

Learning Outcome based Curriculum Framework (LOCF)

For

Choice Based Credit System (CBCS)

Syllabus

B.Sc.(Program) in Physical Education

w.e.f. Academic Session 2020-21



Kazi Nazrul University
Asansol, Paschim Bardhaman
West Bengal 713340

Kazi Nazrul University
Syllabus B.A Program in Physical Education

(6 Semesters Pattern) (With effect from 2016-2017 academic sessions and onwards)

By Course outcomes (CO) we mean the brief statement describing significance and learning that students will achieve and can reliably demonstrate at the end of a course i.e. after completing a paper(whether it is CC/GE). These relate to the skills, knowledge, and behavior that students acquire in their curriculum through the course. The knowledge they will gain should be related to skill development, i.e., writing skill, skill of analytical thinking, critical thinking, problem solving. And then how these skills may be used to get different kind of jobs.

The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they progress through the program. Further, each course in the program spells out clear instructional objectives which are mapped to the student outcomes.

Programme Outcomes of B.A (GENERAL) PHYSICAL EDUCATION

1. Critical Thinking: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

2. Effective Communication: Speak, read, write and listen clearly in person and through electronic media

in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

3. Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.

4. Effective Communication: Speak, read, write and listen clearly in person and through electronic media

in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

5. Effective Citizenship: Demonstrate empathetic social concern and equity-centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

6. Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.

7. Environment and Sustainability: Understand the issues of environmental contexts and sustainable development.

8. Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

9. The curriculum would enable the pass out to select the inherited talented children for various sports activities.

10. The pass out shall be able to orient children in schools with the fundamental skills of selected sports as per their inherited potential.

11. The pass out shall be able to devise training program for athletes engaged in different sports activities

12. The curriculum shall enable them to officiate, supervise various sports tournaments and orient them in organizing sports events at all levels.

13. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, spa etc) and device appropriate fitness program for different genders and age groups of people.

14. The curriculum would enable the pass out to devise training program for physically challenged peoples.

Programme Specific Outcomes (PSO) B.A. (General) physical education

1. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.

2. Students will develop practical, theoretical skills in Physical Education.

3. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.

4. Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed,SSC, NET,SET ETC.

Semester - 1
Course Name : Foundation And History of Physical Education.
Course Code : BAPPEDC101

Course Type: Core (Theory)	Course Details: CC-1(1)	L-T-P: 5-1-0			
Credit: 6	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		-	10	-	40

Course outcome:

After completion of this course, students will apply knowledge of Physical Education, growth and development, play, sports and games Knowledge, history of physical education and yoga to explain aim and objectives of physical education. "Physical education is the study, practice, and appreciation of the art and science of human movement" (Harrison, Blake more, and Buck, p. 15). While movement is both innate and essential to an individual's growth and development, it is the role of physical education to provide instructional activities that not only promote skill development and proficiency, but also enhance an individual's overall health. Physical education not only fulfills a unique role in education, but is also an integral part of the schooling process.

1. Know the origin and development of Physical Education
2. Apply the knowledge of Olympism in organizing various sport activities.
3. Distinguish the functional operations on National and

Skill Development related to employability and Entrepreneurship development

The course focuses to develop the basic knowledge in physical education. The basic knowledge and conception of physical education is essential to understand the higher level Games and

Sports. The content of course is also important to qualify the NET, SET, and other job oriented examinations for Physical education students.

Course Content:

Theory:

Unit-1:

Introduction –

- 1.1 Concept, Definition and Scope of Physical Education
- 1.2 Aim and Objectives of Physical Education
- 1.3 Modern concept of Physical Education
- 1.4 Need and importance of Physical Education

Unit-II:

Biological, psychological and sociological Foundation

- 2.1 Biological Foundation- Introduction, meaning of Growth and Development, Principles of Growth and Development, Factors affecting Growth and Development
- 2.2 Body types, Age and Sex difference and physical activities.
- 2.3 Psychological Foundation- Concept of learning
- 2.4 laws of learning, learning curve.
- 2.5 Sociological Foundation - Concept of socialization
- 2.6 Role of Games and Sports in National and International Integration

Unit-III:

Historical Foundation

- 3.1 Historical development of Physical Education and Sports in India
 - 3.1.1 Pre Independence and post Independence period in India.
- 3.2 Olympic Movement - Ancient Olympics, Modern Olympics, Objectives of Olympics, Olympic Motto, Flag, Emblem, Torch, Oath and Charter, Opening and Closing Ceremony.

