



UNIVERSITY OF CALCUTTA

GURUPADA SAREN
SECRETARY

COUNCILS FOR UNDERGRADUATE STUDIES,
UNIVERSITY OF CALCUTTA.

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Dated the 10th May, 2018

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To
The Principals/T.I.C.
of all the Undergraduate Colleges
offering Physical Education (General)
affiliated to the University of Calcutta

Sir/Madam,

The undersigned is to inform you that the proposed **revised semester wise draft Syllabus for Physical Education (General) under CBCS has been uploaded in the Calcutta University website (www.caluniv.ac.in).**

The said syllabus has been prepared by the **U.G. Board of Studies in Physical Education, C.U.**, suppose to be implemented from the academic session 2018-2019

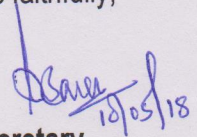
You are requested kindly to go through it and send your feedback within 21st May, 2018.

In this regard you may send your observation/ suggestion to the **Department of U.G. Councils, C.U.** or through email (u.g.councilsc.u@gmail.com), and you also may contact **Prof. Sanjib Mridha**, through e-mail (sanjibmridha100@gmail.com).

Your cooperation in this regard will be highly appreciated. Kindly treat the matter as urgent.

Thanking you,

Yours faithfully,


Secretary

DRAFT SYLLABUS

UNIVERSITY OF CALCUTTA

**Subject: Physical Education (General)
According to CBCS w.e.f. 2018-19**

Brief Outline of the Syllabus

1. Core Course (CC):

Sem-1 : CC-1- Foundation and History of Physical Education

Sem-2 : CC-2- Health Education, Physical Fitness and Wellness

Sem-3 : CC-3- Anatomy, Physiology and Exercise Physiology

Sem-4 : CC-4- Psychology and Sociology in Physical Education and Sports

2. Discipline Specific Elective (DSE) :

Sem-5 : DSE-A (Group-I) – Management in Physical Education and Sports

DSE-A(Group-II)–Modern Trends in Physical Education and Exercise Science

Sem-6: DSE-B (Group-I) – Sports Training

(Group-II) - Tests, Measurement and Evaluation in Physical Education

3. Skill Enhancement Course (SEC):

I. Track and Field

II. Gymnastics and Yoga

III. Ball Games

IV. Indian Games and Racket Sports

SEMESTER- 1

CC-1: Foundation and History of Physical Education

Unit- I: Introduction

- 1.1. Meaning and definition of Physical Education.
- 1.2. Aim and objectives of Physical Education.
- 1.3. Misconceptions and Modern concept of Physical Education.
- 1.4. Importance of Physical Education in modern society.

Unit- II: Foundations of Physical Education

- 2.1. Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
- 2.2. Age - Chronological age, anatomical age, physiological age and mental age.
- 2.3. Play theories, Role of play, game and sport for Personality development.
- 2.4. Meaning and definition of Society, Socialization through Physical Education, Role of games and sports in National and International harmony.

Unit- III: History of Physical Education

- 3.1 Historical development of Physical Education and Sports in India- Pre-Independence and Post-Independence period.
- 3.2 Olympic Movement- Ancient and Modern Olympic Games.
- 3.3 Brief historical background of Asian Games, Commonwealth Games and SAF Games.
- 3.4 National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, and Dhyanchand Award

Unit- IV: Yoga Education

- 4.1 Meaning and definition of Yoga; aim, objectives and importance of Yoga.
- 4.2 History of Yoga.
- 4.3 Astanga Yoga
- 4.4 Yoga for Health and Wellness

FIELD PRACTICAL

1. Learn and demonstrate the technique of Suryanamaskar.
2. Development of physical fitness through Callisthenics and Aerobic activities (Any one).

SEMESTER- 2

CC-2: Health Education, Physical Fitness and Wellness

Unit- I: Introduction

- 1.1. Concept, definition and dimensions of Health.
- 1.2. Definition, aim, objectives and principles of Health Education.
- 1.3. School Health Program- Health Service, Health Instruction, Health Supervision, Personal Hygiene and Health Record.
- 1.4. Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF).

Unit- II: Health Problems in India- Prevention and Control

- 2.1. Communicable Diseases- Malaria, Dengue, Chicken Pox and Diarrhea.
- 2.2. Hypokinetic Disorders - Obesity, Diabetes, Asthma and Cardiovascular disorders.
- 2.3. Nutrition- Nutritional requirements for daily living. Preparation of Balance Diet chart. Health disorders due to deficiency of Protein, Vitamins and Minerals.
- 2.4. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot.

