

MUGBERIA GANGADHAR MAHAVIDYALAYA
DISTRIBUTION OF SYLLABUS, w.e.f 2018-2019

Physical Education (General), Semester-I (CBCS)

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSC1AT (CC-1):	Foundation and History of Physical Education Unit- I: Introduction 1.1. Meaning, definition and scope of Physical Education. 1.2. Aims and objectives of Physical Education. 1.3. Misconception and modern concept of Physical Education. 1.4. Needs and importance of Physical Education in modern society.	A.SI	4	3	3×15 = 45
	Unit- II: Biological 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 Age- Chronological age, anatomical age, physiological age and mental age. 2.3 Sociological Foundation-Meaning and definition of Sociology, Society, Socialization in Physical Education and Sports, Sports Ethics. 2.4 Role of games and sports in National and International integration.	B.Garai		3	3×15 = 45
	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. Olympic Movement- Ancient Olympic Games and Modern Olympic Games. 3.3. Brief historical background of Asian Games and Commonwealth Games. 3.4. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award.	J.K.Jana		3	3×15 = 45
	Unit- IV: Yoga Education 4.1. Meaning and definition of the term Yoga, types, aims, objectives and importance of Yoga. 4.2. History of Yoga. 4.3. Astanga Yoga 4.4. Hatha Yoga	A.SI, B.Garai & J.K.Jana		3	3×15 = 45

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSC1AP:	Field Practical 1. Marching- fall in attention, Stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward Mark	B.Garai &	2	4	4×15 = 60
	2. Learn and demonstrate the technique of Suryanamaskar.	A.SI,		4	4×15 = 60
	3. Development of physical fitness through Callisthenics and Aerobic activities.	J.K.Jana		4	4×15 = 60

Semester-II (CBCS)

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSC1BT (CC-1):	Management of Physical Education and Sports Unit- I: Introduction 1.1. Concept and definition of Sports Management. 1.2. Purpose of Sports Management, Importance of Sports Management, 1.3. Principles of Sports Management. 1.4. Sports Manager and his duties.	A.SI	4	3	3×15 = 45
	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. Method of organizing Annual Athletic Meet and Play Day. 2.4. Method of organizing of Intramural and Extramural competition.	B.Garai		3	3×15 = 45
	Unit- III: Facilities and Equipments 3.1. Method of calculation of Standard Athletic Track marking. 3.2. Care and maintenance of play ground and gymnasium. 3.3. Importance, care and maintenance of sports equipment. 3.4. Time Table: Meaning, importance and factors affecting school Physical Education Time Table.	J.K.Jana		3	3×15 = 45
	Unit- IV: Leadership 4.1. Meaning and definition of leadership. 4.2. Qualities of good leader in Physical Education. 4.3. Types of Leadership. 4.4. Principles of leadership activities.	A.SI, B.Garai & J.K.Jana		3	3×15 = 45

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSC1BP:	Practical 1. Lay out knowledge and Officiating ability of Track and field events	J.K.Jana	2	4	4×15 = 60
	2. Lay out knowledge and Officiating ability of Games: Football, Kabaddi, Kho- Kho, Volleyball, Hand Ball, Net Ball, Throw Ball, Badminton and Table Tennis.	B.Garai		4	4×15 = 60
	3. Gymnastic and Yoga Scoring	A.SI		4	4×15 = 60

Semester-III (CBCS)

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSC1CT (CC-1):	Anatomy, Physiology and Exercise Physiology Unit- I: Introduction 1.1. Meaning and definition of Human Anatomy, Physiology and Exercise Physiology. 1.2. Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education. 1.3. Cell- Structure and function. 1.4. Tissue- Types and functions.	A.SI	4	2	2×15 = 30
	Unit- II: Musculo-skeletal System 2.1. Skeletal System- Structure of Skeletal System. Classification and locations of bones and joints. Anatomical differences between male and female. 2.2. Muscular System- Type, location, function and structure of muscle. 2.3. Types of muscular contraction. 2.4. Effect of exercise and training on muscular system.	B.Garai		3	3×15 = 45
	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.	J.K.Jana		2	2×15 = 30
	Unit- IV: Respiratory System 4.1. Structure and function of Respiratory organs. 4.2. Mechanism of Respiration. 4.3. Vital Capacity, O ₂ Debt and Second Wind. 4.4. Effect of exercise and training on respiratory system.	A.SI, B.Garai & J.K.Jana		3	3×15 = 45

