

# TURKU HANSDA LAPSA HEMRAM MAHAVIDYALAY

( A Govt. Aided General Degree College affiliated to Burdwan University and registered u/s 2(f) & 12(B) of UGC Act, 1956)  
[Established in 2006 and Accredited 'B' by NAAC in 2016]

Vill-Madian, Mallarpur

PIN 731216, West Bengal

website- [www.thlhmahavidyalay.ac.in](http://www.thlhmahavidyalay.ac.in)



PO-Ganpur, Birbhum

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Documents for Extended Profile 2.1

Departmental Affiliation and Syllabus of Physical Education Department



*Sukumbhari*  
Teacher-in-charge  
THLH Mahavidyalay  
Madian, Mallarpur, Gonpur  
Birbhum, Pin- 731216, W.B.



No. IC/Affin/11-12/P-137/213

Dated, 13<sup>th</sup> June, 2011

To  
The Principal/Teacher-in-Charge,  
Turku Hansda Lapsa Hemram Mahavidyalaya,  
P.O. Ganpur,  
Dist. Birbhum.

Sub: Extension of affiliation in Physical Education(General)

Sir/Madam,


I am directed to invite a reference to your proposal with the above subject(s) and to inform you that as per memo of West Bengal State Council of Higher Education vide No. Affi.BU/65/SCHE/2011 dated 20<sup>th</sup> April, 2011 and the recommendations of expert(s) of this University, the Vice-Chancellor has been pleased to grant extension of affiliation to your college in the above subject(s) with effect from the session 2011-12 subject to fulfillment of the following terms and conditions. A review/assessment will be made by the University in respect of fulfillment of terms and conditions as laid down after completion of six months.

The additional expenditure as required for the purpose will have to be borne by the college authority till sanctioning/creation of teaching post(s) for the said subject(s) as and when it will be convenient on the part of the Government.

Terms and Conditions

- # In the 1<sup>st</sup> yr. 1 teaching post(s) and in the 2<sup>nd</sup> year 1 teaching post(s) in the subject concerned is/are to be appointed by the college.
- # The intake of students should not exceed 80 (Eighty).
- # Laboratory equipments of worth Rs. Nil are to be purchased immediately for introducing the course.
- # Additional accommodation needed: Necessary equipments like as Football, Cricket, Vollyball, Shotput, Discus, Javelin, Highjump stand, Gymnastics Mattress etc.
- # Additional laboratory staff required: Nil.
- # Books of worth Rs.25,000/- (Twenty five thousand only) on the subject are to be purchased immediately.

Yours faithfully,

  
(D.K. Panja)  
Inspector of Colleges


Dated, 13<sup>th</sup> June, 2011

No. IC/Affin/11-12/P-137/213/1(8)

Copy forwarded for information to:-

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- # The Secretary, W. Bengal C.S.C, 6, Bhabani Dutta Lane, Kolkata-700072.
- # The Member Secretary, W. B. State Council of Higher Edn., 147A, R.B.Avenue, Kol-29.
- # The Controller of Examinations, Burdwan University.
- # The Dy. Registrar, Burdwan University.
- # The Secretary, Under Graduate Council, B.U.
- # Smt. Srabani Khan, Sr. Asstt., I.C's Department, B.U.

  
Inspector of Colleges

  
Dr. Suman Mukherjee  
Teacher-in-Charge  
Turku Hansda Lapsa Hemram Mahavidyalaya  
Mallapur, Birbhum- 731216



## B.A./B.Sc. Program in Physical Education

### 1<sup>st</sup> Semester

Course Code	Course Title	Course Type	LTP	Credit	Marks
CC1A	Foundation and History of Physical Education	Core course	4-0-2	6	75
CC2A	Discipline-2 (Core-1) other than Physical Education	Core course		6	75
CC (Language)	Language 1A	Core course Language	5-1-0	6	75
AECC 1	Environmental Studies	AECC-1 compulsory	2-0-0	2	50
<b>SEMESTER TOTAL</b>				<b>20</b>	<b>275</b>

## B.A./B.Sc. Program in Physical Education

### 2<sup>nd</sup> Semester

Course Code	Course Title	Course Type	LTP	Credit	Marks
CC1B	Management of Physical Education and Sports	Core course	4-0-2	6	75
CC2B	Discipline-2(Core-2) other than Physical Education	Core course		6	75
CC(Language)	Language 2A	Core course Language	5-1-0	6	75
AECC-2	communicative ENG or MIL	AECC-2 Compulsory	2-0-0	2	50
<b>SEMESTER TOTAL</b>				<b>20</b>	<b>275</b>