References/ Suggested Readings:

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 Publications).
3. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publication
4. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.
5. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA
6. Shaffer, D.R. (2002) Developmental 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) Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006) Foundations of Physical Education, Exercise Science, and Sports McGraw Hill Companies, Inc., New York, USA

Semester - 2
Course Name : Anatomy , Physiology And Exercise Physiology.
Course Code : BAPPEDC201

Course Type: Core (Theory)	Course Details: CC-1(2)	L-T-P: 5-1-0			
Credit: 6	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		-	10	-	40

Course outcome Completion of this course will enable the students to: Know the basics of anatomy, physiology, exercise physiology, Musculo- skeletal system, circulatory system, respiratory system. There are numerous Physiological and anatomical terms being used in the field of Physical Education and Sports. For all the trainers, coaches and Physical Education teachers, the clarity and well understanding of all these terms is very important to make the players or the students understand fully, so that better methods of training or teaching may be facilitated. Learners who complete Science of Exercise will have an improved physiological understanding of how your body responds to exercise, and will be able to identify behaviors, choices, and environments that impact your health and training.

1. Understand the basic principles of Anatomy, Physiology and Health Education
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of anatomy and physiology and co-relate the principles of physiology.

Appraise the effects of health condition during the training and practical sessions.

Skill Development related to employability and Entrepreneurship development

The basic knowledge in anatomy physiology to know at higher level. The content of course is also important to qualify the NET, SET, GATE and other job oriented examinations for Physical education students.

Course Content:

Theory:

1. Skeletal System and Skeletal Deformities - Types of Bones, Names of various bones of the body, Types of Joints, Posture and Postural defects - Flat foot, Lordosis, Scoliosis, Kyphosis, Bowlegs, Knock knees: nature, causes and corrective exercises.
2. Circulatory System - Heart and its structure, Mechanism of blood circulation - Systematic and Pulmonary.
3. Respiratory System - Organs of the system, Mechanism of respiration, Lung capacity, Vital capacity, Tidal volume, RV, IRV, ERV, FRC, Dead Space.
2. Digestive System - Organ and process of digestion.
3. Nervous System - Brain: different parts, structure and functions,
4. Spinal cord, Reflex action.
5. Endocrine System-Endocrine glands, Functions and Locations of
6. Pituitary, Thyroid and Adrenal Glands. Endocrine functions of Pancreas.
7. Muscular System - Various types of muscles, Structure of muscles,
8. Effects of exercises on muscle, Muscular Contraction - Isometric, Isotonic, Isokinetic Exercises, Motor unit.
9. Effect of exercises on Circulatory system, Blood pressure.
10. Effect of exercises on Respiratory system, Oxygen debt.
11. Measurement of Cardiovascular endurance and Muscular endurance. Fatigue:: Types, causes, sites, signs and symptoms and remedies.

Semester - 3
Course Name : Track And Field.
Course Code : BAPPEDC301

Course Type: Core (Practical)	Course Details: CC-1(3)	L-T-P: 0-2-8			
Credit: 6	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		30	-	20	-

Course outcome : Having successfully completed this course student will learn health, health education, personal hygiene, health problems-prevention and control, physical fitness and wellness, health and first-aid-management. This paper describes the use of a personal and professional approach to pre-service teacher education that allows trainee teachers to focus on their own wellbeing. Our goal, as stated in our mission statement, is to support the education and development of students by promoting their optimal health and well-being.

On completion of the course, students will be able to:

1. Illustrate the Perception of Health Education, and its hazards. To interpret the individual, family, community, and national health.
2. Understand the importance of Hygiene in food and environment and estimate food poisoning and allergies.
3. Survey the health conditions in rural, metropolitan, and urban areas and sketch the role of WHO.
4. Recommend the first aid procedure involved and order the advantages in first aid.

Role of safety education and its Principles and Procedures for life situation and validate it.

Skill Development related to employability and Entrepreneurship development

Basic knowledge of health education is essential to realize the higher physical education. The content of course is also important to qualify the NET, SET, and other job-oriented examinations for Physical education students

Course Content:

Practical:

UNIT-1

- 1.1. Running events - Starting techniques - Standing start, crouch start and its variation.
Techniques of block use.
- 1.2. Finishing techniques: Run through, forward lunging, Shrug.
- 1.3. Relay Baton exchange for different distances - 4x100, 4x200, 4x400 etc.
- 1.4. Laying out and marking of track, Rules and Officiating.

UNIT - 2

- 2.1. Horizontal Jump :- Long jump and Triple jump: - Approach run - Take-off-Flight phase – Landing.
- 2.2. Vertical Jump – High jump and Pole vault. High jump: - Approach run - Take-off - Bar clearance - Landing.
- 2.3. Laying and marking the Field.
- 2.4. Rules and officiating

UNIT-3

- 3.1. Throwing events -
Shot put, Discus throw, and Hammer throw: - Holding - initial stance - movement with object in various techniques – release – follow throw action.
- 3.2. Javelin throw: - Holding or gripping - stance - carrying the javelin with approach run release - follow throw action.
- 3.3. Laying and marking the concerned field.
- 3.4. Rules and officiating.

