and Field</u>	<p><u>Track Events</u></p> <ul style="list-style-type: none"> • Starting Techniques: Standing start and Crouch start (its variations) use of Block. Acceleration with proper running techniques. • Finishing technique: Run Through, Forward Lunging and Shoulder Shrug. • Relay Race: Starting, Baton Holding / Carrying, Baton Exchange in between zone and Finishing. 		Amitab Kumar Mandal	On The Field
		<p><u>Field Events (Any Two)</u></p> <p>Long Jump: Approach Run, Take off, Flight in the air (Hang Style/Hitch Kick) and Landing.</p> <p>High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing.</p> <p>Shotput: Holding the Shot, Placement, Initial Stance, Glide,</p>		Priyatosh Mondal	On The Field

		<p>Delivery Stance and Recovery (Perry O'Brien Technique).</p> <p>Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).</p> <p>Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).</p>			
4th	<p><u>CC1D 4= Health Education, Physical Fitness and Wellness</u></p>	<p><u>Unit-I: Introduction</u></p> <ul style="list-style-type: none"> • Concept, definition and dimension of Health. • Definition, aim, objectives and principles of Health Education • Health Agencies-World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO). • School Health Program-Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record 	18	Amitab Kumar Mandal	Classroom lecture, Tutorial class
		<p><u>Unit-II: Health Problems in India-Prevention and Control</u></p> <ul style="list-style-type: none"> • Communicable Diseases- Malaria, Dengue and Chicken Pox • Non-communicable Diseases- Obesity, Diabetes and AIDS. • Nutrition-Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals • Postural deformities- 	18	Priyatosh Mondal	Classroom lecture, Tutorial class

		Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.			
		<p><u>Unit-III: Physical Fitness and Wellness</u></p> <ul style="list-style-type: none"> Physical Fitness- Meaning, definition and Importance of Physical Fitness. Components of Physical Fitness-Health and Performance related Physical Fitness. Concept of Wellness. Relationship between Physical activities and Wellness. Ageing-Physical activities and its importance. 	12	Priyatosh Mondal	Classroom lecture, ICT PPT, Class test-1
		<p><u>Unit-IV: Health and First-aid Management</u></p> <ul style="list-style-type: none"> First aid Meaning, definition, importance and golden rules of First-aid. Concept of sports injuries- Sprain, Strain, Fracture and Dislocation. Management of sports injuries through the application of Hydro-therapy and Thermo-therapy. Management of sports injuries through the application of Exercise and Massage therapy 	12	Amitab Kumar Mandal	Classroom lecture, ICT PPT, Class test-1
		<p><u>LAB PRACTICAL</u></p> <ol style="list-style-type: none"> First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica. Practical knowledge on Hydro-therapy and Thermo-therapy. 		Amitab Kumar Mandal & Priyatosh Mondal	Classroom lecture, Tutorial class
	<u>SEC 2 = Gymnastics and Yoga</u>	<p><u>GYMNASTICS</u></p> <ol style="list-style-type: none"> Compulsory <ul style="list-style-type: none"> ForwardRoll T-Balance ForwardRoll 		Amitab Kumar Mandal	Classroom lecture, Tutorial class

		<p>with Splitleg BackwardRoll</p> <ul style="list-style-type: none"> • CartWheel 			
		<p>2. Optional</p> <ul style="list-style-type: none"> • Dive and Forward Roll • Hand Spring • Head Spring • Neck Spring • Hand Stand and Forward Roll • Somersault 		Amitab Kumar Mandal	
		<p>YOGA</p> <p>3. Asanas</p> <ul style="list-style-type: none"> • Standing Position Ardhachandrasana Brikshasana Padahasthasana • Sitting Position Ardhakurmasana Paschimottanasana Gomukhasana • Supine Position Setubandhasana Halasana Matsyasana • Prone Position Bhujangasana Salvasana Dhanurasana • Inverted Position Sarbangasana Shirsasana Bhagrasana 		Priyatosh Mondal	Classroom lecture, Tutorial class
		<p>4. Pranayama (any two)</p> <p>Kapalbhati Bhramri Anulam Vilom</p>		Priyatosh Mondal	

