UNIVERSITY OF CALCUTTA

Notification No. CSR/12/18

It is notified for information of all concerned that the Syndicate in its meeting held on 28.05.2018 (vide Item No.14) approved the Syllabi of different subjects in Undergraduate Honours / General / Major courses of studies (CBCS) under this University, as laid down in the accompanying pamphlet:

List of the subjects

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Subject</th>
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<th>Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Anthropology (Honours / General)</td>
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<td>Mathematics (Honours / General)</td>
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<td>Arabic (Honours / General)</td>
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<td>Microbiology (Honours / General)</td>
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<td>Persian (Honours / General)</td>
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<td>Bio-Chemistry (Honours / General)</td>
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<td>Botany (Honours / General)</td>
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<td>Chemistry (Honours / General)</td>
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<td>9</td>
<td>Defence Studies (General)</td>
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<td>Education (Honours / General)</td>
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<td>Electronics (Honours / General)</td>
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<td>Sociology (Honours / General)</td>
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<td>English (Honours / General / LCC1 / LCC2/AECC1)</td>
<td>41</td>
<td>Statistics (Honours / General)</td>
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<td>14</td>
<td>Environmental Science (Honours / General)</td>
<td>42</td>
<td>Urdu (Honours / General / LCC2 / AECC1)</td>
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<td>15</td>
<td>Environmental Studies (AECC2)</td>
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<td>Women Studies (General)</td>
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<td>16</td>
<td>Film Studies (General)</td>
<td>44</td>
<td>Zoology (Honours / General)</td>
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<td>17</td>
<td>Food Nutrition (Honours / General)</td>
<td>45</td>
<td>Industrial Fish and Fisheries – IFFV (Major)</td>
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<td>18</td>
<td>French (General)</td>
<td>46</td>
<td>Sericulture – SRTV (Major)</td>
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<td>19</td>
<td>Geography (Honours / General)</td>
<td>47</td>
<td>Computer Applications – CMAV (Major)</td>
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<td>20</td>
<td>Geology (Honours / General)</td>
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<td>Tourism and Travel Management – TTMV (Major)</td>
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<tr>
<td>21</td>
<td>Hindi (Honours / General / LCC2 / AECC1)</td>
<td>49</td>
<td>Advertising Sales Promotion and Sales Management – ASPV (Major)</td>
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<tr>
<td>22</td>
<td>History (Honours / General)</td>
<td>50</td>
<td>Communicative English – CMEV (Major)</td>
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<tr>
<td>23</td>
<td>Islamic History Culture (Honours / General)</td>
<td>51</td>
<td>Clinical Nutrition and Dietetics CNDV (Major)</td>
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<tr>
<td>24</td>
<td>Home Science Extension Education (General)</td>
<td>52</td>
<td>Bachelor of Business Administration (BBA) (Honours)</td>
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<tr>
<td>25</td>
<td>House Hold Art (General)</td>
<td>53</td>
<td>Bachelor of Fashion and Apparel Design – (B.F.A.D.) (Honours)</td>
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<tr>
<td>26</td>
<td>Human Development (Honours / General)</td>
<td>54</td>
<td>Bachelor of Fine Art (B.F.A.) (Honours)</td>
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<tr>
<td>27</td>
<td>Human Rights (General)</td>
<td>55</td>
<td>B. Music (Honours / General) and Music (General)</td>
</tr>
<tr>
<td>28</td>
<td>Journalism and Mass Communication (Honours / General)</td>
<td></td>
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</tbody>
</table>

The above shall be effective from the academic session 2018-2019.