Course Name : Health Education And Wellness
Course Code : BAPPEDSE301

Course Type: SE (Theory)	Course Details: SEC-1	L-T-P: 4-0-0			
Credit: 4	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		-	10	-	40

Course outcome On completion of this course students will have hands of experience to perform starting, finishing, relay race, long jump, high jump, shot-put, discuss throw, javelin throw They will be have the concepts of track and field events.

Skill Development related to employability and Entrepreneurship development

Developed physical fitness through track and field event. The knowledge is essential for the experiment of higher physical education research.

Course Content:

Theory:

UNIT -1

- 1.1. Meaning need and scope of health education.
- 1.2. Aim, objectives, and Principles of health education.
- 1.3. Concept, Definition, and factors influencing health
- 1.4. Community health, environmental health, and occupational health.

UNIT - 2

- 2.1. Safety education - causes, signs and symptom, prevention and control of - Communicable disease: - Malaria, Dengue, Influenza, Cholera, Chicken Pox, Cough and cold.
- 2.2. Causes, signs and symptom, prevention and control of non- Communicable disease: - Obesity, Diabetes, Hyper tension, Cancer.
- 2.3. National health Program --NMEP, NFPP, STDCP ETC.
- 2.4. State, National and International health organization - ICDS, WHO, UNICEF, UNESCO etc.

UNIT - 3

- 3.1. Modern concept, Meaning, Maintenance of health and wellness.
- 3.2. Hygienic living - Care of skin, eyes, hair, ear, nose, throat, teeth, feet etc.
- 3.3. School health program - health service - daily health inspection, examination, follow-up and health record.
- 3.4. Healthy environment - in the educational institution, offices, playground, auditorium etc.

UNIT - 4

- 4.1. Environmental pollution - causes, effects and control of Air, Sound, Soil, and water.
- 4.2. Nutritional care - Mother-child health care, Midday meal, Milk programme, Malnutrition, food adulteration etc.
- 4.3. Mental health – causes, precaution, and control of - problems of maladjustment, minor mental disorders.
- 4.4. Water, tea, coffee - effects and adverse effect on health and performance.
- 4.5. Drugs, alcohol, tobacco - effect and adverse effect on health and performance.

Semester - 4
Course Name : Management of Physical Education.
Course Code : BAPPEDC401

Course Type: Core (Theory)	Course Details: CC-1(4)	L-T-P: 5-1-0			
Credit: 6	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		-	10	-	40

Course outcome- This paper describes the use of a personal and professional approach to pre-service teacher education that allows trainee teachers to focus on their own well being. Our goal, as stated in our mission statement, is to support the education and development of students by promoting their optimal health and well-being.

1. Know sports management and employ principles of strategic planning, and financial and human resource management.
2. Assess marketing needs and formulate short term and long term solutions.
3. Conceive, plan, execute, and evaluate a sports event.
4. Introduce the teaching and curriculum objectives and course module design
5. Analyze the planning strategies, teaching, learning and assessment
6. Develop strategies to promote quality learning, practice marking and consider methods of course and self-evaluation
7. Evaluating learning intentions and the process that is guided through explicit and manageable criteria.
8. Able to organize recreational camp and activities.

Skill Development related to employability and Entrepreneurship development

Basic knowledge of Management of Physical Education and Sports is essential to become conscious the higher physical education. The content of course is also essential to qualify the NET, SET, and other job oriented examinations for Physical education students

Course Content:

Theory:

UNIT-1

1. Introduction
 - 1.1. Meaning, Definition and concept of Sports management.
 - 1.2. The purpose and scope of sports management.
 - 1.3. Principle of management.
 - 1.4. Event management in Physical Education and Sports, Importance of management in Physical Education.

UNIT-2

2. Management of official and leadership.
 - 2.1 Management of official in a competition.
 - 2.2 Organization and management of intramural competition.
 - 2.3 Meaning, Definition and elements of Leadership.
 - 2.4 Qualities of Administrative leaders, Form of leadership:
Autocratic, Laissez-faire, Democratic, Benevolent Dictator.

UNIT-3

3. Management of sports and Tournaments.
 - 3.1. Sports Management in School, Colleges and Universities.
 - 3.2. Factors affecting planning. 3.3. Meaning, Definition and type of tournament.
 - 3.4. Procedure of Drawing figure, merit and demerit of different Tournaments.

