

**DEPARTMENT OF PHYSICAL EDUCATION**  
**Mugberia Gangadhar Mahavidyalaya,**

**Under**

Vidyasagar University  
Midnapore 721102 West  
Bengal

**ACADEMIC PLAN**  
**For**  
**Bachelor of Physical Education**  
**(B. P. Ed.)**

**Revised undergraduate Syllabus**  
**(w. e. f. 2022-2023)**

**Session: 2022-2024**

<b>Teachers Shorts Name</b>	<b>Teachers Full Name</b>
DR	Dr. Debasish Ray (HOD)
SK	Dr. S.K. Khabiruddin
BSP	Dr. Bodhisattwa Pradhan
AM	Mr. Arup Mahata
ANA	Dr. Adityanarayan Adak
MS	Dr. Mimuk Sekh
SD	Mrs. Sudipta Das
BD	Mr. Biswajit Dhali
MB	Dr. Mrityunjay Biswas
AK	Dr. Anjan Konai
MS1	Ms. Moumita Sen
DG	Mr. Dibyayan Ghosh

## **SEMESTER-I**

### **Theory Courses**

#### **CC-101: HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION & OLYMPIC MOVEMENT**

##### **UNIT-1: Introduction to the Concept of Physical Education (ANA)**

- 1.1 Meaning, Definition, Misconceptions and Scope of Physical Education.
- 1.2 Aims and Objectives of Physical Education.
- 1.3 Relationship of Physical Education with General Education, Need for Physical Education in Modern society.
- 1.4 Physical Education as an Art and Science. Sports Ethics.

##### **UNIT-2: History of Development of Physical Education (ANA)**

- 2.1 History of the development of Physical Education during pre-independence period.
- 2.2 Post-Independence Period - Physical Education in India with reference to development of Physical education in West Bengal. History of Sports Federations: FIFA, ICC, FINA, FIG. National and International records in different Sports and Games.
- 2.3 Contribution of Akhras, Vyayamshalas and YMCA. National Sports Awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Maulana Abul Kalam Azad Trophy, Rashtriya Khel Protsahan Puruskar, Dronacharya Award and Tenzing Norgay National Adventure Award.
- 2.4 Contribution of Eminent Physical Educationists: J.B. Basedow, J.F. Gustmuth, F.L.Jahn, Franz Natchtegall, Niles Bukh, P.H.Ling. H.C.Buck, James Buchanan, P.M. Joshep, Rabindranath Tagore, Swami Vivekananda, Rishi Aurobindo.

##### **UNIT-3: Foundation & Principles of Physical Education (DR &ANA)**

- 3.1 **Philosophical foundation:** Idealism, Realism, Pragmatism and Naturalism in Physical Education.
- 3.2 **Biological Principles:** Change of locomotion from Biped to Quadruped position – Advantages and Disadvantages. - Age & Gender Characteristics, Body type, Fitness and wellness movement in the contemporary perspectives.
- 3.3 **Psychological principles:** Psychological factors affecting sports performance, Growth and Development – meaning, difference and principles.
- 3.4 **Sociological principles:** Socialization through Physical Education, social integration and cohesiveness, National & International integration through sports.

##### **UNIT-4: Olympic Movement (DR)**

- 4.1 The history of ancient Olympic movement.
- 4.2 The significant stages in the development of the modern Olympic movement, Philosophy of Olympic movement.
- 4.3 Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic Oath.
- 4.4 International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Types of Olympic Games.

#### **CC-102: ANATOMY AND PHYSIOLOGY**

##### **UNIT-1: Introduction of the Human Body (MS)**

- 1.1 Organization of the human body and Brief introduction of Anatomy Physiology in the field of Physical Education and Sports.
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- 1.2 Cell-structure and functions of cells.
- 1.3 Tissue- Types of tissue and their functions.
- 1.4 Skeletal System- Bones of the human body- Axial and Appendicular skeleton. Classification and functions of bone Anatomical sex difference. Brief description of Joints.