SENATE HOUSE
KOLKATA-700073
The 4th June, 2018

(Dr. Santanu Paul)
Deputy Registrar
UNIVERSITY OF CALCUTTA

SYLLABUS

Subject: Physical Education (General)

According to
CBCS
w.e.f. 2018-19 Session
<table>
<thead>
<tr>
<th>Course Nature</th>
<th>Subject Code</th>
<th>Subject</th>
<th>Marks</th>
<th>Credit</th>
<th>Evaluation</th>
</tr>
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<tbody>
<tr>
<td>PEDN-G-CC-1-1-TH</td>
<td>Foundation and History of Physical Education</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Theory Examination - 50 Marks Term-end Project Evaluation- 30 Marks Internal Evaluation - 10 Marks</td>
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</tr>
<tr>
<td>PEDN-G-CC-2-2-TH</td>
<td>Health Education, Physical Fitness and Wellness</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Theory Examination - 50 Marks Term-end Project Evaluation- 30 Marks Internal Evaluation - 10 Marks</td>
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<tr>
<td>PEDN-G-CC-3-3-TH-P</td>
<td>Anatomy, Physiology and Exercise Physiology</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Theory Examination - 50 Marks Term-end Lab Practical &amp; Record Book - 30 Marks Internal Evaluation -10 Marks Attendance -10 Marks</td>
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<tr>
<td>PEDN-G-CC-4-4-TH-P</td>
<td>Psychology and Sociology in Physical Education &amp; Sports</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Theory Examination - 50 Marks Term-end Lab Practical &amp; Record Book - 30 Marks Internal Evaluation -10 Marks Attendance -10 Marks</td>
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<tr>
<td>PEDN-G-DSE-A-5-1-TH-P</td>
<td>Management in Physical Education and Sports</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Theory Examination - 50 Marks Term-end Lab Practical &amp; Record Book - 30 Marks Internal Evaluation -10 Marks Attendance -10 Marks</td>
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<tr>
<td>PEDN-G-DSE-A-5-2-TH-P</td>
<td>Modern Trends in Physical Education &amp; Exercise Science</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Theory Examination - 50 Marks Term-end Lab Practical &amp; Record Book - 30 Marks Internal Evaluation -10 Marks Attendance -10 Marks</td>
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<tr>
<td>PEDN-G-DSE-B-6-1-TH-P</td>
<td>Sports Training</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Theory Examination - 50 Marks Term-end Lab Practical &amp; Record Book - 30 Marks Internal Evaluation -10 Marks Attendance -10 Marks</td>
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<tr>
<td>PEDN-G-DSE-B-6-2-TH-P</td>
<td>Test, Measurement and Evaluation in Physical Education</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Theory Examination - 50 Marks Term-end Lab Practical &amp; Record Book - 30 Marks Internal Evaluation -10 Marks Attendance -10 Marks</td>
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<tr>
<td>PEDN-G-SEC-A-3-1-P</td>
<td>Track and Field</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Practical Examination - 50 Marks Term-end Project &amp; Practical Record Book - 30 Marks Internal Evaluation -10 Marks Attendance -10 Marks</td>
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<tr>
<td>PEDN-G-SEC-B-4-1-P</td>
<td>Gymnastics and Yoga</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Practical Examination - 50 Marks Term-end Project &amp; Practical Record Book - 30 Marks Internal Evaluation -10 Marks Attendance -10 Marks</td>
<td></td>
</tr>
<tr>
<td>PEDN-G-SEC-A-5-2-P</td>
<td>Ball Games (Any Two)</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Practical Examination - 50 Marks Term-end Project &amp; Practical Record Book - 30 Marks Internal Evaluation -10 Marks Attendance -10 Marks</td>
<td></td>
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<tr>
<td>PEDN-G-SEC-B-6-2-P</td>
<td>Indian Games (Any One) and Racket Sports (Any One)</td>
<td>100</td>
<td>4+2 (6)</td>
<td>Term-end Practical Examination - 50 Marks Term-end Project &amp; Practical Record Book - 30 Marks Internal Evaluation -10 Marks Attendance -10 Marks</td>
<td></td>
</tr>
</tbody>
</table>

N.B.: 1. Term-end Field, Lab Practical & Project Work examination to be evaluated as per CU Examination procedure.
2. A student is to take one DSE subject from Group-A in the fifth semester and one DSE subject from Group-B in the sixth semester.
3. A student is to take one SEC subject from Group-A in the third/fifth semester and one SEC subject from Group-B in the fourth/sixth semester.
Semester-1
Subject Code: PEDN-G-CC-1-1-TH

Subject: Foundation and History of Physical Education

Marks & Evaluation: 100 Marks - (50 Marks: Term-end Theory Examination & 30 Marks Term-end Project Work & Record Book at Term-end Evaluation jointly by Internal & External Examiner, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

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. Physical Education in Ancient and Modern Society.