UNIT-4

4. Financial management

4.1 Financial management in School, Colleges and Universities

4.2 Budget, criteria of good budget.

4.3 Importance of good budget

4.4 Maintenance of accounts, stock register.

References/ Suggested Readings:

1. Clark, H and Clark, H, Application of management of Physical Education. Prentice Hall.
2. Kamallesh, M.L (2000). Management concept in Physical Education and Sports. New Delhi, Metropolitan book Co.Pvt.Ltd
3. Joseph.P.M; Organization of Physical Education.
Gupta, R.(2008), Technique of supervision. New Delhi. Friends publication, India.
4. Chakrabarty S, Sports Management, Sports Publication
5. Ammon, R, Southall, RM and Blair, D.A (2003), Sports Facility Management. West Virginia, USA, Fitness information Technology Publishers.
6. Krotee, M and Bucher,C(2006), Management of Physical Education and sports. USA, MC. Graw Hill.

Course Name : Racket Game.
Course Code : BAPPEDSE401

Course Type: SE (Practical)	Course Details: SEC-2	L-T-P: 0-0-8			
Credit: 4	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		30	-	20	-

Course outcome On completion of this course students will have hands of Experience to perform gymnastics, yogasana. They will be have the concepts of asana, pranayam, surya namaskar etc. Quality of life is the subjective experience of an individual which is evaluated taking into account the positive and negative aspects in the dimensions of life including health, social-support, achievements, personality traits, peace at micro and macro system such as family, community, national peace etc. Among the many factors that affect quality of life, the present paper aims to study the effect of performing yoga and regular exercise in gym on quality of life. However on the basis of gender no difference was found between the yoga and gym performers on quality of life.

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyse the techniques and of body posture to bring out healthy change.
5. Develop the knowledge through practice, participate and organize.
6. To acquaint students with theoretical, technical and practical knowledge & fundamental movement skills of Gymnastic and gain proficiency.
7. To acquaint students with knowledge about environmental awareness through Adventure activities.

Skill Development related to employability and Entrepreneurship development

Very basic knowledge body flexibility is developed. Practicing of yoga and gymnastics is useful in realizing in daily life.

Course Content:

Practical:

Unit- I

1. Introduction
 - 1.1. History of game
 - 1.2. Measurement & preparation of the court.
 - 1.3. Rules & regulations of the Badminton.
 - 1.4. Descriptions of different types tournaments, awards & champion players.

Unit –II

Descriptions of Racket & shuttle

- 2.1. Racket parts, racket grips, shuttle & holding the shuttle.
- 2.2. Service: Short service, long service, long high service.
- 2.3. Shots: Over head shot, defensive clear shot, attacking clear shot, drop shot, net shot, smash.
- 2.4. Game practice with different appropriate skills.

Unit - III

- 3.1. General & specific warm up & cool down.
- 3.2. Application of training methods for skills & game.
- 3.3. Description of skill, technique, tactics & training plan.
- 3.4. Teaching and coaching of Badminton.

Unit - IV

- 4.1. Diet and Nutrition of Badminton players: Pre game, post game during game.
- 4.2. Psychological preparation & Counseling during different situation of the game.
- 4.3. Personal & facility management: Player, equipment, players' kit, risk, injuries.
- 4.4. Prevention & safety measures, rehabilitation & physiotherapy.

Table Tennis

Unit –I

1. Introduction:

1.1. History of Table Tennis

1.2. Rules & Regulations of the game.

1.3. Measurement & arrangement of Table for play.

1.4. Description of different types of tournament, awards & Champions.

Unit - II.

2. Description of racket & Grip:

2.1. Racket parts, Racket grips-shake hand grip, pen hold grip.

2.2. Stance: Square & parallel.

2.3. Push & service: Backward &Foreword.

Unit – III

3.1. Description of skill, technique, tactics& training plan.

3.2. General & specific warm up & cool down.

3.3. General & specific training methods for different skills.

3.4. Practice of table tennis game with proper skills.

Course Name : Indian Games-Kabbadi and Kho-Kho
Course Code : BAPPEDSE402

Course Type: SE (Practical)	Course Details: SEC-2	L-T-P: 0-0-8			
Credit: 4	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		30	-	20	-

Course outcome The Learning Outcomes of these sports are:–

1. To acquaint students with theoretical, technical and practical knowledge & skills of the indigenous sports of their choice and gain proficiency.
2. To be able to learn and deliver the knowledge of basic fundamental skills of raiding and defending, techniques, stance, rules of the games and duties of officials in the event of kabaddi & Kho-Kho.

To develop a knowledge about the historical development of these game.

Course Content:

Practical:

KABADDI

Unit -1

1. Introduction:

1. 1. History of Games. Idea & meaning of Indian Games
1. 2. Measurement and Preparation of the play field.
1. 3. Rules and Regulation of the games.
- 1.4. Descriptions of different types national & international tournaments, awards associated with Kabaddi

Unit- II

2. Raider / Attackers skills:

2. 1. Cant, Hand Touch.
2. 2. Touch by Leg: - To touch, mule kick, side kick, back kick, squat leg thrust.
2. 3. Defender / Anti Raider's skills: Ankle catch, knee catch, thigh catch, wrist catch, hand catch.
- 2.4. Games practice with proper skills.
- 2.5. General and specific warming up & cooling down
- 2.6. Techniques, strategies & method of play
- 2.7. Required officials & their duties.