## B.A./B.Sc. Program in Physical Education

### 3<sup>rd</sup> Semester

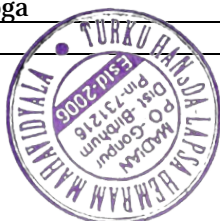
Course Code	Course Title	Course Type	LTP	Credit	Marks
CC1C	Anatomy, Physiology and Exercise Physiology	Core course	4-0-2	6	75
CC2C	Discipline-2 (Core-3) other than Physical Education	Core course		6	75
CC (Language)	Language 1B	Core course Language	5-1-0	6	75
SEC (1)	Track and Field	SEC	0-0-2	2	50
<b>SEMESTER TOTAL</b>				<b>20</b>	<b>275</b>

## B.A./B.Sc. Program in Physical Education

### 4<sup>th</sup> Semester

Course Code	Course Title	Course Type	LTP	Credit	Marks
CC1D	Health Education, Physical Fitness and Wellness	Core course	4-0-2	6	75
CC2D	Discipline-2 (Core-4) other than Physical education	Core course		6	75
CC (Language)	Language 2B	Core course Language	5-1-0	6	75
SEC (2)	Gymnastics and Yoga	SEC	0-0-2	2	50
<b>SEMESTER TOTAL</b>				<b>20</b>	<b>275</b>

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## B.A./B.Sc. Program in Physical Education


### 5<sup>th</sup> Semester

Course Code	Course Title	Course Type	LTP	Credit	Marks
<b>DSE 1</b>	DSE (Any one from Discipline-1 and any one from Discipline-2)				
	Discipline-1 (any one)	DSE		6	75
	Tests, Measurements and Evaluation in Physical Education		4-0-2		
	Sports Training		4-0-2		
	Discipline-2 (Other than physical Education)			6	75
	1		5-0-1		
	2		5-0-1		
<b>GE 1</b>	GE -1 (for the students other than Phy. Edn.)	GE		6	75
	Modern trends in Physical Education and Sports Sciences		6-0-0		
<b>SEC 3</b>	SEC 3	SEC		2	50
	<b>Indian Games (any one)- Kabaddi / Kho-Kho</b>		0-0-2		
	<b>And</b>				
	<b>Racket Sports (Any one)- Badminton/ Table Tennis</b>				
<b>SEMESTER TOTAL</b>				<b>20</b>	<b>275</b>

## B.A./B.Sc. Program in Physical Education

### 6<sup>th</sup> Semester

Course Code	Course Title	Course Type	LTP	Credit	Marks
<b>DSE 2</b>	DSE (Any one from Discipline-1 and any one from Discipline-2)				
	Discipline-1 (Any one)	DSE		6	75
	Psychology in Physical Education and Sports		4-0-2		
	Project work		2-0-4		
	Discipline-2 (Other than physical Education)			6	75
	1		5-0-1		
	2		5-0-1		
<b>GE 2</b>	GE 2 (for the students other than Phy. Edn.)	GE		6	75
	Health Education and Tests & Measurements in Physical Education		6-0-0		
			4-0-2		
<b>SEC 4</b>	SEC4	SEC		2	50
	<b>Ball Games (any two)</b>		0-0-2		
	Football/Handball/Basketball/ Volleyball/ Netball/ Throwball				
<b>SEMESTER TOTAL</b>				<b>20</b>	<b>275</b>

  
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# SEMESTER- 1

## CORE PAPER-1: Foundation and History of Physical Education

Course Code- CC1A

Total number of classes - 60

### Unit- I: Introduction

LH - 12

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

### Unit- II: Biological and Sociological Foundations of Physical Education

LH - 18

- 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 and Socialization.
- 2.4. Role of games and sports in National and International integration.

### Unit- III: History of Physical Education

LH - 18

- 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.

### Unit- IV: Yoga Education

LH - 12

- 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

### FIELD PRACTICAL

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

### REFERENCES

1. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
3. Lau, S.K. (1999) Great Indian Players, New Delhi, Sports.
4. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
5. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
6. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
7. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
8. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.



10. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.  
 11. Kansal, D.K. (2012) A Practical Approach to Test Measurement and Evaluation Sports and Spiritual Science Publication, New Delhi.

## SEMESTER- 2

### CORE PAPER- 2: Management of Physical Education and Sports

Course Code- CC1B

Total number of classes - 60

#### Unit- I: Introduction

LH - 12

- 1.1. Concept and definition of Sports Management.
- 1.2. Important of Sports Management.
- 1.3. Purpose of Sports Management.
- 1.4. Principles of Sports Management.

