

CURRICULUM AND SYLLABUS

B.A. Program in Physical Education
(w.e.f. 2016-2017)

UNDER CHOICE BASED CREDIT SYSTEM



KAZI NAZRUL UNIVERSITY
ASANSOL, WEST BENGAL

17/05.19
Dean (Addl. Charge)
Faculty of Law
KAZI NAZRUL UNIVERSITY
Asansol, Paschim Bardhaman, W.B.

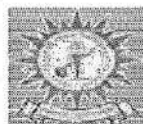
01 May 2019

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01 May 2019



Kazi Nazrul University

Syllabus

B.A Program in Physical Education

(6 Semesters Pattern)

(With effect from 2016-2017 academic session and onwards)

B.A Program in Physical Education

Semester 1

Core Paper 1: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION: Marks:

50

Unit-I: 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.

PRACTICAL: 20 marks

1. Learn and demonstrate the technique of Suryanamaskar.
2. Develop Physical Fitness through Calisthenics

3. Marching- Fall in attention, Stand at ease, Stand easy, Eyes right, Eyes front, Turning right, left, about.

PRACTICAL ASSESSMENT

1. Practical 10 Marks ;2. VIVA 05 Marks ;3. Record Book 05 Marks

SUGGESTED READINGS

THEORY

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.

PRACTICAL

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

B.A Program in Physical Education: CBCS

Syllabus: Kazi Nazrul University

Core Paper 2: Discipline-2(Core 1): Marks 50

Core Paper

See the Syllabus of respective Department

B.A Program in Physical Education: CBCS

Syllabus: Kazi Nazrul University

AECC-1(Core): MIL-1: Marks 50

Ability-Enhancement Compulsory Course

B.A Program in Physical Education: CBCS

Syllabus: Kazi Nazrul University

AECC-1(Elective): Environmental Studies Marks 50

Ability-Enhancement Compulsory Course

SYLLABUS

B.A Program in Physical Education: 2nd Semester

Anatomy, Physiology and Exercise Physiology

C-3, Credit -6, Marks – 50

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, Bow legs, 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.
 4. Digestive System – Organ and process of digestion.
 5. Nervous System - Brain: different parts, structure and functions, Spinal cord, Reflex action.
 6. Endocrine System-Endocrine glands, Functions and Locations of Pituitary, Thyroid and Adrenal Glands. Endocrine functions of Pancreas.
 7. Muscular System - Various types of muscles, Structure of muscles, Effects of exercises on muscle, Muscular Contraction - Isometric, Isotonic, Isokinetic Exercises, Motor unit.
 8. Effect of exercises on Circulatory system, Blood pressure.
 9. Effect of exercises on Respiratory system, Oxygen debt.
 10. Measurement of Cardiovascular endurance and Muscular endurance.
- Fatigue: Types, causes, sites, signs and symptoms and remedies.

B.A. PROGRAMME IN PHYSICAL EDUCATION: 3RD SEMESTER

Course Title	Course Type	Marks
Health Education and Wellness.	C -5	50

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 Programme –NMEP, NFPP, STDCP ETC.
- 2.4. State, National and International health organisation – 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 programme – 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.

B.A. Programme in Physical Education: 3rd Semester.

Course Title	Course Type	Marks
Track and Field	SEC -1	50

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.

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**B.A. Program in Physical Education
(4thSem)**

Course Title: Management of Physical Education and Sports

Course Type C – 7, Credit-6, Marks - 50

University Exam: 40

Internal Assessment: 10

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.

Reference Books:

- 1) Clark, H and Clark, H, Application of management of Physical Education. Prentice hall.
- 2) Kamalesh, 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.
- 4) Gupta, R.(2008), Technique of supervision. New Delhi. Friends publication, India.
- 5) Chakrabarty S, Sports Management, Sports Publication
- 6) Ammon, R, Southall, RM and Blair, D.A (2003), Sports Facility Management. West Virginia, USA, Fitness information Technology Publishers.
- 7) Krotee, M and Bucher,C(2006), Management of Physical Education and sports. USA, MC. Grow Hill.