Unit- III: Physical Fitness and Wellness

- 3.1 Physical Fitness- Meaning, definition and Importance of Physical Fitness.
- 3.2 Components of Physical Fitness- Health and Performance related Physical Fitness.
- 3.3 Concept of Wellness. Relationship between Physical activities and Wellness.
- 3.4 Ageing- Physical activities and its importance.

Unit- IV: Health and First-aid Management

- 4.1 First aid- Meaning, definition, importance and golden rules of First-aid.
- 4.2 Concept of sports injuries- Sprain, Strain, Wound, Fracture and Dislocation.
- 4.3 Management of sports injuries through the application of Cryo-therapy and Thermo-therapy.
- 4.4 Management of sports injuries through the application of Exercise and Massage therapy.

LAB PRACTICAL

1. First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica splint
2. Practical knowledge on application of Hydro-therapy and Thermo-therapy.

SEMESTER- 3

CC-3: Anatomy, Physiology and Exercise Physiology

Unit- I: Introduction

- 1.1. Meaning and definition of Anatomy, Physiology and Exercise Physiology.
- 1.2. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.
- 1.3. Human Cell- Structure and function.
- 1.4. Tissue- Types and functions.

Unit- II: Musculo-skeletal System

- 2.1 Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female.
- 2.2 Muscular System- Types of Muscles. Location, Structure and function of Skeletal muscle.
- 2.3. Types of muscular contraction.
- 2.4. Effect of exercise and training on muscular system.

Unit- III: Circulatory System

- 3.1 Blood- Composition and function.
- 3.2 Heart- Structure and functions. Mechanism of blood circulation through heart.
- 3.3 Blood Pressure, Athletic Heart and Bradycardia.
- 3.4 Effect of exercise and training on circulatory system.

Unit- IV: Respiratory System

- 4.1 Structure and function of Respiratory organs.
- 4.2 Mechanism of Respiration.
- 4.3 Vital Capacity, O₂ Debt and Second Wind.
- 4.4 Effect of exercise and training on respiratory system.

LAB PRACTICAL

1. Assessments of BMI and WHR (Waist-to-hip ratio).
2. Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).

SEMESTER- 4

CC- 4: Psychology and Sociology in Physical Education and Sports

Unit- I: Introduction

- 1.1. Meaning and definition Psychology.
- 1.2. Importance and scope of Psychology.
- 1.3. Meaning and definition of Sports Psychology.
- 1.4. Need for knowledge of Sports Psychology in the field of Physical Education.

Unit- II: Learning

- 2.1. Meaning and definition of learning.
- 2.2. Theories and Laws of learning.
- 2.3. Learning curve: Meaning and Types.
- 2.4. Transfer of learning- Meaning, definition and types. Factors affecting transfer of learning.

Unit- III: Psychological Factors

- 3.1 Motivation- Meaning, definition, types and importance of Motivation in Physical Education and Sports.
- 3.2 Instinct and Emotion- Meaning, definition, types and importance of Emotion in Physical Education and Sports.
- 3.3 Stress- Meaning, definition, types and causes of Stress, stress relaxation through physical activities.
- 3.4 Personality- Meaning, definition and types. Personality traits.

Unit- IV: Sociological aspects

- 4.1 Meaning and definition of Society; Social group – Primary, secondary and remote groups.
- 4.2 Culture – Features, importance, cultural values of games and sports.
- 4.3 Leadership – Meaning, definition, types. Leadership and sports performance. Development of leadership through Physical Education and Sports.
- 4.4 Sports for Empowerment – Gender issues, Socio-economic status and sports, Importance of Sports in Modern Society.

LAB PRACTICAL

1. Assessment of Personality, Stress and group-cohesion (any one)
2. Measurement of Reaction Time, Depth Perception and Mirror Drawing (any one).

Discipline Specific Elective (DSE) - A

Group-I: Management of Physical Education and Sports

Unit- I: Introduction

- 1.1. Concept and definition of Sports Management.
- 1.2. Importance of Sports Management.
- 1.3. Principles of Sports Management.
- 1.4. Duties and responsibilities of Sports Manager.