## **UNIT-2: System I (BD & MS)**

- 2.1 Muscular system- Types of muscle and functions-Structure of skeletal muscle, Major muscles of shoulder, hip and knee joint.
- 2.2 Digestive system: The alimentary canal /G.I. tract, Accessory glands and digestive juices – Brief outline of process of carbohydrate, fat and protein digestion.
- 2.3 Energy metabolism: Brief discussion on energy metabolism, Fuel for muscular work.
- 2.4 Circulatory System: Function of circulatory system. Composition and function of blood, Heart- location and structure, pulmonary circulation, Systemic circulation. Cardiac cycle, Blood pressure, Blood group, Blood coagulation. Blood and immunity.

## **UNIT-3: System II (BD & MS)**

- 3.1 Respiratory system: Organs of respiration, meaning internal and external respiration. mechanism of respiration,
- 3.2 Excretory system: Structure and function of kidney, urine formation.
- 3.3 Endocrine system: Location, secretion and functions of different endocrine glands.
- 3.4 Nervous system: organization, central nervous system- Brain, spinal cord, autonomic nervous system. Concept of nerve- muscle physiology: Neuromuscular junction and transmission.

## **UNIT-4: Effect of Exercise on Different System (BD & MS)**

- 4.1 Exercise-Concept and type.
- 4.2 Types of muscular contraction. Effect of exercise on muscular system.
- 4.3 Effect of exercise on circulatory system- Heart rate, stroke volume, cardiac output, athletic heart
- 4.4 Effect of exercise on respiratory system- Tidal volume, respiratory rate, pulmonary ventilation, oxygen uptake, oxygen debt or EPOC (Excess Post exercise oxygen consumption.)

## **CC-103: HEALTH EDUCATION AND ENVIRONMENTAL STUDIES**

### **UNIT-1: Health Education (SD)**

- 1.1 Concept, Dimensions, Spectrum and Determinants of Health.
- 1.2 Definition of Health, Health Education, Aims, objectives and principles of Health Education
- 1.3 Personal Hygiene: Care of eye, ear, skin, hands & feet and hair.
- 1.4 School Health Program: Health service, Health instruction, Health supervision, health appraisal and Health record.

### **UNIT-2: Health Problems in India- Prevention and Control (SD)**

- 2.1 Communicable diseases: Malaria, Dengue, Dysentery, Cough and cold, chicken pox. COVID-19.
- 2.2 Non-Communicable diseases: Obesity, Diabetes, Hyper Tension, Cancer.
- 2.3 Nutritional Disorder: Mother-child Health Care, Explosive Population, Food Adulteration, First-Aid and emergency care.
- 2.4 Postural Deformities and their prevention and remedies.

### **UNIT- 3: Environmental Studies (MS1)**

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- 3.1 Historical Background and concept of Environmental Studies.
- 3.2 Definition, scope, need and importance of Environmental Studies. Observation of different Environmental Days.
- 3.3 Recycling of wastes, plastic recycling and prohibition of plastic bag/cover.
- 3.4 Role of School in Environmental conservation and sustainable development. Different Environmental Laws and regulations.

#### **UNIT- 4: Natural Resources and Related Environmental Issues (MS1)**

- 4.1 Water resources, food resources and Land resources.
- 4.2 Definition, effects and control measures of air pollution, water pollution, soil pollution, Noise pollution and thermal pollution.
- 4.3 Management of environment and Govt. Policies- role of Pollution Control Board
- 4.4 Celebration of various days in relation with environment.

#### **EC-102: OFFICIATING AND COACHING (ELECTIVE)**

##### **UNIT – 1: Introduction of Officiating and Coaching (AK)**

- 1.1 Concept of Officiating and Coaching.
- 1.2 Importance and principles of Officiating.
- 1.3 Relation of official and coach with management, players and spectators.
- 1.4 Measures of improving the standards of Officiating and Coaching.

##### **UNIT – 2: Coach as a Mentor (DG)**

- 2.1 Duties of coach in general, pre, during and post-game.
- 2.2 Philosophy of coaching.
- 2.3 Responsibilities of a coach on and off the field.
- 2.4 Psychology of competition and coaching.

##### **UNIT – 3: Duties of Official (AK)**

- 3.1 Duties of official in general, pre, during and post-game.
- 3.2 Philosophy of Officiating.
- 3.3 Mechanics of officiating – Position, singles and movement etc.
- 3.4 Ethics of officiating.