Unit- III

- 3.1. General and specific warming up and cooling down.
 - 3.2 Techniques, strategies, tactics & method of play.
 - 3.3 Required officials & their duties.
 - 3.4 diet and nutrition of kabaddi players.
 - 3.5 Probable injuries & preventive safety measures of Indian Games of Kabaddi.
- References:

KHO-KHO

Unit - I

1. Introduction:

1. 1. History of Games.
1. 2. Measurement and Preparation of the play field.
1. 3. Rules and Regulation of the games.
1. 4. Descriptions of various national & international tournaments and awards with Kho Kho.

Unit- II

2. Chaser / Attackers Skills:

2. 1. Process of sitting in the box - parallel and toe method.
2. 2. Pattern of Kho - Normal Kho/ judgement Kho, early Kho, let Kho, pole turning, pole dive, taping.
2. 3. Runner / Defender's skills: - Running through chain, single chain, double chain, mix chain and ring play
2. 4. Game practice with proper skills.

Unit- III

- 3.1. General and specific warming up and cooling down.
- 3.2 Techniques, strategies, tactics & method of play.
- 3.3 Required officials & their duties.
- 3.4 diet and nutrition of Kho-Kho players.
- 3.5 Probable injuries & preventive safety measures of Indian Games of Kho-Kho

References/ Suggested Readings:

1. Mishra. S. C. (2009). "Teach yourself Kabaddi" Sports Publication, New Delhi.
2. Rao. C. V. (1983) "Kabaddi, Native Indian sports" NSNIS, Patiala Publisher
3. Syal M. (2004) "Kabaddi Teaching" PremaPrakashan, New Delhi.
4. Chakraborty G (2002) "Kho KhoAveloken" Khel Sahitya Kendra, Delhi.
5. Panay L (1982) "Kho KhoSavaswa" Metro Polition, New Delhi.

Semester - 5
Course Name : Measurement And Evaluation.
Course Code : BAPPEDDSE501

Course Type: DSE (Theory)	Course Details: DSEC-1(1)	L-T-P: 5-1-0			
Credit: 6	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		-	10	-	40

Course outcome

1. Understand training as performance based science
2. Explain different means and methods of various training
3. Prepare training schedule for various sports and games
4. Appraise types of periodization for performance development
5. Create various training facilities and plans for novice to advance performers

Skill Development related to employability and Entrepreneurship development

Improved Physical Fitness: Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance. Skill Development: Develops motor skills, which allow for safe, successful and satisfying participation in physical activities.

Course Content:

Theory:

Unit -1

1. Introduction
 - 1.1. Meaning and definition of test, measurement and evaluation
 - 1.2. Importance of test, measurement and evaluation in physical education and sports.
 - 1.3. Criteria for selecting test: Scientific authenticity and establishing validity, reliability and objectivity.

Unit = II

2. Physical fitness and measurement
 - 2.1. AAHPER motor fitness test
 - 2.2. Harvard step test
 - 2.3. Cooper 12 minute walking-running test.

Unit – III

3. Motor Fitness Test
 - 3.1. Indiana Motor Fitness Test
 - 3.2. Oregon Motor Fitness Test
 - 3.3. Kraus Weber Minimum Muscular Fitness Test.

Unit - IV

4. Measurement of sports skills
 - 4.1. McDonald Soccer skill Test skills
 - 4.2. Russel-Lange Volleyball Test
 - 4.3. Lockhart and Mcpherson Badminton skill test.

References/ Suggested Readings:

1. Kausal, d.K (2008). Test and Measurement in Physical education, New Delhi: D.V.S. Publications.
2. Mishra sharad Chandra (2005) Test and measurement in physical education, sports. Delhi.
3. Phillips, D.K. &Harnak, J.E. (1979), measurement and evaluation in physical education. New York: John Milley& Sons.
4. Mathews, D.K., (1973), Measurement in Physical Education, Philadelphia: W.B. Saunders Company.
5. Barron, H.M and Mcnee, R. (1997). A practical approach to measurement in Physical Education, Philadelphia: Lea & Febiger.

Course Name : Sports Training
Course Code : BAPPEDDSE502

Course Type: DSE (Theory)	Course Details: DSEC-1(1)	L-T-P: 5-1-0			
Credit: 6	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		-	10	-	40

Course outcome

1. Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.
2. Know about the different types of test for different sports and games.
3. Apply the tests in minor research areas.
4. Analyse the performance and movements in the field of sports.
5. Evaluate the battery test and others tests prescribed by the government efficiently

Test, measurement, and evaluation are concepts used in education to explain how the progress of learning and the final learning outcomes of students are assessed. This study brings to the fore a growing need to constantly reexamine the concept of educational assessment as it has proven over time to be an evolving one.