#### Unit- II: Tournaments

LH – 18

- 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 organising Annual Athletic Meet and Play Day.
- 2.4. Method of organising of Intramural and Extramural competition.

#### Unit- III: Facilities and Equipments

LH - 18

- 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 equipments.
- 3.4 Time Table: Meaning, importance and factors affecting Time Table.

#### Unit- IV: Leadership

LH - 12

- 4.1 Meaning and definition of leadership.
- 4.2 Qualities of good leader in Physical Education.
- 4.3 Principles of leadership activities.
- 4.4 Hierarchy of Leadership in School, College and University level.

#### 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).

#### REFERENCES

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
3. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
4. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
5. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
6. Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
7. Tirunaryanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
8. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
9. Singh, A. et al. (2010) Essential of Physical Education. Kalyayani Publishers.

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## SEMESTER- 3

### CORE PAPER- 3: Anatomy, Physiology and Exercise Physiology

Course Code- CC1C

Total number of classes - 60

#### Unit- I: Introduction

LH - 12

- 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

LH - 18

- 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- Type, location, function and structure of muscle.
- 2.3. Types of muscular contraction.
- 2.4. Effect of exercise on muscular system.

#### Unit- III: Circulatory System

LH - 18

- 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 on circulatory system.

#### Unit- IV: Respiratory System

LH - 12


- 4.1 Structure and function of Respiratory organs.
- 4.2 Mechanism of Respiration.
- 4.3 Vital Capacity, O<sub>2</sub> Debt and Second Wind.
- 4.4 Effect of exercise on respiratory system.

#### LAB PRACTICAL

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

#### REFERENCES

1. Amrit Kumar, R. Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
3. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
4. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
5. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
6. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
7. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
8. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
9. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

  
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## SEMESTER- 3

### Track and Field


Course code: SEC 1

#### 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.

#### 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).

  
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# SEMESTER- 4

## CORE PAPER- 4: Health Education, Physical Fitness and Wellness

Course Code- CC1D

Total number of classes - 60

### Unit- I: Introduction

LH - 18

- 1.1. Concept, definition and dimension of Health.
- 1.2. Definition, aim, objectives and principles of Health Education.
- 1.3. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).
- 1.4. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record.

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

LH - 18

- 2.1. Communicable Diseases- Malaria, Dengue and Chicken Pox.
- 2.2. Non-communicable Diseases- Obesity, Diabetes and AIDS.
- 2.3. Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals.
- 2.4. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.

### Unit- III: Physical Fitness and Wellness

LH - 12

- 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

LH - 12


- 4.1 First aid- Meaning, definition, importance and golden rules of First-aid.
- 4.2 Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.
- 4.3 Management of sports injuries through the application of Hydro-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.
2. Practical knowledge on Hydro-therapy and Thermo-therapy.

### REFERENCES

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, et. al. "The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Hanlon, John J. "Principles of Public Health Administration" 2003.
5. Turner, C.E. "The School Health and Health Education".
6. Moss et. al. "Health Education" (National Education Association of U.T.A.).
7. Nemir A. "The School Health Education" (Harber and Brothers, New York).
8. Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
9. Boyd-Eaton S. et al (1989) "The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.

  
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## SEMESTER- 4

### Gymnastics and Yoga

Course code: SEC 2

#### 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 Position

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

###### 3.2. Sitting Position

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

###### 3.3. Supine Position

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

###### 3.4 Prone Position

- 3.4.1 Bhujangasana
- 3.4.2 Salvasana
- 3.4.3 Dhanurasana

###### 3.5 Inverted Position

- 3.5.1 Sarvangasana
- 3.5.2 Shirsasana
- 3.5.3 Bhagrasana

[Note: One Asana is compulsory from each position]

##### 4. Pranayama (any two)

- 4.1. Kapalbhata
- 4.2. Bhrumri
- 4.3. Anulam Vilom.

# SEMESTER- 5

## Tests, Measurements and Evaluation in Physical Education

Course code: DSE 1

Total number of classes - 60

### Unit- I: Introduction

LH - 12

- 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: Measurements of Body Compositions and Somatotype Assessment LH - 18

Body Mass Index (BMI)- Concept and method of measurement.

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

### Unit- III: Fitness Test

LH - 18

- 3.1 Kraus-Weber Muscular Strength Test
- 3.2 AAHPER Youth Fitness Test
- 3.3 Queens College Step Test
- 3.4 Harvard Step Test

### Unit- IV: Sports Skill Test

LH - 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

1. Assessment of somatotype and % body fat (any one).
2. Assessment of AAHPER Youth Fitness Test and Harvard Step Test (any one).