##### **UNIT – 4: Qualities and Qualification of Coach and Official (DG)**

- 4.1 Qualities and Qualification of coach and official. Rule changes in different games and Sports (Under syllabus of all Games and Sports).
  - 4.2 General rules of game and sports.
  - 4.3 Eligibility rules of inter-collegiate and inter-university tournaments, preparation of TA, DA bills.
  - 4.4 Integrity and values of sports.
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## **SEMESTER-II**

### **Theory Courses**

#### **CC-201: YOGA EDUCATION AND INCLUSIVE EDUCATION**

##### **UNIT-1: Introduction of Yoga (ANA)**

- 1.1 Meaning and Definition of Yoga.
- 1.2 Aim and Objectives of Yoga.
- 1.3 History and Philosophical aspects of Yoga.
- 1.4 Need and Importance of Yoga in Physical Education and Sports.

##### **UNIT-2: Methods of Yoga (ANA)**

- 2.1 Karma Yoga, Jnana Yoga, Bhakti Yoga and Raja Yoga.
- 2.2 Steps of Hatha Yoga, Astanga Yoga and Yogic Teaching Method.
- 2.3 Effect of asana and pranayama on human body and mind.
- 2.4 Yoga as therapy.

##### **UNIT-3: Introduction to Inclusive Education (BD)**

- 3.1 Concept and history of special education, integrated education and inclusive education and their relationship.
- 3.2 Philosophical, Sociological, Economical and Humanitarian dimensions of inclusive education.
- 3.3 Advantages of inclusive education for the individual and society.
- 3.4 Factors affecting inclusion.

##### **UNIT- 4: Inclusion in Operation & Teacher preparation for inclusive school (BD)**

- 4.1 Class room management and organizations, curricular adaptations, learning designing and development of suitable Teaching Learning Method.
- 4.2 Pedagogical strategies to respond to individual needs of students: Cooperative learning strategies in the class room, peer tutoring, social learning, buddy system, reflective teaching, multisensory teaching etc.
- 4.3 Problems in inclusion in the real class room situations; ways for overcoming the problems.
- 4.4 Teacher preparation for inclusive education. Skills and competencies of teachers.

#### **CC-202: EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION**

##### **UNIT – 1: Introduction (AM)**

- 1.1 Education and education technology- meaning and definitions.
- 1.2 Types of education – Formal, Informal and non-formal education.
- 1.3 Educative Processes.
- 1.4 Importance of device and methods of teaching and class management.

##### **UNIT – 2: Teaching Technique (AM)**

- 2.1 Teaching Techniques – Lecture Method, Command Method, Demonstration Method, Imitation Method, Project Method etc. ; Teaching procedure – Whole method, Whole – part- whole method, Part- whole method.
  - 2.2 Presentation technique – personal and technical preparation and presentation.
  - 2.3 Verbal Non-verbal communication technique.
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2.4 Details of three fundamental methods – meaning, types and its uses in different situation.

### **UNIT – 3: Teaching Aids and Competition (MB)**

3.1 Teaching Aids – meaning importance and its criteria for selecting teaching aids.

Community Aids, Co-curricular Aids.

3.2 Type of Teaching Aids – Audio aids, Visual Aids, Audio-visual Aids.

3.3 Meaning, Principles and advantages of team teaching.

3.4 Group Competition, Intramural and extramural Competition.

### **UNIT – 4: Learning Designing and Teaching Innovations (MB)**

4.1 Meaning, Types and Principle of Learning designing.

4.2 General and Specific Learning designing. Simulation Teaching – meaning, types and steps of Simulation Teaching.

4.3 Meaning, Types and Steps of Micro and Macro Teaching.

4.4 Methods of Classification of students.

## **CC-203: ORGANIZATION, ADMINISTRATION AND MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS**

### **UNIT - 1: Introduction to Organization and Administration (SK)**

1.1 Meaning Definition, and Importance of organization and Administration in Physical Education.

1.2 Meaning, Definition and Importance of Planning.

1.3 Basic principles of Planning.

1.4 Functions of Organization and Administration.

### **UNIT-2: Office and Time Table Management (SK)**

2.1 Meaning Definition and Functions of Office Management.

2.2 Kinds of Office Management.

2.3 Maintenance of different types of Register.

2.4 Time Table Management: Meaning, Need and Importance.

### **UNIT – 3: Management of Sports Facility (AK)**

3.1 Types of facilities: Infrastructure of Indoor and Outdoor

3.2 Facility Management: Equipment Store Room, Gymnasium, Swimming Pool, Play ground, Cricket pitches,

3.3 Equipment: Need, Importance, Procedure of purchase, Care and Maintenance.

3.4 Physical efficiency Record, Medical examination Record.

### **UNIT – 4: Tournament (AK)**

4.1 Importance of Tournament.

4.2 Types of Tournament and its organizational structure.

4.3 Organizational structure of athletic meet. Preparation and Planning for Organizations of different Games and Sports.

4.4 Sports Event, Intramural and Extramural Tournament Planning.

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## **EC-202: SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)**