Skill Development related to employability and Entrepreneurship development

Measurement and evaluation measure students' achievement and motivate students' learning. students have the right to know the progress they are making whether they have attained the objectives of the subject matter or not, thus results must be made known to them. It can also encourage them to study more.

Course Content:

Theory:

Unit-1

Introduction

- 1.1. Meaning and definition of sports training
- 1.2. Aim and objectives of sports training
- 1.3. Principles of sports training
- 1.4. Importance of sports training in the field of sports and physical education.

Unit - 11

2. Training components and training methods:

2.1. Meaning and definition of training components: Strength, speed, Endurance, co ordination and flexibility.

2.2. Continuous training method.

2.2.1. Slow continuous method

2.2.2. Fast continuous method

2.2.3. Fast lek training method

2.3. Interval training method.

2.3.1. Intensive interval training method

2.3.2. Extensive Interval training method

2.4. Circuit Training method.

Unit - III

3. Training programming and planning.

3.1. Training programming and planning.

3.2. Aim, and content of periods- preparatory, competition, and transitional.

3.3. Planning-training session.

Unit – IV

4. Study Tour (**Must Visit in West Bengal B.P. ED colleges**)

References/ Suggested Readings:

1. Singh, H. (1984). Sports training, general theory and methods. Patials: NSNIS

2. Uppal, A.K., (1999) sports training, New Delhi : Friends Publication.

3. Singh, A. et. Al. (2010) Essential of physical education, Kalyani publishers.

4. Dick, W.F. (1980). Sports training principles. London: Lepus Books.

5. Newton H (2006). Explosive lifting for sports, Human Kinetics. US.

6. Bompa. T.O. and G. Gregory Hett. (2009) priodization: Theory and Methodology of training.

Course Name : Yoga And Gymnastics.
Course Code : BAPPEDSE501

Course Type: SE (Practical)	Course Details: SEC-3	L-T-P: 0-0-8			
Credit: 4	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		30	-	20	-

Course title: Yogasana and Gymnastics

Total Marks-50 (Practical MARKS (ESE):20 (To be conducted by the External Examiners),
Continuous assessment:-30

Practical Marks: 30 marks (Preparation of Record book is compulsory which will be evaluated by Internal and External Examiner both)

Course Content:

Practical:

Any two from each group:

UNIT-I

Yogasana

1 Standing Position:

- 1.1. Ardhashandrasana
- 1.2. Ardhashakrasana
- 1.3. Padahasthasana
- 1.4. Brikshasana
- 1.5. Natarajasana

2 . Sitting position :

- 2.1. Paschimothanasana
- 2.2. Gomukhasana
- 2.3. Ustrasana
- 2.4. SuptaVajrasana

3. Supine Position:

- 3.1 Halasana
- 3.2 Matsyasana
- 3.3 Setubandhasana
- 3.4 Naukasana
- 3.5 Karnapidasana

4. Prone Position:

- 4.1 Bhujangasana
- 4.2 Salavasana
- 4.3.Dhanurasana
- 4.4 Bhekasana
- 4.5 Mayurasana

5. Inverted Position:

- 5.1 Sarbngasana
- 5.2 Shrisana
- 5.3 Bhagrasana
- 5.4 Kopotasana

Any Two from each Groups

UNIT-II

Gymnastics

1. Roll in Acro Skill:

- 1.1Forward Roll
- 1.2Backward Roll
- 1.3Dire Roll
- 1.4 Hand stand Followed by Roll

2. Static pose in Gymnastics:

- 2.1.T- Balance
- 2.2Frog Balance
- 2.3 Forward Split
- 2.4 Arching/Bridge

UNIT-III

- 3. Basic Aero Skill:
 - 3.1 Round off
 - 3.2 Cart Wheel
 - 3.3 Front Walkover
 - 3.4 Hand Spring
 - 3.5 Head Spring
 - 3.6 Neck Spring
 - 3.7 Somersault

References/ Suggested Readings:

1. Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
2. The Complete Illustrated Book of YOGA, Swami Vishnudevananda, Bell Publication, USA,
3. 2100 Asanas, The Complete Yoga Poses, Daniel Lacerda, Hachette Book Groups, Leventhal Publisher.
4. Head over heels about Gynastics, Floor Skills, Gemma Coles, www.dancemania.biz,
5. The Gymnastic book, Elfischkegel and Claire Ross Dunn, Firefly Books, Online version.
6. Gymnastics Skills Tips, and Tricks, JEFF SAVAFE, Enslow Publisher INC, Online Version