5th	DSE 1: Sports Training	<p><u>Unit-I:Introduction</u></p> <ul style="list-style-type: none"> • Meaning and definition of Sports Training. • Aim and characteristics of Sports Training. • Principles of Sports Training. • Importance of Sports Training 	12	Amitab kumar Mandal	Classroom lecture, class test
		<p><u>Unit-II: Principle of Training and Conditioning</u></p> <ul style="list-style-type: none"> • Warming up and Cooling down- Meaning, types and methods. • Conditioning- Concept of Conditioning and its principles. • Training Methods- Circuit Training, Interval Training, Weight Training. • Periodisation- Meaning, types, aim and contents of different periods 	18	Amitab Kumar Mandal	Classroom lecture, Tutorial class
		<p><u>Unit-III: Training Load and Adaptation</u></p> <ul style="list-style-type: none"> • Training Load-Meaning, definition, types and factors of training load. Components of training load. • Over Load Meaning, causes, symptoms and tackling of over load • Adaptation- Meaning and conditions of adaptation 	18	Priyatosh Mondal	Classroom lecture, Tutorial class, Class test

	<p><u>Unit-IV: Training Techniques</u></p> <ul style="list-style-type: none"> • Strength-Means and methods of strength development. • Speed- Means and methods of speed development. • Endurance-Means and methods of endurance development. • Flexibility- Means and methods of flexibility development. 	12	Priyatosh Mondal	Classroom lecture, TutorialClass, Class test-1
	<p><u>FIELD PRACTICAL</u></p> <ol style="list-style-type: none"> 1. Practical experience of Weight Training and Circuit Training (anyone) 2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility (any two). 		Amitab Kumar Mandal & Priyatosh Mondal	On The Field
<p>SEC3- Indian Games and Racket Sports</p>	<p>KABADDI</p> <p>A. Fundamental skills</p> <ul style="list-style-type: none"> • Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line. • Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. • Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense. • Game practice with application of Rules 		Amitab Kumar Mandal	On The Field

		and Regulations B. Rules and their interpretations and duties of the officials.			
		<u>BADMINTON</u> A. Fundamentalskills <ul style="list-style-type: none"> • Basic Knowledge: Various parts of the Racket and Grip. • Service: Short service, Long service, Long-high service. • Shots: Over headshot, Defensive clears hot, Attacking clear shot, Drop shot, Net shot, Smash. • Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials		Priyatosh Mondal	On The Field
5 TH	GE1= Modern Trends and Practices in Physical Education Exercise Sciences	<u>Unit-I:Introduction</u> <ul style="list-style-type: none"> • Meaning, definition and importance of physical Education and Sports • Aims, objectives and scope of Physical Education. • Types of sports and their utility in physical education. • Meaning, definition and importance of Physical fitness and Motor fitness. Difference between physical fitness and motor fitness. Components of Physical fitness 	12	Amitab Kumar Mandal	Classroom lecture, Tutorial class, Class test

		<p><u>Unit- II: Biological, Psychological and Sociological Foundations of Physical Education</u></p> <ul style="list-style-type: none"> • Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development. • Meaning and definition of Psychology. Importance of Psychology in Physical Education. Qualities of good leader in Physical Education. Principles of leadership activities. • Sociological Foundation- Meaning and definition of Sociology. Social values and their Importance. Socialization Through Sports. • Role of games and sports in National and International integration. 	18	Amitab Kumar Mandal	Classroom lecture, ICT PPT, Class test-1
		<p><u>Unit- III: History of Physical Education</u></p> <ul style="list-style-type: none"> • Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period • Ancient Olympic Games • Modern Olympic Games. • Asian Games 	12	Priyatosh Mondal	Classroom lecture, Tutorial class, Class test
		<p><u>Unit-IV: Exercise Sciences</u></p> <ul style="list-style-type: none"> • Meaning, definition and importance Exercise and Exercise Physiology. • Effects of short and long term exercise on 	18	Priyatosh Mondal	Classroom lecture, ICT PPT, Class test-1