B.A Program in Physical Education

SEMESTER-IV

Skill Enhancement- Course (Sec-2)

Course title: Yogasana and Gymnastics

Total Marks-50 (Practical MARKS (ESE):40 Internal assessment:-10)

(To be conducted by the External Examiners)

Contact hours per week: 4

Practical Marks: 40 marks (Preparation of Record book is compulsory which will be evaluated by Internal and External Examiner both)

Any two from each groups:

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 Sarvangasana
- 5.2 Shrisana
- 5.3 Bhagasana
- 5.4 Kopotasana

Any Two from each Groups

UNIT-II

Gymnastics

1. Roll in Acro Skill:

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

2. Static pose in Gymnastics:

- 2.1 T- Balance
- 2.2 Frog 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

INTERNAL MARKS: (PRACTICAL-10)

Internal Practical Marks will be given based on Internal Practical Test and Practical Performance throughout the entire semester.

SUGGESTED READING:

1. Asana Pranayama Mudra Bandha, Swami SatyanandaSaraswati, 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.

Unit – IV

- 4.1. Concept of Anthropometric measurement.
- 4.2. Testing procedure of Anthropometric measurements: Height, weight, different areas circumference as chest, thigh, calf.

- 4.3 Measurement of skills in the field of games and sports: Mc Donald soccer test , Brady volleyball test, Johnson Badminton test, Miller – wall- volley test, Cornish handball test, SAI Hockey test, and hockey skill test.

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B.A. Programme in Physical Education : 4th Sem

Course Title	Course Type	Credit	Marks
Indian games: Kabaddi & Kho-Kho	SEC - 2	2	50

Unit – I

- 1.1. Idea & meaning of Indian Games
- 1.2. History of Kabaddi
- 1.3. Measurement and preparation of the playfield and equipment for the game.
- 1.4. Fundamental skills and lead up games.

Unit – II

- 2.1. General and specific warming up & cooling down
- 2.2. Techniques, strategies & method of play
- 2.3. Required officials & their duties.
- 2.4. Rules and regulations of the game.

Unit - III

- 3.1. History of Kho-Kho
- 3.2. Measurement and preparation of the play field and equipments.
- 3.3. Fundamental skills & preparation of scoresheets.
- 3.4. Rules and regulations of the game.

Unit – IV

- 4.1. General and specific warming up and cooling down.
- 4.2. Techniques, strategies, tactics & method of play.
- 4.3. Required officials & their duties.
- 4.4. diet and nutrition of Kho-Kho and kabaddi players.
- 4.5. Probable injuries & preventive safety measures of Indian Games (Kabaddi, Kho-Kho)

References:

1. Rao, C.V. (1983), *Kabaddi: Native Indian sports*, SAI, NSNIS, Patiala.
2. Mishra, S.C. (2007), *Teach yourself kabaddi*, sports publications, New Delhi.
3. Sayal, M (2004), *Kabaddi teaching*. Premaprakashan, New Delhi.
4. Rao, F.P. (1994), *Modern coaching in kabaddi*, D.V.S. Publications.

5th Semester/ B.A. Program in Physical Education

Course Title	Course Type	Marks	L-T-P
Sports Training	DSE - 1	40+10 (10- Internal Marks)	4-0-4

Unit – 1 (10 Marks)

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 – II (15 Marks)

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 (15 Marks)

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.

References:

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.

01 May 2019

5. Newton H (2006). Explosive lifting for sports, Human Kinetics. US.
6. Bumpa. T.O. and G. Gregory Hett. (2009) priodization: Theory and Methodology of training.

5th Semester/ B.A. Program in Physical Education

Course Title	Course Type	Marks	L-T-P
Measurement and Evaluation	DSE - 1	40+10 (10- Internal Marks)	4-0-4

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. Harvardstep 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.

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References:

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.

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B.A. Programme in Physical Education: 5th Semester

Course Title	Course Type	L-T-P	Credit	Marks
Racket Games	SEC – 3	1-0-2	2	50

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

2. 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 & Counselling during different situation of the game.
- 4.3. Personal & facility management: Player, equipment, players' kit, risk, injuries.
- 4.4. Prevention & safety measures, rehabilitation & physiotherapy.

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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 & Foreward.

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.

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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 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

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. 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

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 and Commonwealth 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.

REFERENCES

1. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
2. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
3. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
4. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence, Thomson, Sydney, Australia.
5. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi
6. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab
7. Wuest, D.A. & C. A. Baehner (2006) Foundation of Physical Education, Exercise Science, and Sports, McGraw Hill Companies Inc., New York, USA.
8. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well. Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
9. Kansal, D.K. (2012) A Practical Approach to Test Measurement and Evaluation Sports and Spiritual Science Publication, New Delhi.
10. Clarke, D.H. (1975) Exercise Physiology, New Jersey: Prentice Hall Inc., Englewood Cliffs.
11. David, I. Costill (2004). Physiology of Sports and Exercise, Human Kinetics.
12. Fox, C.L. and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics, Philadelphia: Saunders College Publishing

4.4. prevention & safety measures, rehabilitation & physiotherapy.