### **UNIT-1: Introduction to Nutrition (SD)**

- 1.1 Meaning and definition of Nutrition and sports nutrition.
- 1.2 Guidelines of basic nutrition.
- 1.3 Role of nutrition in sports.
- 1.4 Factors for developing a nutritional plan.

### **UNIT- 2: Nutrients (SD)**

- 2.1 Macro Nutrients- Carbohydrate, protein, fat - Meaning, Sources and functions.
- 2.2 Micro Nutrients- Vitamins, minerals, water – meaning, Sources, classification and functions.
- 2.3 Role of carbohydrate, fat, protein and minerals during exercise.
- 2.4 Role of hydration during exercise and water balance.

### **UNIT- 3: Nutrition and Weight Management (MS1)**

- 3.1 Meaning and concept of weight management in modern era. Factors affecting weight management and values of weight management.
- 3.2 Concept of B.M.I.(Body Mass Index), H.W.R and Obesity.
- 3.3 Obesity and its hazards, Myth of Spot reduction, dieting versus exercise for weight control, Common Myths about weight loss.
- 3.4 Health risks associated with Obesity – Causes and solution for overcoming obesity.

### **UNIT- 4: Steps of Planning of Weight Management (MS1)**

- 4.1 Nutrition – Daily calorie intake and expenditure.
- 4.2 Balance diet and athletic diet.
- 4.3 Role of diet and exercise in weight management.
- 4.4 Weight management programme for sporty child, Design diet and exercise schedule for weight gain and loss.

## **SEMESTER – III**

### **Theory Courses**

## **CC-301: SPORTS TRAINING**

### **UNIT – 1: Introduction to Sports Training (MB)**

- 1.1 Meaning and Definition of Sports Training and Sports Coaching
- 1.2 Aim and Objectives of Sports Training
- 1.3 Principles of Sports Training and qualification and duties of sports trainer
- 1.4 Components of games and sports training (Motor fitness components Technique, Tactics and Strategic approach, Psychological components facilities and infrastructure)

### **UNIT – 1: Process of development of motor fitness component (MB)**

- 2.1 Strength- Means and method of Strength development
  - 2.2 Speed - Means and method of Speed development
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- 2.3 Endurance- Means and method of Endurance development
- 2.4 Power and Balance - Means and method of Power and Balance development

### **UNIT – 1: Training load, load dynamics and Training processes (AM)**

- 3.1 Concept definition and types of training load
- 3.2 Components of training load
- 3.3 Concept of load dynamics and its principles
- 3.4 Technical and Tactical training- Meaning, Importance and methods.

### **UNIT – 1: Programme, planning and system of sports training (AM)**

- 4.1 Periodization- Meaning, definition and types. Aims, Objectives and Content of different periods- Preparatory, Competition and Transition.
- 4.2 Planning- Training session for Micro, Meso and Macro cycles.
- 4.3 Systems of Sports Training- Basic Performance, Good Performance and High Performance.
- 4.4 Talent identification. Meaning of Flexibility and coordinative ability and their role in High Performance.

## **CC-302 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION AND SPORTS SCIENCE**

### **UNIT – 1: Introduction to Computer Application (DG)**

- 1.1 Components of computer-input and output unit, storage unit, CPU, ALU, control unit.
- 1.2 Starting & quitting windows, setting display, time & date, managing files and folders.
- 1.3 Meaning, need and importance of information and communication technology (ICT).
- 1.4 Application of computer and computer software in Physical Education and Sports

### **UNIT – 2: Word (DG)**

- 2.1 Introduction to word
- 2.2 Creating, saving and opening a document
- 2.3 Formatting & editing features, drawing table and graphs, page setup, paragraph alignment, spelling and grammar check, bullets and numbering, page number, header and footer, footnote and endnotes, mail merge, printing option and hyperlink.
- 2.4 Preparation of word document

