

Draft SYLLABUS FOR 4-YEAR
**Bachelor of Physical Education and Sports Based on
NEP-2020**
May be effect from the session 2023-2024

SEMESTER-I

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

**Course Type: Major
Course Credit: 5 (Lect.-
4 & Tuto.-1)**

Full Marks-100 (Theory: 70, Practical: 0 & Internal Assessment: 30)

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
2. Preparation of record book of Indian Sports performance

(10 Marks)

(10 Marks)

SEMESTER-I
Name of the Course: Introduction to Exercise and Sports
Course Type: Minor
Course Credit: 5 (Lect.-
4 & Tuto.-1)
Full Marks-100 (Theory: 70 & Internal Assessment: 30)

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 Balanced diet: Factors, Importance and Principles
- 4.3 Diet for pre, during and after exercise
- 4.4 Preparation of Diet chart for sports persons

SEMESTER-I
Name of the Course: Fitness and Wellness
Course Type: Multidisciplinary
Credit: 3 (Lect. - 2 & Tuto. - 1)
Full Marks - 50 (Theory: 35 & Internal Assessment: 15)

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

SEMESTER-I

Name of the Course: Exercise and Sports for Elementary Students

Course Type: Skill Enhancement Course (SEC) Cr

edit: 3 (Lect.: 2 & Tuto.: 1)

Full Marks-50 (Theory: 35 & Internal Assessment: 15)

Objectives:

- i. Prepare the student 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

L-15H

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

Unit-2: Recreational Games for Elementary Students

L-15H

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

Unit-3: Sports for Elementary Students

L-15H

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

SEMESTER-II
Name of the Course: Health and Wellness Education
Course Type: Major
Course Credit: 5 (Lect.-4 & Tuto.-1)
Full Marks-100 (Theory: 70, Practical: 0 & Internal Assessment: 30)

<p>Objectives:</p> <ul style="list-style-type: none"> i. To educate students about good and bad health habits ii. To prepare students about well-being and wellness culture <p>Outcomes:</p> <ul style="list-style-type: none"> i. Mental setup 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 Lifestyle Diseases (Hypokinetic): Obesity and Diabetes
- 2.4 Lifestyle Diseases (Hyperkinetic): Hypertension, Psychological Disorder

Unit-3: Nutrition **L- 12H**

- 3.1 Concept, Meaning, definition and role of Nutrition
- 3.2 Macronutrients and micronutrients
- 3.3 Role of macro and micronutrients for exercise
- 3.4 Factors 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)

SEMESTER-II
Name of the Course: Introduction to Life Style Management
Course Type: Minor
Course Credit: 5 (Lect.-
4 & Tuto.-1)
Full Marks-100 (Theory: 70 & Internal Assessment: 30)

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 advise 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: Bowleg, Knockknee, Flatfoot), Meaning, Definition, Causes
- 4.2 Postural Disorders Management through Lifestyle.
- 4.3 Backpain: Meaning, Definition, Types, Causes, Diagnosis Method
- 4.4 Backpain management through Lifestyle

SEMESTER-II

Name of the Course: Yoga Vyayama Co

urse Type: Multidisciplinary Credit: 3

(Lect.3)

Full Marks-50 (Theory:35 & Internal Assessment:15)

Objectives:

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

Outcomes:

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

Unit-1: Vyayama

L-15H

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

Unit-2: Asanas

L-15H

1. Vishramasana (Relaxative Posture): Shavasana, Makarasana
2. Dhyanasana (Meditative Posture): Sukhasana, Padmasana, Vajrasana, Sastikasana
3. Swasthyasana (Cutural Posture):

Standing Posture: Ardha Chandrasana, Brikshasana,
Padahastasana Sitting Posture: Ardha Kurmasana, Paschimottanasana, Gomukhasana Supine Posture: Setu Bandhasana, Halasana, Matsyasana
Prone Posture: Bhujangasana, Salvasana, Dhanurasana

Unit-3: Pranayama and Meditation

L-15H

1. Pranayama
 - a. Anulom-Vilom
 - b. Bhastrika
 - c. Bhramari
2. Meditation
 - a. Sakshi-Bhava
 - b. Maitri-Bhava
 - c. OM-Meditation

SEMESTER-II

Name of the Course: Sports

Massage Course Type: Skill Enhancement Course

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

Full Marks-50 (Theory:35 & Internal Assessment:15)

Objectives:

- i. To prepare the students about basic and advanced 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)

L-15H

- 1.1 Massage in Ancient time in India and abroad
- 1.2 Relationship of Anatomy and Physiology to massage and bodywork
- 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

L- 15H

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

Unit-3: Techniques Sports Massage

L- 15H

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