4.

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

- 2.1. Description of Racket & grip: Racket parts, Racket grips - shake hand grip, pen hold grip.
- 2.2. Stances - square & parallel.
- 2.3. push & service: Backhand & forehand.
- 2.4. Receive: push and chop - backhand, forehand

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.

UNIT-IV

- 4.1. psychological preparation & counselling during different situation: pre, post & during game.
- 4.2. personal & facility management, quality control of equipments, kits, diet & nutritional status.
- 3.3. Injuries: Ankle sprain, strain, muscle pull, cramp etc.
- 3.4. prevention & safety measures, rehabilitation & physiotherapy.

Reference

- Bloss M V & Hales R S (1974) Badminton WC Broom
- Singh MK (2007) A to Z Badminton Friends Pub New Delhi

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5th semester - BA programme in physical Education

Course title	course Type	marks	L-T-P
Indian Games	SEC - 3 <u>Kho-Kho</u> <u>UNIT - III</u>	50 (25+25)	1-0-2

3. Introduction

- 3.1. History of games.
- 3.2. Measurement & preparation of the play field.
- 3.3. Rules & regulations of the game.
- 3.4. Descriptions of various National & International Tournaments & awards with Kho-Kho.

UNIT - IV

4. Chaser/Attacker's Skills:

- 4.1. process of sitting in the box - parallel & T.O. method,
- 4.2. pattern of Kho - Normal Kho/Judgement Kho, early Kho, late Kho. pole turning, pole dive, tapping.
- 4.3. Runner/defender's skills: Running through chain - single chain, double chain, mixed chain & Ring play.
- 4.4. Game practice with proper skills.

Kabaddi

UNIT - I

1. Introduction:
 - 1.1. History of games.
 - 1.2. measurement & preparation of the play field.
 - 1.3. Rules & regulations of the game.
 - 1.4. Descriptions of different types National & International Tournaments, awards associated with Kabaddi.

UNIT - II

2. Raider/Attacker's skills:
 - 2.1. cant, hand touch
 - 2.2. Touch by leg: toe touch, mule kick, side kick, back kick
squat leg thrust.

Arjun Arjun T.O.

- 2.3. Defender/Anti-raider's Skills:
Ankle catch, Knee catch, Thigh catch, waist catch,
hand catch, Hug.
- 2.4. Game practice with proper skills.

Reference

1. Mishra, S. C. (2007) Teach Yourself Kabaddi, sports Publication, New Delhi
2. Rao CV (1989) Kabaddi. Native Indian sports. NSNIS. Patiala Publishers
3. Syal M. (2004) Kabaddi Teaching. Prema Prakashan, New Delhi
4. Chakrabarty G (2002) Kho-Kho Aveloken. Khel Sahitya Kendra. Delhi
5. Panay L (1982). Kho-Kho Sarvasva. Metropolitan. New Delhi.

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6th Semester B.A. Program in Physical Education

Course title	Course type	Marks	L.T.P
Sports psychology	BSE-3	40/10-50 (10 → Internal Assessment)	6-0-0

UNIT-1

1. Introduction to ^{Educational} Psychology and Sports Psychology.
- 1.1. Meaning, definition and scope of Educational Psychology and sports psychology.
 - 1.2. Growth and development of (stages and characteristics)
 - 1.4. Types and nature of Individual differences and its role in Physical Education and sports.

UNIT-2

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-3

3. Sports Psychology and Related concepts:
- 3.1. Emotion - meaning, definition, types and its Role in Physical Education and 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 Education & Sports.

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References :

1. Kamalash, M. L. 'Psychology in Physical Education and Sports, New Delhi, Metro publication book company.
2. Mathur, S. S. 'Educational Psychology' Agra, Vinod Pustak Mandir.
3. Skinner, C. E. 'Educational Psychology' New Delhi; Renties Hall B. India.
4. Lennes, A. and I.R. Sports Psychology, Wadsworth, Nation (2001)

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6th Semester B.A. Program in Physical Education.