Unit- II: Foundations of Physical Education
2.2. Age Characteristics: Chronological Age, Anatomical Age, Physiological Age and Mental Age.
2.3. Play, Game and Sports: Meaning, Definition and Characteristics; Play Theories; Play, Games and Sports for Human Development.
2.4. Society - Meaning and Definition; Social Groups, Sports as a Social Institution, Sports for National and International Harmony.

Unit- III: History of Physical Education
3.1 History of Physical Education and Sports in India: Pre-Independence and Post-Independence Period.
3.2 Olympic Movement: Ancient and Modern Olympic Games.
3.3 Asian Games, Commonwealth Games and SAF Games.
3.4 National Sports Awards: Arjuna, Dhyan Chand, Dronacharya, Rajiv Gandhi Khel Ratna

Unit- IV: Yoga Education
4.1 Yoga: Meaning, Definition, Aim, Objectives and Importance of Yoga for Health.
4.3 Astanga Yoga: Meaning, Steps, Methods and Objectives.
4.4 Yogic Concept of Personality and Diet, Yoga for Health and Wellness

Project Work
1. One from Unit-I to be selected by internal teacher.
2. One from Unit-II to be selected by internal teacher.
3. One from Unit-III to be selected by internal teacher.
4. One from Unit-IV to be selected by internal teacher.

Reference Book
2. Graham, G. Teaching Children Physical Education: Becoming a Master Teacher, Human Kinetics, Champaign, Illinois.
6. Shaffer, D.R. Developmental Psychology: Childhood and Adolescence, Thomson, Sydney
Semester- 2

Subject Code: PEDN-G-CC-2-2-TH

Subject: Health Education, Physical Fitness and Wellness

Marks & Evaluation: 100 Marks - (50 Marks: Term-end Theory Examination, 30 Marks Project Work & Record Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

Unit- I: Introduction

1.1. Health: Meaning, Definition, Dimensions and Factors.
1.2. Health Education: Meaning, Definition, Aim, Objectives and Principles.
1.3. School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record; Care of Eyes, Ear, Nose, Skin, Mouth and Teeth.

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

2.1. Communicable Disease: Meaning, Definition and Types; Causes, Prevention and Control of Malaria, Dengue, Chicken Pox and Diarrhea.
2.2. Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders.
2.4. Posture: Meaning and Definition. Types of Postural Deformities; Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot. Importance of Good Posture.

Unit- III: Physical Fitness and Wellness

3.1 Physical Fitness: Meaning and Definition, Need and Importance of Physical Fitness.
3.2 Physical Fitness Components: Meaning, Definition and Usefulness of Health-related and Sports Performance-related Physical Fitness.
3.3 Concept of Wellness. Meaning, Definition and Components of Wellness; Relationship between Physical Activities and Wellness.
3.4 Ageing: Meaning and Definition; Aging Phenomenon; Role of Exercise in Aging.

Unit- IV: Health and First-aid Management

4.1 First-aid: Meaning, Definition, Need and Importance; Golden Rules of First-aid.
4.2 Sports Injuries: Meaning, Definition and Types; Management of Sprain, Strain, Wound, Facture and Dislocation.
4.3 Therapeutic Modalities: Therapy - Meaning and Definition; Principles and Sports Injury Management Procedure of Cryo-therapy and Thermo-therapy.
4.4 Sports Injury Management: Types of Massage. Principles and methods of Sports Injury Management through Exercise and Massage.

Project Work

1. One from Unit-I to be selected by internal teacher.
2. One from Unit-II to be selected by internal teacher.
3. One from Unit-III to be selected by internal teacher.
4. One from Unit-IV to be selected by internal teacher.