### REFERENCES

1. Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications.
2. Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2<sup>nd</sup> edition) Lanham: Scarecrow Press.
3. Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company.
4. Getchell B (1979) Physical Fitness A Way of Life, 2<sup>nd</sup> Edition New York.
5. John Wiley and Sons, Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc.
6. Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.
7. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.
8. Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3<sup>rd</sup> Edition, Dallas TX: The Cooper Institute for Aerobics Research.
9. Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3<sup>rd</sup> Edition. Champaign IL: Human Kinetics.
10. Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

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# SEMESTER- 5

## Sports Training Course code: DSE1

Total number of classes - 60

### Unit- I: Introduction

LH - 12

- 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: Principle of Training and Conditioning

LH - 18

- 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

LH - 18

- 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.

### Unit- IV: Training Techniques

LH - 12


- 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).

### REFERENCES

1. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
2. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosby Company.
3. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book.
4. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
5. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal.
6. Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
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# SEMESTER- 5

## Modern Trends and Practices in Physical Education Exercise Sciences

(For the students other than Physical Education)

Course code: GE1

Total number of classes - 60

### Unit- I: Introduction

LH - 12

- 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 physical education.
- 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

LH - 18

- 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. Qualities of good leader in Physical Education. Principles of leadership activities.
- 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 and International integration.

### Unit- III: History of Physical Education

LH - 12

- 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

### Unit- IV: Exercise Sciences

LH - 18

- 4.1 Meaning, definition and importance Exercise and Exercise Physiology.
- 4.2 Effects of short and long term exercise on Muscular systems.
- 4.3 Effects of short and long term exercise on Circulatory System.
- 4.4 Effects of short and long term exercise on Respiratory System.

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## SEMESTER- 5

### Indian Games and Racket Sports

Course Code: SEC3

#### 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.

AND

#### 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.

  
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# SEMESTER- 6

## Psychology in Physical Education and Sports

Course Code- DSE2

Total number of classes - 60

### Unit- I: Introduction

LH - 12

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

### Unit- II: Learning

LH - 18

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

### Unit- III: Psychological Factors

LH - 18

- 3.1 Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports.
- 3.2 Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports.
- 3.3 Personality- Meaning, definition and type Personality traits.
- 3.4 Role of physical activities in the development of personality.

### Unit- IV: Stress and Anxiety

LH - 12


- 4.1 Stress- Meaning, definition and types of Stress.
- 4.2 Causes of Stress.
- 4.3 Anxiety- Meaning, definition and types of Anxiety.
- 4.4 Management of Stress and Anxiety through physical activity and sports.

### LAB PRACTICAL

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

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# SEMESTER- 6

## Dissertation/ Project

1.1 Subjects: Physical Fitness Components, Body composition and Somatotype, Educational Tour, Leadership Camp, Non-communicable diseases, .....

1.2 Project Report Format:

- Introduction
- Procedure
- Results
- Conclusions
- Recommendations
- References

  
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# SEMESTER- 6

## Health Education and Tests & Measurements in Physical Education

(For the students other than Physical Education)

Course Code: GE-2

Total number of classes - 60

### Unit- I: Introduction

LH - 18

- 1.1. Concept, definition and dimension of Health.
- 1.2. Definition, aim, objectives and principles of Health Education.
- 1.3. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).
- 1.4. Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals.

### Unit- II: Health and First-aid Managements

LH - 18

- 2.1. First aid- Meaning, definition, importance and golden rules of First-aid.
- 2.2. Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.
- 2.3. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.
- 2.4. Hypo-kinetic Diseases and Physical Activities- Obesity and Diabetes.

### Unit- III: Measurement of Body Compositions and Somatotype Assessment

LH - 12

- 3.1 Body Mass Index (BMI)- Concept and method of measurement.
- 3.2 Body Fat- Concept and method of measurement.
- 3.3 Lean Body Mass (LBM)- Concept and method of measurement.
- 3.4 Somatotype- Concept and method of Assessment


### Unit- IV: Fitness Test

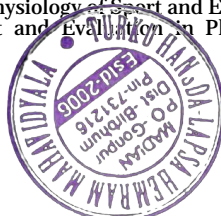
LH - 12

- 4.1 Kraus-Weber Muscular Strength Test
- 4.2 AAHPER Youth Fitness Test
- 4.3 Queens College Step Test
- 4.4 Harvard Step Test

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# SEMESTER- 6

## BALL GAMES (Any two)

Course code: SEC4

### 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.**

## NETBALL

### **A. Fundamental skills**

1. Catching: one handed, two handed, with feet grounded and in flight.
2. Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce).
3. Footwork: Landing on one foot, landing on two feet, Pivot, Running pass.
4. Shooting: One hand, forward step shot, and backward step shot.
5. Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed.
6. Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing.
7. Intercepting: Pass and shot.
8. Game practice with application of Rules and Regulations.