Unit- II: Tournaments

- 2.1. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge).
- 2.2. Procedure of drawing fixture.
- 2.3. Methods of organizing Annual Athletic Meet and Play Day.
- 2.4. Methods of organization of Intramural and Extramural competition.

Unit- III: Facilities and Equipment

- 3.1 Method of Standard Athletic Track marking.
- 3.2 Care and maintenance of playground and gymnasium.
- 3.3 Need and importance of care and maintenance of sports equipment.
- 3.4 Time Table: Meaning, importance and factors affecting school's Physical Education Time Table.

Unit- IV: Financial Management

- 4.1. Need and importance of financial management in Physical Education.
- 4.2. Budget – Meaning, criteria, principles and steps of preparing a good budget.
- 4.3. Meaning, process and objectives of Sponsorship.
- 4.4. Funding agencies for promotion of sports infrastructure and programmes – Procedure of communication with those organisations.

FIELD PRACTICAL

Lay out, knowledge and Officiating ability

1. Track and Field events (any one).
2. Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).

Group-II: Modern Trends and Practices in Physical Education Exercise Sciences

Unit- I: Introduction

- 1.1. Meaning, definition and importance of physical Education and Sports.
- 1.2. Aims, objectives and scope of Physical Education.
- 1.3. Types of sports and their utility in Health and Fitness.
- 1.4. Meaning, definition and importance of Physical fitness and Motor fitness. Difference between physical fitness and motor fitness. Components of Physical fitness.

Unit- II: Biological, Psychological and Sociological Foundations of Physical Education

- 2.1. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
- 2.2. Meaning and definition of Psychology. Importance of Psychology in Physical Education. Psychological factors effecting in Physical Activity and Sports.
- 2.3. Sociological Foundation- Meaning and definition of Sociology. Social values and their Importance. Socialization through Sports
- 2.4. Role of games and sports in National Integration and International Understanding.

Unit- III: History of Physical Education

- 3.1 Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period.
- 3.2 Ancient Olympic Games
- 3.3 Modern Olympic Games.
- 3.4 Asian Games and Commonwealth Games

Unit- IV: Exercise Sciences

- 4.1 Meaning, definition and importance Exercise and Exercise Physiology
- 4.2 Scope, need and importance of Sports Bio-mechanics.
- 4.3 Scope, need and importance of Sports Psychology.
- 4.4 Scope, need and importance of Sports Sociology.

Discipline Specific Elective (DSE) - B

Group-I: Sports Training

Unit- I: Introduction

- 1.1. Meaning and definition of Sports Training.
- 1.2. Aim and characteristics of Sports Training.
- 1.3. Principles of Sports Training.
- 1.4. Importance of Sports Training.

Unit- II: Methods of Training and Conditioning in Sports

- 2.1. Warming up and cooling down- Meaning, types and methods.
- 2.2. Conditioning- Concept of Conditioning and its principles.
- 2.3. Training Methods- Circuit Training, Interval Training, Weight Training.
- 2.4. Periodisation- Meaning, types, aim and contents of different periods.

Unit- III: Training Load and Adaptation

- 3.1 Training Load- Meaning, definition, types and factors of training load.
- 3.2 Components of training load.
- 3.3 Over Load- Meaning, causes, symptoms and tackling of over load.
- 3.4 Adaptation- Meaning and conditions of adaptation, Super-compensation

Unit- IV: Training Techniques

- 4.1 Strength- Means and methods of strength development.
- 4.2 Speed- Means and methods of speed development.
- 4.3 Endurance- Means and methods of endurance development.
- 4.4 Flexibility- Means and methods of flexibility development.

FIELD PRACTICAL

1. Practical Experience of Weight Training and Circuit Training (any one).
2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility (any two).

Group-II: Tests, Measurement and Evaluation in Physical Education

Unit- I: Introduction

- 1.1. Concept of test, measurement & Evaluation.
- 1.2. Criteria of good test.
- 1.3. Principles of Evaluation.
- 1.4. Importance of Test, Measurement and Evaluation in Physical Education and Sports.

Unit- II: Measurement of Body Compositions and Somatotype Assessment

- 2.1. Body Mass Index (BMI)- Concept and method of measurement.
- 2.2. Body Fat- Concept and method of measurement.
- 2.3. Lean Body Mass (LBM)- Concept and method of measurement.
- 2.4. Somatotype- Concept and method of measurement.