Reference Book

Semester- 3
Subject Code: PEDN-G-CC-3-3-TH-P

Subject: Anatomy, Physiology and Exercise Physiology

Marks & Evaluation: 100 Marks (50 Marks: Term-end Theory Examination, 30 Marks: Lab Practical & Record Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

Unit- I: Introduction                             Lecture Hour-12
1.1. Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance.
1.3. Tissue: Definition, Types and Functions.
1.4. System: Definition, Types and Functions in Human Body.

Unit-II: Musculo-skeletal System                  Lecture Hour-13
2.1 Skeletal System: Structure of Skeletal System; Classification of Bones and Joints; Anatomical Differences between Male and Female.
2.2 Muscular System: Types, Location, Structure and Function of Skeletal Muscle.
2.3. Muscular Contraction: Meaning, Types, Definition and Characteristics.
2.4. Effect of Exercise and Training on Muscular System.

Unit- III: Circulatory System                    Lecture Hour-13
3.1 Blood: Definition, Composition and Functions.
3.3 Meaning and Definition of Term: Heart Rate, Pulse Rate, Stroke Volume, Cardiac Output Blood Pressure – Systolic and Diastolic, Athletic Heart and Bradycardia.
3.4 Effect of Exercise and Training on Circulatory System.

Unit- IV: Respiratory System                     Lecture Hour-12
4.1 Structure and Functions of Human Respiratory Organs.
4.2 Respiration Mechanism.
4.3 Meaning and Definition of Term: Respiratory Rate, Tidal Volume, Residual Volume, Vital Capacity, O₂ Debt and Second Wind.
4.4 Effect of Exercise and Training on Respiratory System.

Lab & Field Practical                            Lecture Hour-60
1. Assessments of BMI and WHR (Waist-to-hip ratio).
2. Assessment of Resting Heart Rate and Exercise Heart Rate.
3. Assessment of Blood Pressure, Respiratory Rate and Pick Flow Rate.

Reference Book
Subject Code: PEDN-G-SEC-A-3-1-P

Subject: Track and Field

Marks & Evaluation: 100 Marks (50 Marks: Term-end Practical Examination, 30 Marks: Practical Work Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

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.

2. Field Events (Any three; Students’ choice)

2.2. High Jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) 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).

Project-cum-Practical Record Book

1. Introduction of the Sport, History of Development
2. Performance status of India and renowned personalities – Indian & International
3. Fundamental Skills
4. Rules & regulations with Field/Court diagram

Reference Book

4. Dharma, P.N. Fundamentals of Track and Field, Khel Sahitya Kendra, New Delhi.
Semester- 4

Subject Code: PEDN-G-CC-4-4-TH-P

Subject: Psychology and Sociology in Physical Education and Sports

Marks & Evaluation: 100 Marks (50 Marks: Term-end Theory Examination, 30 Marks: Lab Practical & Record Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

Unit- I: Introduction

Lecture Hour-12
1.1. Psychology: Meaning, Definition and Scope of Psychology.
1.2. Nature of Psychology; Branches, Need and Importance of Psychology.
1.3. Sports Psychology: Meaning, Definition, Scope and Role of Sports Psychology.
1.4. Need for Psychology in Physical Education and Sports.

Unit- II: Learning

Lecture Hour-12
2.1. Learning: Meaning, Definition and Characteristics.
2.4. Transfer of Learning: Meaning, Definition and Types. Factors of Transfer of Learning/Training.

Unit- III: Psychological Factors

Lecture Hour-13
3.1 Motivation: Meaning, Definition, Types and Role of Motivation in Life.
3.2 Instinct and Emotion: Meaning, Definition and Types; Physical Education and Sports for Emotional Development.
3.3 Stress: Meaning, Definition, Types and Causes; Physical Education and Sports for Students’ Stress Relaxation.
3.4 Personality: Meaning, Definition, Types and Traits; Physical Education and Sports for Personality Development.