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

## THROWBALL

### **Fundamental skills:**

Overhand service, Side arm service, two hand catching, one hand overhead return, side arm return.

Rules and their interpretations and duties of officials.

  
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# THE UNIVERSITY OF BURDWAN



## **Draft** SYLLABUS FOR 4-YEAR

### **Bachelor of Physical Education and Sports (BPES)**

#### **Based on NEP-2020**

*May be effect from the session 2023-2024*

Total Credit- 174

\*UG Certificate- 40 Credit (SEM- I & II)

\*\* UG Diploma- 83 Credit (SEM- I to IV)

\*\*\*3 Years Degree- 124 Credit (SEM- I to VI)

4 Years UG Degree Honours - 174 Credit (SEM- I to VIII)

\*\*\*\*4 Years UG Degree Honours with Research - 174 Credit (SEM- I to VIII)

**Major:** Physical Education; **Minor:** Sports /Sports Science

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Semester	Course Type	Level	Name of the Course	Credit	Lect.	Tuto.	Pract./Viva	Full Marks	Distribution of Marks		
									Theory	Pract. / Tuto./ Viva-voce	Internal Assessment
<b>I</b>	Major/DS Course (Core)	100-199	<b>Foundation and History of Physical Education and Sports Science</b>	4	3/3/0	1/0/0	0/1/4	75	60/40	0/20	15
	Minor Course	100-199	<b>Introduction to Exercise and Sports</b>	4	3/3/0	1/0/0	0/1/4	75	60/40	0/20	15
	Multi/Interdisciplinary		<b>Fitness and Wellness</b>	3	2/2/0	1/0/0	0/1/3	50	30/40	10/0	10
	Ability Enhancement Course (AEC) [L <sub>1</sub> -1 MIL]		Arabic/ Bengali/ Hindi/ Sanskrit/ Santali/ Urdu or Equvlnt. Course from SWAYAM or UGC recognized others	2	2	0	0	50	40	0	10
	Skill Enhancement Course (SEC)		<b>Exercise and Sports for Elementary Students</b>	3	2/2/0	1/0/0	0/1/3	50	30/40	10/0	10
	Common Value Added (CVA) Course		Environmental Science/ Education	4	3/3	1/0	0/1	100	60	20	20
	<b>Total</b>			<b>20</b>				<b>400</b>			

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Semester	Course Type	Level	Name of the Course	Credit	Lect.	Tuto.	Pract. /Viva	Full Marks	Distribution of Marks		
									Theory	Pract. /Tuto./ Viva- voce	Internal Assessment
II	Major/DS Course (Core)	100-199	Health and Wellness Education	4	3/3/0	1/0/0	0/1/4	75	60/40	0/20	15
	Minor Course	100-199	Introduction to Life Style Management	4	3/3/0	1/0/0	0/1/4	75	60/40	0/20	15
	Multi/Interdisciplina ry		Yoga Vyayama	3	2/2/0	1/0/0	0/1/3	50	30/40	10/0	10
	Ability Enhancement Course (AEC)[L <sub>2</sub> -1]		English or EquvInt. Course from SWAYAM or UGC recognized others	2	2	0	0	50	40	0	10
	Skill Enhancement Course (SEC)		Sports Massage	3	2/2/0	1/0/0	0/1/3	50	30/40	10/0	10
	Common Value Added (CVA) Course			4	3/3	1/0	0/1	100	80/60	0/20	20
Skill based vocational course (addl. 4 Cr) during summer term for 8 weeks, who will exit the programme after securing 40 cr.											
For UG Certificate 40 cr + Additional 4 cr (work based vocational course) = 44 cr. Students are allowed to re-enter within 3 years within the stipulated max. period of 7 years											
<b>Total</b>				<b>20</b>				<b>400</b>			

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## SEMESTER- I

### Name of the Course: Foundation and History of Physical Education and Sports Science

Course Type: Major Course  
Credit: 4 (Lect.- 3 & Tuto.- 1)

Full Marks- 75 (Theory: 40, Practical: 20 & Internal Assessment: 15)

#### Objectives:

- i. Students may understand the historical development and the concept of Physical Education, Exercise and Sports Science
- ii. Students may learn the Philosophical, Biological, Psychological and Sociological foundation of this subject

#### Outcomes:

- i. Students may know the strong background of Physical Education, Exercise and Sports Science
- ii. This subject may generate vibration for further development of Physical Education, Exercise and Sports Science