		<p>Muscular systems.</p> <ul style="list-style-type: none"> • Effects of short and long term exercise on Circulatory System. • Effects of short and long term exercise on Respiratory System. 			
6th	<u>DSE2= Psychology in Physical Education and Sports</u>	<p><u>Unit-I:Introduction</u></p> <ul style="list-style-type: none"> • Meaning and definition Psychology. • Importance and scope of Psychology. • MeaninganddefinitionSportsPsychology. • NeedforknowledgeofSportsPsychologyinthefieldofPhysicalEducation. 	12	Amitab Kumar Mandal	Classroom lecture, Tutorial class, Class test
		<p><u>Unit-II:Learning</u></p> <ul style="list-style-type: none"> • Meaning and definition of learning. • Theories of learning and Laws of learning. • Learning curve: Meaning and Types. • Transfer of learning- Meaning, definition type and factors affecting transfer of learning. 	18	Amitab Kumar Mandal	Classroom lecture, ICT PPT, Class test-1
		<p><u>Unit-III: Psychological Factors</u></p> <ul style="list-style-type: none"> • Motivation-Meaning, definition, type and importance of Motivation in Physical Education and Sports. • Emotion-Meaning, definition, type and importance of Emotion in Physical Education and Sports. • Personality-Meaning, definition and type Personality traits. • Role of physical activities in the development of personality. 	18	Priyatosh Mondal	Classroom lecture, ICT PPT, Class test-1

		<p align="center"><u>Unit-IV: Stress and Anxiety</u></p> <ul style="list-style-type: none"> • Stress-Meaning, definition and types of Stress. • Causes of Stress. • Anxiety-Meaning, definition and types of Anxiety. • Management of Stress and Anxiety through physical activity and sports. 	12	Priyatosh Mondal	Classroom lecture, Tutorial class, Class test
		<p align="center"><u>LAB PRACTICAL</u></p> <ol style="list-style-type: none"> 1. Assessment of Personality, Stress and Anxiety (anyone). 2. Measurement of Reaction Time, Depth Perception and Mirror Drawing (anyone). 		Amitab Kumar Mandal & Priyatosh Mondal	Classroom lecture, Tutorial class, Class test
6 th	<u>SEC 4= BALL GAME</u>	<p align="center"><u>FOOTBALL</u></p> <p><u>A. Fundamental Skills</u></p> <ol style="list-style-type: none"> 1. Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick. 2. Trapping: Trapping-the Rolling ball, and the Bouncing ball with sole of the foot. 3. Dribbling: Dribbling the ball with In step of the foot, Dribbling the ball with Inner and Outer In step of the foot. 4. Heading: Instanding, running and jumping condition. 5. Throw-in: Standing throw-in and Running throw-in 6. Feinting: With the lower limb and upper part of the body. 7. Tackling: Simple 		Priyatosh Mondal	On The Field

		<p>Tackling, Slide Tackling.</p> <p>8. Goal Keeping: Collection of Ball, Ball clearance-kicking, throwing and deflecting.</p> <p>9. Game practice with application of Rules and Regulations body.</p> <p><u>B. Rules and their interpretation and duties of officials.</u></p>			
		<p><u>VOLLEYBALL</u></p> <p><u>A. Fundamental skills</u></p> <p>1. Service: Under arm service, Side arm service, Tennis service, Floating service.</p> <p>2. Pass: Under arm pass, Over head pass.</p> <p>3. Spiking and Blocking.</p> <p>4. Game practice with application of Rules and Regulations.</p> <p><u>B. Rules and their interpretation and duties of officials.</u></p>		Amitab Kumar Mandal	On The Field
<u>GE2= Health Education and Tests & Measurements in Physical Education</u>		<p><u>Unit-I:Introduction</u></p> <p>Concept, definition and dimension of Health. Definition, aim, objectives and principles of Health Education Health Agencies-World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO). Nutrition Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals.</p>	18	Amitab Kumar Mandal	Classroom lecture, Tutorial class, Class test

	<p><u>Unit-II: Health and First-aid Managements</u></p> <p>First aid-Meaning, definition, importance and golden rules of First-aid.</p> <p>Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.</p> <p>Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.</p> <p>Hypo- kinetic Diseases and Physical Activities-Obesity and Diabetes</p>	18	Priyato Mondal	Classroom lecture, Tutorial class, Class test
	<p><u>Unit-III: Measurement of Body Compositions and Somatotype Assessment</u></p> <p>Body Mass Index(BMI)- Concept and method of measurement.</p> <p>Body Fat- Concept and method of measurement.</p> <p>Lean Body Mass (LBM)- Concept and method of measurement.</p> <p>Somatotype- Concept and method of Assessment.</p>			
	<p><u>Unit-IV: Fitness Test</u></p> <p>Kraus-Weber Muscular Strength Test.</p> <p>AAHPER Youth Fitness Test.</p> <p>Queens College Step Test.</p> <p>Harvard Step Test.</p>			