### **UNIT – 3: Excel (SK)**

- 3.1 Introduction to Excel
  - 3.2 Creating, saving and opening spreadsheet
  - 3.3 Format and editing features, adjusting columns width and row height, Creating formulas, short and filter, inserting graph and pictures, printing option
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### 3.4 Preparation of Excel worksheet

## **UNIT – 4: Power Point (SK)**

### 4.1 Introduction to Power Point

### 4.2 Creating, saving and opening a ppt file

### 4.3 Format and editing features, slide show, design, inserting slide number, picture, graph, table, hyperlink and graphics.

### 4.4 Preparation of Power Point Presentation

## **CC – 303: PSYCHOLOGY AND SOCIOLOGY IN PHYSICAL EDUCATION AND SPORTS**

### **UNIT – 1: Introduction to Psychology and Sociology (MS-1)**

#### 1.1 Meaning, Importance and scope of Sports Psychology and Sociology.

#### 1.2 Biological Basis of Human Behaviour

#### 1.3 Individual Differences – Heredity and Environment

#### 1.4 Psycho-social aspects of Human behavior in relation to Physical Education and Sports

### **UNIT – 2: Learning, Maturity and Growth & Development (MS-1)**

#### 2.1 Learning-Definition, Types and Laws of Learning. Theories of Learning. Factors affecting Learning, Transfer of Learning. Learning Curve – Stagnation in learning.

#### 2.2 Growth and Development – Stages of Development, need of Physical Activity

#### 2.3 Personality - Meaning and definition of personality, characteristics of personality, Dimension of personality, Personality and Sports performance.

#### 2.4 Mental Aspects – Attention, Interest, Motivation, Aggression, Emotion, Anxiety.

### **UNIT – 3: Social Science and Physical Education (BSP)**

#### 3.1 Orthodoxy, customs, Tradition and Physical Education.

#### 3.2 Importance of Festivals in physical Education.

#### 3.3 Theories of Play, Socialization through Physical Education.

#### 3.4 Social Group life Social conglomeration– Social group, Primary group and Remote group.

### **UNIT – 4: Culture and Physical Education (BSP)**

#### 4.1 Features of culture, Importance of culture

#### 4.2 Importance of sports in modern society

#### 4.3 Effects of culture on people lifestyle.

#### 4.4 Different methods of studying (Observation/ Inspection method Questionnaire method, Interview method.)

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## **EC-301: SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)**

### **UNIT-1: Sports Medicine (BD)**

- 1.1 Meaning and concept of sports medicine, Aim and objectives of sports medicine.
- 1.2 Development of sports medicine as discipline –aspect of sports medicine
- 1.3 Common regional injuries and their management- shoulder, elbow, wrist knee and ankle – signs , symptoms and diagnosis of injuries
- 1.4 Concept of doping and doping agents banded by WADA

### **UNIT-2: Physiotherapy (BD)**

- 2.1 Brief introduction of Physiotherapy
- 2.2 Need and importance of Physiotherapy
- 2.3 Different types of therapeutic modalities (cryotherapy, superficial thermo therapy, penetrating thermotherapy, Electrical stimulation)
- 2.4 Guiding principles of therapeutic modalities

### **UNIT–3: Athletic Care and Massage (SD)**

- 3.1 Prevention of athletic injuries – steps of prevention –pre-participation evaluation –Warm up and conditioning.
- 3.2 Emergency care in athletics and First aid – Meaning and principles – First aid care for I) Loss of consciousness II) control of building III) Drowning and basic life support.
- 3.3 Protective and supportive equipment: Taping, Bandaging, padding and orthotics.
- 3.4 Massage: Classification – general principles, indication and contraindication.