Unit- IV: Sociological Aspects

Lecture Hour-13
4.1 Sociology: Meaning and Definition, Society and Social Group – Primary, Secondary and Remote Groups.
4.2 Culture: Features, Importance, Cultural Values of Games and Sports.
4.3 Leadership: Meaning, Definition and Types. Leadership and Sports Performance; Leadership and Physical Education and Sports.

Lab & Field Practical

Lecture Hour-60
1. Assessment of Simple and Choice Reaction Time
2. Assessment of Group-cohesion and Social Development.
3. Assessment of Personality.

Reference Book
Subject Code: PEDN-G-SEC-B-4-1-P
Subject: Gymnastics and Yoga

Marks & Evaluation: 100 Marks (50 Marks: Term-end Practical Examination, 30 Marks: Practical Work Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

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: Student perform any three of the above skills compulsorily in the same sequence]

2. Optional (any three)
   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. Asana
   3.1. Standing Posture
   3.1.1. Ardhachandrasana
   3.1.2. Brikshasana
   3.1.3. Padahastasana
   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
   [Note: One Asana from each Posture; Student’s Choice]

   3.4 Prone Posture
   3.4.1. Bhujangasana
   3.4.2. Salvasana
   3.4.3. Dhanurasana

   3.5 Inverted Posture
   3.5.1. Sarvangasana
   3.5.2. Shirasasana
   3.5.3. Bhagrasana

   Lecture Hour-30

4. Suryanamaskara and Pranayama
   4.1. Suryanamaskara 4.2 Kapalbhati 4.3 Pranayama - Bhramari and Anulam Vilom

Project-cum-Practical Record Book

1. Introduction of the Sport, History of Development
2. Performance status of India and renowned personalities – Indian & International
3. Fundamental Skills
4. Rules & regulations with Field/Court diagram
5. Tournaments & Sports Federations (National & International)

Reference Book
2. Tyagi Arun Kumar, Gymnastics: Skills and Rules, Khel Sahitya Kendra, New Delhi.
Semester-5

Subject Code: PEDN-G-DSE-A-5-1-TH-P
Subject: Management in Physical Education and Sports

Marks & Evaluation: 100 Marks (50 Marks: Term-end Theory Examination, 30 Marks: Lab Practical & Record Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

Unit- I: Introduction

1.2. Emergence: History and Importance of Sports Management.
1.4. Application: Qualities, Duties and Responsibilities of Sports Manager.

Unit- II: Tournaments

2.1. Tournaments: Meaning, Definition and Types; Tournaments - Knock-out, League, Combination, Challenge.
2.3. Annual Program: Athletic Meet and Play Day Organisation and Management.
2.4. Year-round Programme: Intramural and Extramural Competition Organisation and Management.

Unit- III: Facilities and Equipment

3.1 Lay-out: Characteristics, Principles and Lay-out of Standard Athletic Track and Football Field.
3.2 Care and Maintenance: Meaning, Methods, Need and Importance of Sports Equipment Playground and Gymnasium.
3.3 Documentation: Meaning, Methods, Need and Importance.
3.4 Time Table: Meaning, Definition, Importance and Factors.

Unit- IV: Financial Management

4.1. Financial Management: Meaning, Definition, Need and Importance.
4.2. Budget: Meaning, Definition, Criteria, Principles; Steps for Preparing a Good Budget.
4.4. Sports Promotion: Meaning, Means and Methods; Funding Agencies –Types, Procedure of Communication with the Agencies.

Lab & Field Practical

1. Lay out of a Standard Track and any two sport field/court
2. Fixture of Different type Tournaments
3. Preparation of a Model Budget and ideal Time Table.

Reference Book

Subject Code: PEDN-G-DSE-A-5-2-TH-P
Subject: Modern Trends in Physical Education and Exercise Science

Marks & Evaluation: 100 Marks (50 Marks: Term-end Theory Examination, 30 Marks: Lab Practical & Record Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

Unit- I: Introduction
1.2. Function: Compatibility of Physical Education and Sports in Modern Lifestyle.
1.3. Scope: Types of Sports and their Usefulness in Health and Fitness.
1.4. The Concepts: Physical Fitness and Motor Fitness; Movement Literacy – Meaning Definition and Development; Physical Fitness Components.