**Course Name : Modern Trends And Practices in Physical Education And
Exercise Sciences
Course Code : BAPPEDGE501**

Course Type: GE (Theory)	Course Details: GEC-1	L-T-P: 5-1-0			
Credit: 6	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		-	10	-	40

Course Content:

Theory:

Unit 1

Introduction :

- 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 Health and Fitness.
- 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
- 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. **Psychological factors** effecting in Physical Activity and Sports.
 - 2.3. Sociological foundation- Meaning and definition of Sociology. Social values and their Importance. Socialization through Sports &
 - 2.4. **Role of games and sports** in National Integration and International Understanding,

Unit- III

History of Physical Education

- 3.1 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 and Commonwealth Games

Unit- IV

Exercise Sciences

- 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 Systems.
- 4.4 Effects of short and long term exercise on Respiratory System.

References/ Suggested Readings:

1. Kamlesh. M 1 & Singli. M.K (2016) Physical I: divatos (Nuveen Publication) lumpkin, A (2007) Introduction to Physical fiducation. ExcescScieniectund Sports Stulics. McGrawn, New York, USA.
2. Studentop. D. (2009) Inthxduction la Physical chication, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
3. Shafter. AR (2002) Development Psychology_Childhood and Adolescence. 175msan. Sydney, Australia, Shukla: (20XX)) Mother on liditation. National Council oTeucherleducation. New Delhi

6th Semester
Course Name : Sports Psychology.
Course Code : BAPPEDDSE601

Course Type: DSE (Theory)	Course Details: DSEC-1(2)	L-T-P: 5-1-0			
Credit: 6	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		-	10	-	40

Course Content:

Theory:

Unit-I

1. Introduction to Educational Psychology & Sports Psychology:

1. 1. Meaning & Definition & Scope of educational psychology & sport psychology.
1. 2. Growth & development (stages & characters).
1. 3. Types and nature of individual differences and its not in physical education & sports.

Unit- II

2. Learning and personality concepts:

2. 1. Learning concept and principles of learning, Learning Curve.
2. 2. Types of learning, Transfer of Learning in sports.
2. 3. Personality-Meaning of personality, Factors affecting personality.
2. 4. Development of personality, relationship of personality with sports performance.

Unit- III

3. Sports Psychology and Related Concepts:

3. 1. Emotion - meaning, definition, types and its role in physical education & sports.
3. 2. Motivation - meaning, definition, types of motivation and its role in sports.
3. 3. Anxiety and stress management in sports.
3. 4. Attention and interest - meaning, definition and relationship with physical and sports,

References/ Suggested Readings:

1. Kamallesh. M. L., "Psychology in Physical Education and Sports" New Delhi, Metro Publication Book Company
2. Mathur. S. S. "Educational Psychology" Agra, Vinod PustakMandir.
3. Skinner. C. E., "Educational Psychology" New Delhi, Pentice Hall of India.
4. Lennes. A. and I. R., "Sport Psychology" Wadas, Worth, Nation (2001)

Course Name : Adopted Physical Education
Course Code : BAPPEDDSEC602

Course Type: DSE (Theory)	Course Details: DSEC-1(2)	L-T-P: 5-1-0			
Credit: 6	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		-	10	-	40

Course Content:

Theory:

Unit-I

1. Introduction to Adopted Physical Education:

- 1.1. Meaning & Definition.
1. 2. Aim & Objectives.
1. 3. Need & Importance.
- 1.4. Role of Physical Education in Adopted Physical Education.

Unit- II

2. Classification of Disability and Adopted Physical Education Programmes:

2. 1. Changing concept of Disability Handicaps, retardation, physically & mentally challenged.
2. 2. Classification of Disability.
2. 3. Characteristics and general causes of physical, mental, visual, hearing and speech impairment.
2. 4. Guiding Principles for adopted physical education programme (AAHPER Principle).
2. 5. Physical education programme for disabled of high school.

Unit- III

3. Activities for Disabled:

3. 1. Outdoor programme for disable.
3. 2. Creative development and hobby and culture development programme.
3. 3. Social Welfare programme for disable.

References/ Suggested Readings:

1. Arup Jain, "Adapted Physical Education" Sports Publication, Ashok Vihas, Delhi.
2. Arthur G. Miller & James "Teaching Physical Activities to Impaired Youth" John Willag & Sons Inc, Canada.
3. Arthur, Byler, Howtting, "Adapted Physical Education and Reaction" Morbey - St. Louis Mirrauri.
4. Arthur S, Daniels & Euilya, "Adapted Physical Education" Harpet and Row Publisher, New Delhi.

Course Name : Ball Games
Course Code : BAPPEDSE601

Course Type: SE (Practical)	Course Details: SEC-4	L-T-P: 0-0-8			
Credit: 4	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		30	-	20	-

Course Content:

Practical:

FOOTBALL

Unit 1

Introduction

- 1.1 History of the Games.
- 1.2 Measurement & Preparation of the Play field.
- 1.3 Rules, Regulation & Officiating of the Games.