### **UNIT –4: Rehabilitations (SD)**

- 4.1 Concept and goal of rehabilitation
- 4.2 Principle of therapeutic exercises –Classification ,uses of
- 4.3 Passive movement and active movement
- 4.4 Mobility exercise

## **SEMESTER – IV**

### **Theory Courses**

## **CC– 401: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

### **UNIT- 1: Introduction to Test, Measurement & Evaluation (MS)**

- 1.1 Meaning of Test, Measurement & Evaluation in Physical education
  - 1.2 Need, Importance of Test, Measurement & Evaluation in Physical Education
  - 1.3 Application of Test, Measurement & Evaluation in Physical Education
  - 1.4 Principles of Evaluation
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## **UNIT - 2: Criteria, Classification and Administration of Test (AK)**

- 2.1 Criteria of a good Test and Scientific authenticity (reliability, objectivity, validity and availability of norms)
- 2.2 Types of Test
- 2.3 Difference between Physical Fitness Test, Motor Fitness test, and Sports Skill Test
- 2.4 Administration of test- Advance preparation, Duties during test and after test.

## **UNIT- 3: Physical Fitness; Motor Fitness and Cardio-respiratory Tests (AK)**

- 3.1 AAHPER Youth Fitness Test
- 3.2 AAHPERD Health Related Physical Fitness Test
- 3.3 Indiana Motor Fitness Test and JCR test
- 3.4 Harvard Step test and Tattle pulse ratio test

## **UNIT- 4: Sports Skill Tests (MS)**

- 4.1 Mitchel's modification of McDonald Soccer Test
- 4.2 Johnson Basketball Test
- 4.3 Lockhart and McPherson Badminton Test
- 4.4 Russel-Lange Volleyball Test
- 4.5 Schmithal-French Field Hockey Test

## **CC-402: KINESIOLOGY AND BIOMECHANICS**

### **UNIT – 1: Introduction to Kinesiology and Sports Biomechanics (BD)**

- 1.1 Meaning and Definition of Kinesiology, Biomechanics and Sports Biomechanics
- 1.2 Importance and Scope of Kinesiology and Sports Biomechanics in Physical Education and Sports Science
- 1.3 Terminology of Fundamental Movements
- 1.4 Fundamental Concepts of Following Terms – Axes and Planes, Centre of Gravity, Line of Gravity, Scalars and Vectors Quantities, Equilibrium.

### **UNIT – 2: Kinesiological Aspects of Human Movement (BD)**

- 2.1 Classification of Joints and Muscles, Name of the Major Superficial Muscles, movements around the joints
- 2.2 Types of Muscle Contractions
- 2.3 Posture – Meaning, Types and Importance of Good Posture.
- 2.4 Fundamental Concepts of Following Terms- Angle of Pull, All or None Law, Reciprocal Innervations

### **UNIT – 3: Mechanical Concepts (BSP)**

- 3.1 Force - Meaning, Definition, Types, Units and its Application to Sports Activities
- 3.2 Lever - Meaning, Definition, Types and Body Lever. Wheel, Axel and Pulley.
- 3.3 Motion – Concept, Types and its Application to Sports Activities. Newton's Laws of Motion
- 3.4 Projectile Motion – Concept, Types, Principles and Factors Influencing Projectile Motion.

### **UNIT – 4: Kinematics and Kinetics of Human Movement (BSP)**

- 4.1 Linear Kinematics – Distance and Displacement, Speed and Velocity, Acceleration

- 4.2 Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- 4.3 Linear Kinetics – Inertia, Mass, Momentum, Impulse, Friction.
- 4.4 Angular Kinetics – Moment of Inertia, Couple, Stability.

## **CC– 403: RESEARCH AND STATISTICS IN PHYSICAL EDUCATION**

### **UNIT- 1: Introduction to Research (MB)**

- 1.1 Definition of Research, Need and importance of Research in Physical Education and Sports.
- 1.2 Scope of Research in Physical Education & Sports.
- 1.3 Classification of Research
- 1.4 Research Problem, Quality of a good researcher

### **UNIT -2: Research Proposal and Project Report (MB)**

- 2.1 Need for surveying related literature and Literature Sources
- 2.2 Research Proposal- Meaning and Significance of Research Proposal.
- 2.3 Preparation of a Project proposal and Project report.
- 2.4 Methods of Collection of data

### **UNIT-3: Basics of Statistical Analysis (SD)**

- 3.1 Statistics: Meaning, Definition, Nature and Importance
- 3.2 Class Intervals: Raw Score, Continuous and Discrete Series
- 3.3 Frequency and Frequency Distribution, Construction of Frequency Distribution Tables
- 3.4 Graphical Presentation of Data: Histogram, Frequency Polygon, Frequency Curve.