Unit – II: Foundations
2.2. Psychological Foundation: Drives and Needs; Motivation; Attention, Interest and Emotion; Learning and Motor Learning; Heredity, Environment and Psychological Factors for Health 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
3.2 Olympic: Olympic Movement; Para Olympics; Sports and Politics.
3.3 Rights about Physical Education: In India; UNESCO
3.4 Promotion of Physical Education and Sports: Role and Responsibilities of National and International Associations in Physical Education and Sports.

Unit- IV: Exercise Sciences
4.1 Exercise and Exercise Physiology: Meaning, Definition, Scope and Importance.
4.2 Sports Bio-mechanics: Meaning, Definition, Scope and Importance.
4.3 Sports Psychology: Meaning, Definition, Scope and Importance.
4.4 Sports Sociology: Meaning, Definition, Scope and Importance.

Lab & Field Practical
1. Health and Physical Fitness Dimensions with Functions.
2. Assessment of Movement Literacy Components with Development.
3. UNESCO Charter with interpretation.

Reference Book
Subject Code: PEDN-G-SEC-A-5-2-P
Subject: Ball Games (Any Two)
Marks & Evaluation: 100 Marks (50 Marks: Term-end Practical Examination, 30 Marks: Practical Work Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

Project-cum-Practical Record Book
1. Introduction of the Sport, History of Development
2. Performance status of India and renowned personalities – Indian & International
3. Fundamental Skills
4. Rules & regulations with Field/Court diagram

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.
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.
6. Feinting: With the lower limb and upper part of the body.
8. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting.

Reference Book

CRICKET
A. Fundamental Skills

1. Batting - Forward Defence Stroke, Backward Defence Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut.
4. Wicket Keeping

B. Rules and their interpretation and duties of officials.

Reference Book
**BASKETBALL**

A. **Fundamental Skills**

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.
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.**

Reference Book

1. Naveen Jain, Play and Learn Basketball, Khel Sahitya Kendra, New Delhi.

**VOLLEYBALL**

A. **Fundamental skills**

1. Serve: Under hand serve and Side arm serve; Over-head serve, Floating service standing and jumping.
2. Passing: Fore arm passing, Over-head passing.
4. Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing).
5. Blocking: Offensive and Defensive with one or more than one blockers (approach, arm and foot movement, and landing).
6. Service reception and Court coverage.
7. Rotation and front court and back court players.

B. **Rules and their interpretation and duties of officials.**

Reference Book

1. Renu Jain, Play and Learn Basketball, Khel Sahitya Kendra, New Delhi.
2. Sally Kus, Coaching Volleyball Successfully, Human Kinetics.
Semester-6

Subject Code: PEDN-G-DSE-B-6-1-TH-P

Subject: Sports Training

Marks & Evaluation: 100 Marks (50 Marks: Term-end Theory Examination, 30 Marks: Lab Practical & Record Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

Unit- I: Introduction  Lecture Hour-12
1.2. Aim, Objectives and Characteristics of Sports Training.
1.4. Need and Importance of Sports Training.

Unit- II: Methods of Training and Conditioning in Sports  Lecture Hour-13
2.1. Warming-up and Cooling-down: Meaning, Definition and Methods.
2.2. Conditioning: Meaning, Definition and Principles.
2.4. Periodisation: Meaning, Definition, Types, Aim and Contents of Different Periods.

Unit- III: Training Load and Adaptation  Lecture Hour-13
3.1 Training Load: Meaning, Definition, Types and Factors.
3.2 Training Load Components: Volume, Intensity, Repetition and Duration.
3.3 Over Load: Meaning, Causes, Symptoms and Overcoming Over-load.
3.4 Load Adaptation: Meaning and Conditions of Adaptation; Super-compensation.

Unit- IV: Training Techniques  Lecture Hour-12
4.1 Strength: Means and Methods Development.
4.2 Speed: Means and Methods Development.
4.3 Endurance: Means and Methods Development.
4.4 Flexibility: Means and Methods Development.