### UNIT- 1: Concept of Physical Education, Exercise and Sports Science

L- 5H

- 1.1 Meaning, Definition and Scope of Physical Education, Exercise and Sports Science
- 1.2 Aim and Objectives of Physical Education, Exercise and Sports Science
- 1.3 Modern concept of Physical Education, Exercise and Sports Science
- 1.4 Importance of Physical Education, Exercise and Sports Science in Modern society

### UNIT- 2: Historical Development of Physical Education, Exercise and Sports Science

L- 10H

- 2.1 Ayurveda: Concept of human, Yoga, Vyayama (exercise) and Krida (Sports)
- 2.2 Historical development of Physical Education and Sports in India of Pre-Independence period
- 2.3 Historical development of Physical Education and Sports in India of Post-Independence period
- 2.4 National Sports Awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award

### UNIT- 3: Olympic Movement, Commonwealth and Asian Games

L- 15H

- 3.1 Ancient Olympic Games
- 3.2 Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath and Olympic Village, Opening Ceremony and Closing Ceremony
- 3.3 Historical background of Commonwealth and Asian Games
- 3.4 Analysis of Indian Sports performance: Olympic, Commonwealth and Asian Games

### UNIT- 4: Foundation & Principles of Physical Education, Exercise and Sports Science

L- 15H

- 4.1 Philosophical Foundation: Idealism, Realism, Pragmatism and Naturalism in Physical Education
- 4.2 Biological Principles: Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development. Age: Chronological age, anatomical age, physiological age and mental age
- 4.3 Psychological Foundation- Meaning and definition of Psychology and Sports Psychology. Importance of Psychology and Sports Psychology in Physical Education, Exercise and Sports Science
- 4.4 Sociological Foundation: Meaning and definition of Sociology, Society and Socialization. Role of games and sports in National and International integration

### FIELD PRACTICAL (Preparation of Record Book is Compulsory)

P-30H

1. Physical Fitness Test through AAHPERD (10 Marks)
2. Preparation of record book of Indian Sports performance (10 Marks)

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## SEMESTER- I

**Name of the Course: Introduction to Exercise and Sports**

**Course Type: Minor Course**

**Credit: 4 (Lect.- 3 & Tuto.- 1)**

**Full Marks- 75 (Theory: 60 & Internal Assessment: 15)**

### **Objectives:**

- i. To educate the students about exercise & sports and science behind it
- ii. To improve the students understanding about the benefit of regular exercise and sports

### **Outcomes:**

- i. Students may be interested for participating in exercise and sports
- ii. Students may convince others for exercise and sports participation

### **UNIT- 1: Physiological aspects of Exercise and Sports**

**L- 15H**

- 1.1 Exercise and Sports in the life sciences: Level of Biological organization
- 1.2 Human Physiological System: Homeostasis, Cardiovascular system
- 1.3 Energy Balance: Food and Diet; Body composition and its measurements
- 1.4 Lifestyle factors affecting health

### **UNIT- 2: Psychological aspects of Exercise and Sports**

**L- 15H**

- 2.1 Human Psychological system: Personality, Motivation, Emotion, Memory and Intelligence
- 2.2 Exercise and Psychological health: Body image and Self esteem
- 2.3 Psychology of Sports: Leadership and group dynamics
- 2.4 Psychology of Motor learning and performance: Individual difference and learning

### **UNIT- 3: Sociological aspects of Exercise and sports**


**L- 15H**

- 3.1 Meaning, definition, concept of Sociology and Society
- 3.2 Social values of exercise, games and sports
- 3.3 Socialization through exercise, games and sports
- 3.4 Role of exercise, games and sports in national and international integration

### **UNIT- 4: Nutritional aspects of Exercise and Sports**

**L- 15H**

- 4.1 Nutrition: Micro and Macro nutrition
- 4.2 Balance diet: Factors, Importance and Principles
- 4.3 Diet for pre, during and after exercise
- 4.4 Preparation of Diet chart for sports persons

  
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# SEMESTER- I

**Name of the Course: Fitness and Wellness**

**Course Type: Multidisciplinary**

**Credit: 3 (Lect.- 2 & Tuto.- 1)**

**Full Marks- 50 (Theory: 40 & Internal Assessment: 10)**

**Objectives:**

- i. To educate students about physical fitness, mental fitness and wellness
- ii. To motivate students for maintaining own fitness and wellness

**Outcomes:**

- i. Students may accept fitness and wellness programme in daily life
- ii. They may lead healthy lifestyle and convince others