### **UNIT-4: Statistical Models in Physical Education and Sports (SD)**

- 4.1 Measures of Central Tendency: Mean, Median and Mode :
- 4.2 Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data.
- 4.3 Measures of Variability: Meaning, importance, computing from group and ungroup data
- 4.4 Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data.  
Correlation – Meaning, Magnitude and application. Simple calculation by Rank Order method.

EC-402:      SPORTS MANAGEMENT (ELECTIVE)

### **UNIT – 1: Introduction to Sports Management (AM)**

- 1.1 Nature, Scope and Purpose of Sports Management
- 1.2 Steps and Principles of Sports Management
- 1.3 Qualities and Competencies require for the Sports Manager
- 1.4 Event Management in Physical Education and Sports

### **UNIT – 2: Development of Leadership Qualities (SK)**

- 2.1 Meaning and Definition of Leadership
  - 2.2 Forms of Leadership- Autocratic, Laissez-faire, Democratic, Benevolent Dictator
  - 2.3 Qualities of administrative Leader
  - 2.4 Preparation of administrative Leader
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**UNIT – 3: Sports Management in Different Agencies (SK)**

3.1 Sports Management in schools, Colleges and Universities

3.2 Factors affecting planning

3.3 Planning a school or college sports programme

3.4 Controlling a school, college and University sports programme- Developing Performance standard, establishing a reporting system, Evaluation

**UNIT – 4: Financial Management in Physical Education (AM)**

4.1 Financial Management in Physical Education and Sports in different Institutions

4.2 Budget-Meaning, Importance, Criteria of preparing a good Budget

4.3 Steps of Budget making

4.4 Principles of Budgeting

**PRACTICAL COURSES****Semester – I**

Course Code	PAPER TITLE	Teachers Name		
<b>PC-101</b>	<b>Track and Field</b>			
1.1	Running Events: Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run Through, Forward lunging, Shoulder Shrug	<b>AM &amp;AK</b>		
1.2	Marking, Rules and Officiating Relay: Baton Exchange for different distances, Understanding of Relay Zones, Marking and interpretation of rules and officiating			
<b>PC-102</b>	<b>Gymnastics &amp; Mass Demonstration Activity</b>	<b>DR &amp;SK&amp;ANA</b>		
2.1	<b>Gymnastics: 60 (Both Men &amp; Women)</b> Floor Exercise, Forward Roll, Backward Roll, Hand stand, Cart Wheel, LegSplit, Different dancing steps (Combination) <b>30 Men:</b> Table Vault: Approach Run, Take off from the beat board, Cat Vault, Squat Vault. <b>10</b>			

2.2	Parallel bar, Horizontal bar/Roman rings, <b>10</b> Rhythmic Gymnastics, Pyramid (Pair, Trio, Quadrates, Penthats) <b>10</b> <b>Women:</b> Uneven bars: <b>10</b> Balance Beam: <b>10</b> Rhythmic Gymnastics, Pyramid (Pair, Trio, Quadrates, Penthats): <b>10</b> Mass Demonstration Activities: Any Five <b>5 X 8= 40</b> Dumbbells/ Wands/ Hoop/ Umbrella/ Malkhamb/ Lazium/ Calisthenics/ Apparatus Drills (Atleast 8 exercises for different joints and major muscle group for each activity)			
<b>PC-103</b>	<b>Marching, Demonstration Activities &amp; Indigenous Sports</b>	<b>BSP&amp;MB&amp;AK&amp;MS1</b>		
3.1	Marching - <b>20</b>			
3.2	Ball Games: Handball- <b>30</b>			
3.3	Indigenous Sports: Kabaddi and Kho-Kho <b>25+25= 50</b>			
<b>PC-104</b>	<b>Yoga, Weight Training, Aerobics &amp; Bratochary</b>			
	Yoga: Surya Namaskar and Pranayam <b>10+10+20=40</b> <b>SURYA NAMASKAR:</b> 12 Figures.  <b>YOGASANAS:</b>			