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSC1CP:	Field Practical 1. Assessment of BMI, and WHR. 2. Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.	A.SI, B.Garai & J.K.Jana	2	6	6×15 = 90

Semester-III (CBCS) SEC-1

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
SEC- 1	Indian Games and Racket Sports A. 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.	A.SI	2	2	2×15 = 30
	B. 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.	B.Garai		3	3×15 = 45
	C. 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.	J.K.Jana		2	2×15 = 30
	D. 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.	A.SI, B.Garai & J.K.Jana		3	3×15 = 45

Semester-IV (CBCS)

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSC1DT (CC-1):	Health Education, Physical Fitness and Wellness Unit- I: Introduction 1.1. Concept, definition and dimension of Health. 1.2. Definition, aims, objectives and principles of Health Education. 1.3. 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) 1.4. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record, Personal hygiene.	A.SI	4	3	3×15 = 45
	Unit- II: Health Problems in India- Prevention and Control 2.1. Communicable Diseases- Malaria, Dengue and Chicken Pox and Diarrhea. 2.2. Non-Communicable Diseases- Obesity, Diabetes and Asthma. 2.3. Nutrition- Nutritional requirements for daily living. Preparation and Principles of Balance Diet. Health disorders due to deficiencies of Protein, Vitamins and Minerals. 2.4. Postural deformities- Causes and corrective exercises of Kyphosis, Lordosis, Scoliosis, Knock Knee, Flat Foot and Bow Legs.	B.Garai		3	3×15 = 45
	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.	J.K.Jana		3	3×15 = 45
	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, Fracture, Dislocation and Wound. 4.3. Management of sports injuries through the application of Hydro-therapy and Thermo-therapy. 4.4. Physiotherapy: Basic concept, types & principles. Management of sports injuries through the application of exercise and massage therapy.	A.SI, B.Garai & J.K.Jana		3	3×15 = 45

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSC1DP :	Field Practical 1. First aid - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica. 2. Practical Knowledge of Hydro-therapy, Thermo-therapy and Cryo-therapy.	A.SI, B.Garai & J.K.Jana	2	6	6×15 = 90

Semester-IV (CBCS) SEC- 2

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
SEC- 2	Ball Games: 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.	A.SI		2	2×15 = 30
	B. 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.	B.Garai	2	3	3×15 = 45
	C. 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.	J.K.Jana		2	2×15 = 30

Semester-V (CBCS)

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSE1T	Tests, Measurements and Evaluation in Physical Education Credits 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.	A.SI	4	3	3×15 = 45
	Unit- II: Measurements 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.	B.Garai		3	3×15 = 45
	Unit- III: Fitness Test 3.1. Kraus-Weber Muscular Strength Test 3.2. AAHPER Youth Fitness Test 3.3. Queens College Step Test 3.4. Harvard Step Test	J.K.Jana		3	3×15 = 45
	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	A.SI, B.Garai & J.K.Jana		3	3×15 = 45

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSE1P:	Field Practical 1. Assessment of somatotype and Body fat percentage (%) 2. Assessment of AAHPER Youth Fitness Test and Harvard Step Test.	A.SI, B.Garai & J.K.Jana	2	6	6×15 = 90

Semester-V (CBCS) SEC- 3

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
SEC- 3	<p>GYMNASTICS</p> <p>1. Compulsory</p> <p>1.1. Forward Roll 1.2. T-Balance 1.3. Forward Roll with Split leg 1.4. Backward Roll 1.5. Cart-Wheel</p> <p>[Note: Perform the above Gymnastic skills continuously in the same sequence]</p> <p>2. Optional</p> <p>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</p>	A.SI		2	2×15 = 30
	<p>3. YOGA</p> <p>3.1. Asanas</p> <p>3.1.1 Ardhachandrasana 3.1.2. Brikshasana 3.1.3. Padahastasana</p> <p>3.2. Sitting Position</p> <p>3.2.1 Ardhakurmasana 3.2.2. Paschimottanasana 3.2.3. Gomukhasana</p> <p>3.3. Supine Position</p> <p>3.3.1. Setubandhasana 3.3.2. Halasana 3.3.3. Matsyasana</p> <p>3.4 Prone Position</p> <p>3.4.1. Bhujangasana 3.4.2. Salvasana 3.4.3. Dhanurasana</p> <p>3.5 Inverted Position</p> <p>3.5.1 Sarbangasana 3.5.2 Shirsasana 3.5.3 Bhagrasana</p> <p>[Note: One Asana is compulsory from each position]</p>	B.Garai	2	3	3×15 = 45
	<p>1. Pranayama</p> <p>4.1 Kapalbhati 4.2 Bhramri 4.3 Anulam Vilom.</p>	J.K.Jana		2	2×15 = 30

