

VIDYASAGAR UNIVERSITY

PASCHIM MIDNAPORE, WEST BENGAL



PROPOSED (DRAFT) SYLLABUS OF

COMMON COURSES UNDER CCFUP, 2023

FOR SEMESTER – I & II

Based on

**Curriculum & Credit Framework for Undergraduate Programmes
(CCFUP), 2023 & NEP-2020**

FOR ALL UNDERGRADUATE PROGRAMMES

(w.e.f. Academic Year 2023-2024)

COMMON COURSES FOR UNDERGRADUATE PROGRAMMES (UNDER CCFUP, 2023)

| SEM | Course Type | Course Code | Course Title | Credit | L-T-P | Marks | | |
|--------------------|----------------|--|--|--------|-------|-------|-----|-------|
| | | | | | | CA | ESE | TOTAL |
| SEMESTER-I | | | | | | | | |
| 1 | AEC | AEC01 | Communicative English -1 | 2 | 2-0-0 | 10 | 40 | 50 |
| | MDC | MDC-01 <i>(Any one to be chosen)</i> | Indian Constitution | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Social value and Ethics | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Sports and fitness | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Basics of information technology (IT) | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Basics of Accounting | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | NGO & its Operations | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Business Organization | 3 | 3-0-0 | 10 | 40 | 50 |
| VAC | VAC01 | Environment Studies (ENVS) | 4 | 2-0-2 | 50 | 50 | 100 | |
| SEMESTER-II | | | | | | | | |
| II | AEC | AEC02 | MIL-1 (<i>Bengali / Hindi</i>) | 2 | 2-0-0 | 10 | 40 | 50 |
| | MDC | MDC02 <i>(Any one to be chosen)</i> | Nation, Culture & India | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Gender Studies | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Community nutrition and Public health | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Physical and Cultural Geography of Bengal | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Natural Resource Management | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Digital Technologies | 3 | 3-0-0 | 10 | 40 | 50 |
| | | | Financial Literacy and Household Decision-Making | 3 | 3-0-0 | 10 | 40 | 50 |
| | VAC | VAC02 <i>(Any one to be chosen)</i> | Human Rights | 4 | 4-0-0 | 10 | 40 | 50 |
| | | | Yoga and Wellness | 4 | 4-0-0 | 10 | 40 | 50 |
| | | | Disaster Management | 4 | 4-0-0 | 10 | 40 | 50 |
| | Summer Intern. | CS | Community Service (activities to be decided by the Colleges) | 4 | 0-0-4 | - | - | 50 |

OR

MDC-01T: Sports and fitness

Credits 03 (Full Marks-50)

Course contents:

Unit -1: Introduction to Sports

1. Concept of Play, Games and Sports..
1. Objectives and importance of Play, Games and Sports.
2. Fundamental movements of Sports in relation to joints.
3. Warming up and Limbering down
 - a) General warm up exercises
 - b) Specific warm up exercises

Unit-2: Health and Performance Related Physical Fitness

1. Meaning and Definition of Fitness and Physical Fitness
2. Components of Health and Performance Related Physical Fitness
3. Importance of Physical Fitness in present society
4. Assessment of Health and Performance Related Physical Fitness

Unit-3: Rules & Regulations of the games:

- a) Football,
- b) Handball,
- c) Volleyball,
- d) Basketball,
- e) Badminton,
- f) Table Tennis,
- g) Cricket,
- h) Kabaddi,
- i) Kho-kho.
- j) Basic Techniques and Tactics of these games.

Suggested Readings:

1. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
2. Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.
3. Atkins, J. R. (1872). The Book of Racquets. A Practical Guide to the Game and its History and to the different Courts in which it is played. London: Frederick Warne & Co. Lord Aberdare. The JT Faber Book of Tennis and Rackets. London: Quiller Press, 2001. ISBN 1-899163- 62-X.
4. Shekar, K.C. (3 0 August 2008). "Volleyball: Skills and Techniques" Khel Sahitya Kendra 10: 8175244100.
5. Dearing Joel, (August 24, 2018) Volleyball Fundamentals (Sports Fundamentals), Human Kinetics; 2 edition, ISBN-10: 1492567299.
6. Ray Power. (May 1, 2014), "Making the Ball Roll: A Complete Guide to Youth Football for the Aspiring Soccer Coach", Bennion Kearny Limited, ISBN-10: 1909125520.