**UNIT- 1: Health Related Physical Fitness**

**L- 15H**

- 1.1 Concept of Fitness and Physical Fitness
- 1.2 Concept of Health Related Physical Fitness
- 1.3 Components of Health related Physical Fitness
- 1.4 Assessment Techniques of Health related Physical Fitness

**UNIT- 2: Performance Related Physical Fitness**


**L- 15H**

- 2.1 Modern concept of Physical Fitness
- 2.2 Concept of Performance Related Physical Fitness
- 2.3 Components of Performance related Physical Fitness
- 2.4 Assessment Techniques of Performance related Physical Fitness

**UNIT- 3: Wellness**

**L- 15H**

- 3.1 Concept of Wellness
- 3.2 Aim and Objectives of Wellness
- 3.3 Components of Wellness
- 3.4 Importance of Wellness in the Modern Society

  
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# SEMESTER- I

**Name of the Course: Exercise and Sports for Elementary Students**

**Course Type: Skill Enhancement Course (SEC)**

**Credit: 3 (Practical: 3)**

**Full Marks- 50 (Practical: 40 & Internal Assessment: 10)**

## **Objectives:**

- i. Prepare the students to organise exercise & sports for elementary school children
- ii. Students may develop self-confidence about nurturing elementary students

## **Outcomes:**

- i. Students may get jobs in nursery, kindergarten, play school and elementary school
- ii. Students may start their own play school in their area

### **Unit- 1: Exercise for Elementary Students**

**P- 30H**

- 1.1 Rhymes Exercise
- 1.2 Mimicking Exercise
- 1.3 Partner Exercise

### **Unit- 2: Recreational Games for Elementary Students**


**P- 30H**

- 2.1 Recreational Games- Individual
- 2.2 Recreational Games- Group
- 2.3 Recreational Games- with Teacher / Parents

### **Unit- 3: Sports for Elementary Students**

**P- 30H**

- 3.1 Fundamental Movement Sports
- 3.2 Low Level Individual Sports
- 3.3 Low Level Group Sports

  
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## SEMESTER- II

Name of the Course: Health and Wellness Education

Course Type: Major Course

Credit: 4 (Lect.- 3 & Tuto.- 1)

Full Marks- 75 (Theory: 40, Practical: 20 & Internal Assessment: 15)

### Objectives:

- i. To educate students about good and bad health habits
- ii. To prepare students about wellbeing and wellness culture

### Outcomes:

- i. Mental set up would be ready for maintaining good health habits
- ii. Students may follow wellness guidelines

### Unit- 1: Health and Health Education

L- 9H

- 1.1 Concept, Definition, Spectrum and Dimension of Health
- 1.2 Definition, aim, objectives and principles of Health Education
- 1.3 Health Agencies: World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO)
- 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

L- 12H

- 2.1 Communicable Diseases: Malaria, Dengue and COVID-19
- 2.2 Modern life and lifestyle diseases
- 2.3 Life style Diseases (Hypokinetic): Obesity and Diabetes
- 2.4 Life style Diseases (Hyperkinetic): Hypertension, Psychological Disorder

### Unit- 3: Nutrition

L- 12H

- 3.1 Concept, Meaning, definition and role of Nutrition
- 3.2 Macro nutrients and micro nutrients
- 3.3 Role of macro and micro nutrients for exercise
- 3.4 Factor to consider for developing nutritional plan in sports

### Unit- 4: Physical Fitness and Wellness


L- 12H

- 4.1 Concept of Physical Fitness
- 4.2 Components of Health and Performance related Physical Fitness
- 4.3 Concept of Wellness and modern lifestyle
- 4.4 Components of Wellness

### FIELD PRACTICAL (Preparation of Record Book is Compulsory)

P- 30H

1. Measurement of Health related physical fitness (10 Marks)
2. Measurement of performance related physical fitness (10 Marks)

  
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## SEMESTER- II

**Name of the Course: Introduction to Life Style Management**

**Course Type: Minor Course**

**Credit: 4 (Lect.- 3 & Tuto.- 1)**

**Full Marks- 75 (Theory: 60 & Internal Assessment: 15)**

**Objectives:**

- i. Students may understand the modern life and its positive management skill
- ii. Students will be educated about lifestyle diseases

**Outcomes:**

- i. Students may repair flaws in lifestyle and advice others
- ii. Students may start practicing positive lifestyle skills

### **Unit- 1: Introduction**

**L- 15H**

- 1.1 Meaning and Definition of Health and Hygiene, Modern Lifestyle, Lifestyle Management
- 1.2 Healthy Lifestyle Management: Components (Diet, Sleep, Exercise, Emotion Controls, Relaxation, Social Health), Benefits
- 1.3 Life for Environment (LiFE) Movement
- 1.4 Sustainable, Local, Organic, Whole (SLOW) Movement