Unit- III: Fitness Test

- 3.1 Kraus-Weber Muscular Strength Test
- 3.2 AAHPER Health Related Fitness Test
- 3.3 Queens College Step Test
- 3.4 J.C.R. Test

Unit- IV: Sports Skill Test

- 4.1 Lockhart and McPherson Badminton Skill Test
- 4.2 Johnson Basketball Test Battery
- 4.3 McDonald Soccer Test
- 4.4 Brady Volleyball Test

LAB & FIELD PRACTICAL

1. Assessment of somatotype and % body fat (any one).
2. Assessment of AAHPER Youth Fitness Test and Queen's College Step Test (any one).

Skill Specific Elective (SEC)

(Any one in Sem-3 to Sem-6)

1. Track and Field

1. Track Events

- 1.1. Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block.
- 1.2. Acceleration with proper running techniques.
- 1.3. Finishing technique: Run Through, Forward Lunging and Shoulder Shrug.
- 1.4. Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing.

2. Field events (any two)

- 2.1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.
- 2.2. High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing.
- 2.3. Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique).
- 2.4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).
- 2.5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).

2. Gymnastics and Yoga

GYMNASTICS

1. Compulsory

- 1.1. Forward Roll
- 1.2. T-Balance
- 1.3. Forward Roll with Split leg
- 1.4. Backward Roll
- 1.5. Cart-Wheel

[Note: Perform the above Gymnastic skills continuously in the same sequence]

2. Optional (any two)

- 2.1. Dive and Forward Roll
- 2.2. Hand Spring
- 2.3. Head Spring
- 2.4. Neck Spring
- 2.5. Hand Stand and Forward Roll
- 2.6. Summersault

YOGA

3. Asanas

3.1. Standing Posture

- 3.1.1. Ardhashchandasana
- 3.1.2. Brikshasana
- 3.1.3. Padahasthasana

3.2. Sitting Posture

- 3.2.1. Ardhakurmasana
- 3.2.2. Paschimottanasana
- 3.2.3. Gomukhasana

3.3. Supine Posture

- 3.3.1. Setubandhasana
- 3.3.2. Halasana
- 3.3.3. Matsyasana

3.4 Prone Posture

- 3.4.1 Bhujangasana
- 3.4.2 Salvasana
- 3.4.3 Dhanurasana

3.5 Inverted Posture

- 3.5.1 Sarbangasana
- 3.5.2 Shirsasana
- 3.5.3 Bhagrasana

[Note: One Asana is compulsory from each Posture]

4. Pranayama (any two)

- 4.1. Kapalbhati
- 4.2. Bhramri
- 4.3. Anulam Vilom.

3. BALL GAMES (Any two)

FOOTBALL

A. Fundamental Skills

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 Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot.
4. Heading: In standing, 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 Tackling, Slide Tackling.
8. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting.
9. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

HANDBALL

A. Fundamental Skills

1. Catching, Throwing and Ball control,
2. Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot.
3. Dribbling: High and low.
4. Attack and counter attack, simple counter attack, counter attack from two wings and center.
5. Blocking, GoalKeeping and Defensive skills.
6. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

BASKETBALL

A. Fundamental Skills

1. Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass.
2. Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.
3. Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.
4. Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw.
5. Rebounding: Defensive rebound and Offensive rebound.
6. Individual Defence: Guarding the player with the ball and without the ball, Pivoting.
7. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

VOLLEYBALL

A. Fundamental skills

1. Service: Under arm service, Side arm service, Tennis service, Floating service.
2. Pass: Under arm pass, Over-head pass.
3. Spiking and Blocking.
4. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

4. Indian Games and Racket Sports

Indian Games

KABADDI

A. Fundamental skills

1. 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.
2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques.
3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defence.
4. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

OR

KHO-KHO

A. Fundamental skills

1. Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul.
2. Skills in running: Chain Play, Ring play and Chain & Ring mixed play.
3. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

Racket Sports

BADMINTON

A. Fundamental skills

1. Basic Knowledge: Various parts of the Racket and Grip.
2. Service: Short service, Long service, Long-high service.
3. Shots: Over-head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.
4. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

OR

TABLE TENNIS

A. Fundamental skills

1. Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip).
2. Stance: Alternate & Parallel.
3. Push and Service: Backhand & Forehand.
4. Chop: Backhand & Forehand.
5. Receive: Push and Chop with both Backhand & Forehand.
6. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.