Unit 2

Fundamental Skills

- 2.1 Kicking: kicking the ball with inside of the foot, kicking the ball with full instep of the foot and lofted kick.
- 2.2 Trapping: Trapping the rolling ball and trapping the bouncing ball with sole of the foot.
- 2.3 Receiving: Receiving with Instep, Thigh and Chest.
- 2.4 Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with inner & outer Instep of the foot.
- 2.5 Heading: In standing, jumping and running condition.
- 2.6 Throw-in: Standing throw-in and running throw-in.
- 2.7 Fainting: With the lower limb and upper part of the body.
- 2.8 Tackling: Simple tackling and side tackling.
- 2.9 Goal keeping: Collection the ball, ball-clearance- kicking throwing and deflating.
- 2.10 Game Practice: With appropriate rules & regulations.

HANDBALL

Unit 1

Introduction:

- 1.1 History of the game.
- 1.2 Measurement & preparation of the play field.
- 1.3 Rules, Regulation and officiating of the game.

Unit 2

Fundamental Skills:

- 2.1 Catching, Throwing and ball control.
- 2.2 Goal Throws; Standing shot, Jump shot and dive shot.
- 2.3 Dribbling; High and low.
- 2.4 Attack and counter attack, counter attack from two wings and center.
- 2.5 Blocking, Goal keeping and defensive skills.
- 2.6 Game practice with appropriate of rules and regulation.

VOLLEYBALL

Unit 1

Introduction :

- 1.1 History of the game.
- 1.2 Measurement and preparation of the play field.
- 1.3 Rules, Regulations and officiating of the game.

Unit 2

Fundamental Skills:

- 2.1 Service: Under arm service, Side arm service, Overhead service (tennis service) and Floating service.
- 2.2 Pass: Under arm pass and overhead pass
- 2.3 Setting: Setting the ball for Spiking.
- 2.4 Spiking and Blocking
- 2.5 Game practice with appropriate rules and regulations.

CRICKET

Unit 1

Introduction:

- 1.1 History of the game.
- 1.2 Measurement and preparation of the play field.
- 1.3 Rules, Regulations and officiating of the game.

Unit 2

Fundamental Skills:

- 2.1 Batting: Gripping the bat, Stance, Front foot drive, Back foot drive, Square cut and Straight Drive.
- 2.2 Bowling: Pace and Spin.
- 2.3 fielding: In different situation.
- 2.4 Wicket keeping: in Pace and spin
- 2.5 Catching: In Different situation
- 2.6 Game practice with appropriate of rules and regulations.

References/ Suggested Readings:

1. FIVB (1986). Backcourt spiking in modern volleyball FIVB, Chennai
2. Jain D (2003) Play and Learn Handball, Khel Sahitya Kendra, New Delhi
3. Kumar N (2003) Play and Learn Football, Khel Sahitya Kendra, New Delhi
4. Lau SK (1995) Encyclopedia of Football Sports pub, New Delhi
5. Amarnath M (1996) Learn to Play Good Cricket UPSPD, New Delh

Course Name : Fitness And Wellness
Course Code : BAPPEDGE601

Course Type: GE (Theory)	Course Details: GEC-2	L-T-P: 5-1-0			
Credit: 6	Full Marks: 50	CA Marks		ESE Marks	
		Practical	Theoretical	Practical	Theoretical
		-	10	-	40

Course Content:

Theory:

Unit -1

1. Introduction: Fitness
 - 1.1 Meaning and definition of fitness, relation to health, Types of Fitness.
 - 1.2 Health related physical fitness and its components.
 - 1.3 Skill related physical fitness and its components.
 - 1.4 Importance of Physical Fitness.

Unit -2

2. Introduction: Wellness
 - 2.1 Meaning, definition and components of Wellness.
 - 2.2 Development of Wellness.
 - 2.3 Prevention of illness, Measurement & management of Wellness.
 - 2.4 Importance of Wellness

Unit-3

3. Fitness and Wellness
 - 3.1 Wellness concept, significance with specific reference to Positive Lifestyle, Quality of Life
 - 3.2 Relationship between Physical activities and Wellness
 - 3.3 Ageing: Meaning and definition; Ageing Phenomenon; Role of exercise in Ageing.
 - 3.4 General Principle of Training for Fitness

Unit-4

4. Life Style and Nutrition
 - 4.1 Modern Lifestyle and Hypo-kinetic Diseases-Prevention and Management.
 - 4.2 First Aid and Emergency Care, Common Injuries and their Management.
 - 4.3 Nutrients and their Functions and Daily Requirements.
 - 4.4 Nutrition- Basic nutritional information, Determining caloric intake and expenditure, Meal planning and diets.