## Semester – II

Corse Code	Paper title	
<b>PC-201</b>	<b>Track and Field</b>	<b>ANA</b>
<b>1.1</b>	Jumping Events: High Jump - Approach run, Take off, Bar clearance, Landing 40	
<b>1.2</b>	Broad Jump - Approach run, Take off, Action in the Air and Landing 30	
<b>1.3</b>	Triple Jump- Approach run, Take off, Action in the Air and Landing 30	
<b>PC-202</b>	<b>Swimming and Ball Games</b>	<b>BSP&amp;BD&amp;SD</b>
<b>2.1</b>	Swimming: Floating, Gliding, Leg Action, Arm action, Breathing technique Introduction of various strokes : Front crawl, Back crawl, Butterfly, Brest Stroke: Starting Technique and entry into water Medley, Life Savings <b>40</b>	
<b>2.2</b>	<b>Ball Games:</b> Volleyball, & Softball ( <b>2x30=60</b> )	
<b>PC-203</b>	<b>Team Games &amp; Racket Sports</b>	<b>DR&amp;SK&amp;BSP&amp;MS</b>


<b>3.1</b>	<b>Team Games:</b> Hockey and Cricket ( <b>3x20=60</b> )			
<b>3.2</b>	<b>Racket Sports:</b> Badminton, Table Tennis/ Squash/ Tennis ( <b>2x20=40</b> )			
<b>TP-201</b>	<b>Teaching</b>	<b>ALL TEACHERS</b>		
<b>4.1</b>	Class room teaching (Micro Teaching): 4 lessons- 2 from Physical Education field and 2 from other School Subjects. <b>50</b>			
<b>4.2</b>	Outdoor teaching (4 Campus and 4 off-campus) : 4 lessons- 2 General and 2 Specific activities <b>50</b>			


### **SEMESTER – III**

<b>Course Code</b>	<b>COURSE TITLE</b>	
<b>PC-301</b>	<b>Throwing Events</b>	<b>AM&amp; MS</b>
1.1	Putting the shot: Fundamental Skills- Starting, Clearance and Landing Techniques. 30 Discus: Fundamental Skills- Starting, Clearance and Landing Techniques. 30 Javelin: Fundamental Skills- Starting, Clearance and Landing Techniques. 30 Hurdles: Types of Hurdles, Marking and Officiating. Fundamental Skills- Starting, Clearance and Landing Techniques. 10	
PC-302	Combative Sports, Adventure/Outdoor Activities and Lab Practical	<b>SK&amp;BSP&amp;BD&amp;MS&amp;MB</b>
2.1	Combative Sports: Karate, Judo, Boxing, Taekwondo, Wrestling, Lathi (Any two) 2 X 30=60	
2.2	Adventure/Outdoor Activities: Camping /Trekking /Hiking /Rock-climbing /Artificial Climbing etc. 20	
2.3	Lab-based Practical: Physical/Physiological /Psychological /Biomechanical/Anthpometric measurement will be set up in the laboratory as per NCTE guideline. 20	
PC-303	Team Games	<b>MS&amp;DG&amp;&amp;SD&amp;MS1</b>
	Ball Games: Football – 40 Netball – 30 Throw ball - 30	
TP-302	Teaching Lessons	<b>ALL TEACHERS</b>

## **SEMESTER-IV**

<b>Course Code</b>	<b>PAPER TITLE</b>	
<b>PC-401</b>	AAHPER Youth fitness Test (60 marks) Sports Specific Fitness Test (40 marks) Games Evaluation of Performance Ability (To select one activity except Track & Field/Gymnastics/Swimming)	<b>DR&amp;MB</b>
<b>PC-402</b>	Layout of Arenas: Track & Field – <b>40</b> (Layout of any two events will be evaluated by the external examiner) Games – <b>60</b> (Layout of any three games will be evaluated by the external examiner)	<b>AK&amp;MS1</b>
<b>TP-401</b>	5+5=10 Coaching lessons from any two choice games opted in the SEM-III Total 02 Coaching lessons, one from each game for external examination. (50+50=100)	<b>ALL TEACHERS</b>
<b>TP-402</b>	5+5=10 Coaching lessons from Indigenous Sports and Racket Sports Total 02 Coaching lessons, one from each section for External examination. (50+50=100)	<b>ALL TEACHERS</b>

  
 11.01.2024  
**HEAD**  
 Dept. of Physical Education  
 Mugheria Gangadhar Mahavidyalaya  
 Bhatinagar, Purba Medinipur, W.B.

  
 11.01.2024  
**Principal**  
 Mugheria Gangadhar Mahavidyalaya