Course title	Course type	Marks.
Adapted Physical Education		

UNIT-1

Introduction to Adapted Physical Education

- 1.1. Meaning and definitions
- 1.2. Aim and objectives
- 1.3. Need and Importance
- 1.4. Role of Physical Education in adapted Physical Education.

UNIT-2

Classification of Disability and Adapted Physical Education Programmes.

- 2.1. Changing concept of disability handicaps, retardation, physically and 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 adapted physical Education Programme (A.A.H.P.E.R Principle)
- 2.5. Physical Education Programme for Disabled of High School.

UNIT-3

Activities for Disabled.

- 3.1. Outdoor Programme for disabled
- 3.2. Creative development and hobby and culture development Programme
- 3.3. Social welfare Programme for disabled

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References:

1. Anoop Jain, "Adapted Physical Education" sports Publication, Ashok Vihar, Delhi
2. Arthur G. Miller & James "Teaching Physical Activities to Impaired Youth" Canada John Wiley & Sons Inc, Canada.
3. Annetta, Byler, Hossling, "Adapted Physical Education and Resolutions" Morbey - St. Louis Missouri
4. Arthur S. Daniels & Emily, "Adapted Physical Education" Harper & Row Publishers, New Delhi

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6th Semester B.A. Program in Physical Education

Course title	Course type	Marks	L-T-P
Ball Games (Any two)	SEL-4	50	1-0-2

FootballUNIT-1 Introduction

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

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 the bouncing ball with the sole of the foot, thigh and chest.
- 2.2.1. Receiving: Receiving with instep, thigh and chest.
- 2.3. Dribbling: Dribbling the ball with instep of the foot, dribbling the ball with inner and outer instep of the foot.
- 2.4. Heading: In standing, jumping and running condition.
- 2.5. Throw-in: Standing throw-in and running throw-in.
- 2.6. Fairplay: with the lower limbs and upper part of the body.
- 2.7. Tackling: Simple tackling and side tackling.
- 2.8. Goal keeping: Collection of the ball, Ball clearance - Kicking, throwing and deflecting.
- 2.9. ~~Game practice with appropriate of Rules and Regulations.~~
- 2.9. Game practice with appropriate of Rules and Regulations.

Hand ballUNIT-1

Introduction

- 1.1. History of The game
- 1.2. Measurement & Preparation of the play field.
- 1.3. Rules, Regulations & officiating of the game

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Fundamental Skills UNIT-2

- 2.1 catching, Throwing and Ball Control
- 2.2. Goal throws: Jump shot, Dive shot, Reverse shot
- 2.3. Dribbling: High and low
- 2.4. Attack and counter attack, counter attack from two wings and center.
- 2.5. Blocking, Goalkeeping and Defensive skills.
- 2.6. Group practice with application of Rules and Regulations.

Volley ball

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.

Fundamental Skills UNIT-2

- 2.1. Service: under arm service, side arm service, overhead service (Tennis Sama) and floating service.
- 2.2. Pass: under arm pass, over head pass
- 2.3. Setting: setting the ball for team spiking.
- 2.4. Spiking and blocking.
- 2.5. Game practice with appropriate of Rules and Regulations.

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Cricket

UNIT- 1

Introduction

1. History of the game
2. Measurement and preparation of the play field
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: Fast, swing and spin.
- 2.3 Fielding: In different situations.
- 2.4 Wicket keeping: Fast, medium and spin ball.
- 2.5 Catching: In different situations.
- 2.6 Game practice with appropriate Rules and Regulations.

References:

- FIVB (1996). Backcourt spiking in Modern Volleyball FIVB, Chennai
- Jain D (2003) Play & learn Handball, Khet Sahitya Kendra, New Delhi
- Kumar N (2003) Play and learn Football. K. S. K. New Delhi
- Lau SK (1995) Encyclopedia of Football. Sport Pub. Delhi
- Amarnath M (1996) Learn to play Good cricket upspd, New Delhi

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01 May 2019

PHYSICAL EDUCATION-GENERIC ELECTIVE-PROGRAM-6TH SEMESTER

FITNESS AND WELLNESS

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. Fitness and Wellness

- 3. Wellness: Concept, Significance with specific reference to Positive Lifestyle, Quality of Life
- 3.1 Relationship between Physical activities and Wellness.
- 3.2 Ageing: Meaning and Definition; Aging Phenomenon; Role of Exercise In Aging.
- 3.3. General Principles of Training for Fitness

UNIT-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

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