Semester-V (CBCS) GE-1

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
GE-1	Foundation and History of Physical Education Unit- I: Introduction 1.1. Meaning, definition and scope of Physical Education. 1.2. Aim and objectives of Physical Education. 1.3. Misconception and Modern concept of Physical Education. 1.4. Need and Importance of Physical Education in modern society.	A.SI	4	3	3×15 = 45
	Unit- II: Biological 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. Age- Chronological age, anatomical age, physiological age and mental age. 2.3. Sociological Foundation- Meaning and definition of Sociology, Society, Socialization in Physical Education and Sports, Sports Ethic. 2.4. Role of games and sports in National and International integration.	B.Garai		3	3×15 = 45
	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. Olympic Movement- Ancient Olympic Games and Modern Olympic Games. 3.3. Brief historical background of Asian Games and Commonwealth Games. 3.4. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award.	J.K.Jana		3	3×15 = 45
	Unit- IV: Yoga Education 4.1. Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga. 4.2. History of Yoga. 4.3. Astanga Yoga 4.4. Hatha Yoga	A.SI, B.Garai & J.K.Jana		3	3×15 = 45

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
GE-1P:	Field Practical 1. Marching- fall in attention, Stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward Mark	B.Garai &	2	4	4×15 = 60
	2. Learn and demonstrate the technique of Suryanamaskar.	A.SI,		4	4×15 = 60
	3. Development of physical fitness through Callisthenics and Aerobic activities.	J.K.Jana		4	4×15 = 60

Semester-VI (CBCS)

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSE2T	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.	A.SI	4	3	3×15 = 45
	Unit- II: Principle of Training and Conditioning 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.	B.Garai		2	2×15 = 30
	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.	J.K.Jana		3	3×15 = 45
	Unit- IV: Training Techniques 4.1. Strength - Means, types and methods of strength development. 4.2. Speed - Means, types and methods of speed development. 4.3. Endurance - Means, types and methods of endurance development. 4.4. Flexibility - Means, types and methods of flexibility development.	A.SI, B.Garai & J.K.Jana		3	3×15 = 45

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
DSE2P:	Field Practical 1. Practical Experience of Weight Training and Circuit Training. 2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.	A.SI, B.Garai & J.K.Jana	2	6	6×15 = 90

Semester-VI (CBCS) SEC- 4

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
SEC- 4	Track and Field 1. Track Events 1.1. Starting Techniques: Standing start and Crouch start (its variations) use of 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.	A.SI	2	2	2×15 = 30
	2. Field events 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).	B.Garai		3	3×15 = 45

Semester-VI (CBCS) GE- 2

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
GE-2	Anatomy, Physiology and Exercise Physiology Unit- I: Introduction 1.1. Meaning and definition of Human Anatomy, Physiology and Exercise Physiology. 1.2. Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education. 1.3. Cell- Structure and function. 1.4. Tissue- Types and functions.	A.SI	4	2	2×15 = 30
	Unit- II: Musculo-skeletal System 2.1. Skeletal System- Structure of Skeletal System. Classification and locations of bones and joints. Anatomical differences between male and female. 2.2. Muscular System- Type, location, function and structure of muscle. 2.3. Types of muscular contraction. 2.4. Effect of exercise and training on muscular system.	B.Garai		3	3×15 = 45
	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.	J.K.Jana		2	2×15 = 30
	Unit- IV: Respiratory System 4.1. Structure and function of Respiratory organs. 4.2. Mechanism of Respiration. 4.3. Vital Capacity, O ₂ Debt and Second Wind. 4.4. Effect of exercise and training on respiratory system.	A.SI, B.Garai & J.K.Jana		3	3×15 = 45

Course	Course Contents/Syllabus	Allotted Teacher	Credit	Class Allotted per Week	Total Class
GE-2P:	Field Practical 1. Assessment of BMI, and WHR. 2. Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.	A.SI, B.Garai & J.K.Jana	2	6	6×15 = 90