Lab & Field Practical  Lecture Hour-60

Reference Book
5. David R. Mottram, Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
Subject Code: PEDN-G-DSE-B-6-2-TH-P
Subject: Tests, Measurement and Evaluation in Physical Education

Marks & Evaluation: 100 Marks (50 Marks: Term-end Theory Examination, 30 Marks: Lab Practical & Record Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

Unit- I: Introduction

Lecture Hour-12
1.1. Meaning and Definition Test, Measurement and Evaluation.
1.2. Criteria of a Good Test.
1.4. Importance of Test, Measurement and Evaluation in Physical Education and Sports.

Unit – II: Body Composition and Somatotype

Lecture Hour-13
2.2. Body Fat: Meaning, Types Body Fat Percentage (BF%).
2.3. Lean Body Mass (LBM), Meaning, Importance and Prediction Process.
2.4. Somatotype: Meaning, History and Measuring Methods.

Unit- III: Fitness Test

Lecture Hour-13
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

Lecture Hour-12
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

Lecture Hour-60
1. Assessment of Body Composition: LBM & % body fat.
2. Assessment of Fitness by AAHPER Health-Related Fitness Test.
3. Queens College Step Test and Brady Volleyball Test.

Reference Book
Subject Code: PEDN-G-SEC-B-6-2-P

Subject: Indian Games (Any One) and Racket Sports (Any One)

Marks & Evaluation: 100 Marks (50 Marks: Term-end Practical Examination, 30 Marks: Practical Work Book at Term-end Evaluation, 10 Marks: Internal Evaluation & 10 Marks: Attendance)

Project-cum-Practical Record Book

1. Introduction of the Sport, History of Development
2. Performance status of India and renowned personalities – Indian & International
3. Fundamental Skills
4. Rules & regulations with Field/Court diagram

Indian Games (Any One)

KABADDI

A. Fundamental skills

1. Raiding Skills: Cant, Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow flying kick, roll back; Crossing of baulk line; Crossing of Bonus line.
3. Formation during holding: Various formations, catching from particular position.
4. Additional Raiding skills: Escaping from various holds, techniques of escaping from chain formation, offense and defence.
5. Game practice with application of Rules and Regulations.

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

Reference Book


OR

KHO-KHO

A. Fundamental skills

1. Chasing Skills: Sitting on the box - Parallel and Bullet toe method; Getting up from the box - Proximal and Distal foot method; Giving Kho - Simple, Early, Late and Judgment Kho; Pole Turn, Pole Diving, Tapping, Hammering, Rectification of foul.
2. Running Skills: Chain Play, Ring play and Chain, Ring mixed play, running zigzag, avoiding and dodging.
3. Game practice with application of Rules and Regulations.

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

Reference Book

Racket Sports (Any One)

BADMINTON

A. Fundamental skills

1. Basic Knowledge: Various parts of the Racket and Grip – hand-shake grip, figure pointing grip.
2. Basic foot work and court coverage.
5. Shots: fore hand, back hand, clearing, lobbing, over-head shot, defensive clear shot, attacking clear shot, drop shot, net shot, smash.
6. Game practice with application of Rules and Regulations.

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

Reference Book
1. Ashok Kumar, Badminton, Discovery Publishing House, New Delhi.

OR

TABLE TENNIS

A. Fundamental skills

1. Basic Knowledge: Various parts of the racket and grip (shake hand & pen hold grip), back hand and fore hand grip.
2. Stance: Alternate and Parallel.
5. Receive return and receiving: Push, Chop, drive loop and flick with both Backhand & Forehand.
6. Game practice with application of Rules and Regulations.

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

Reference Book
1. Ashok Kumar, Table Tennis, Discovery Publishing House, New Delhi.
2. Narang, P. Play and Learn Table Tennis, Khel Sahitya Kendra, New Delhi.
3. David Fairholm, The Pocket Guide to Table Tennis Tactics, Bell & Heyman, London.