### **Unit- 2: Lifestyle and Metabolic Disorders**

**L- 15H**

- 2.1 Obesity: Meaning, Definition, Types, Causes, Diagnosis Method
- 2.2 Obesity Management through Lifestyle
- 2.3 Diabetes: Meaning, Definition, Types, Causes, Diagnosis Method
- 2.4 Diabetes Management through Lifestyle

### **Unit- 3: Lifestyle and Cardio-respiratory Disorders**


**L- 15H**

- 3.1 Hypertension: Meaning, Definition, Types, Causes, Diagnosis Method
- 3.2 Hypertension Management through Lifestyle
- 3.3 Asthma: Meaning, Definition, Types, Causes Diagnosis Method
- 3.4 Asthma Management through Lifestyle

### **Unit- 4: Lifestyle and Musculo-skeletal Disorder**

**L- 15H**

- 4.1 Postural Disorders: Posture- Meaning, Definition, Types (Dynamic Posture and Static Posture), Normal Posture, Benefits. Postural Disorders- (Spine: Kyphosis, Lordosis, Scoliosis; Leg: Bow leg, Knock nee, Flat foot), Meaning, Definition, Causes
- 4.2 Postural Disorders Management through Lifestyle.
- 4.3 Back pain: Meaning, Definition, Types, Causes, Diagnosis Method
- 4.4 Back pain management through Lifestyle

  
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## SEMESTER- II

Name of the Course: Yoga Vyayama

Course Type: Multidisciplinary

Credit: 3 (Practical)

Full Marks- 50 (Practical: 40 & Internal Assessment: 10)

### Objectives:

- To know the benefit of yoga in daily life
- To understand the utility of regular scheduled vyayama

### Outcomes:

- After practicing Yoga vyayama students may feel its flavour
- They may include it in their daily routine

### Unit- 1: Vyayama

P- 30H

- Suksma Vyayama: Netra-Sakthi Vikasaka (Eye), Kapola-Sakthi Vikasaka (Cheek), Karna-Sakthi Vikasaka (Ear), Griva-Sakthi Vikasaka (Neck)
- Sthula Vyayama: Rekha-Gati, Hrd-Gati, Utkurdana, Urdhva-Gati, Sarvanga-Pusti

### Unit- 2: Asanas

P- 30H

- Vishramasana (Relaxative Posture): Shavasana, Makarasana
- Dhyanasana (Meditative Posture): Sukhasana, Padmasana, Vajrasana, Sastikasana
- Swasthyasana (Cultural Posture):

Standing Posture: Ardhashchandasana, Brikshasana, Padahasthasana

Sitting Posture: Ardhakurmasana, Paschimottanasana, Gomukhasana

Supine Posture: Setubandhasana, Halasana, Matsyasana

Prone Posture: Bhujangasana, Salvasana, Dhanurasana

### Unit- 3: Pranayama and Meditation

P- 30H

- Pranayama
  - Anulom-Vilom
  - Bhastrika
  - Bhramari
- Meditation
  - Sakshi-Bhava
  - Maitri-Bhava
  - OM-Meditation

*Suman*  
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## SEMESTER- II

Name of the Course: Sports Massage

Course Type: Skill Enhancement Course (SEC)

Credit: 3 (Practical: 3)

Full Marks- 50 (Practical: 40 & Internal Assessment: 10)

### Objectives:

- i. To prepare the students about basic and advance massage in Indian style (Mardana) and western style
- ii. To educate the students about the special types of sports massage

### Outcomes:

- i. Students may join in the massage parlor, spa centre and health club
- ii. Students may be self employed as a masseur

### Unit- 1: Historical and Scientific Background of Massage (Record Book Preparation) P- 30H

- 1.1 Massage in Ancient time in India and abroad
- 1.2 Relationship of Anatomy and Physiology to massage and body work
- 1.3 Physiological changes during massage- muscular, circulatory, lymph-vascular system
- 1.4 Roll of Therapeutic massage in stress and pain

### Unit- 2: Techniques of Massage


P- 30H

- 2.1 Superficial Massage- Rubbing, Scrubbing, Wringing, Stoking
- 2.2 Deep Tissue Massage- Rolling, Stretching, Gripping, Kneeding
- 2.3 Massage with different oil and aroma
- 2.4 Ayurvedic Massage

### Unit- 3: Techniques Sports Massage

P- 30H

- 3.1 Compression and Broadening
- 3.2 Friction
- 3.3 Effleurage
- 3.4 Petrissage

  
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