

## Syllabus Distribution/ Lesson Plan

Department of Physical Education

Asannagar Madan Mohan Tarkalankar College

**SEMESTER –I (MAJOR COURSE)**

Course: Introduction and History of Physical Education and Sports

**Course Code: PEDS-M-T-1**

Total number of classes – 120

**Session: 2023-2024**

Units	Prescribed Course	Teacher	No. of class
<b>Unit-I</b>	<p><b>Introduction</b></p> <p>1.1. Meaning and Definition of Physical Education                      1.2. Aim and Objectives of Physical Education                      1.3. Nature of Physical Education                      1.4. Misconception and Modern Conception of Physical Education                      1.5. Relation of Physical Education with General Education                      1.6. Importance of Physical Education in Modern Society</p>	MPG	12
<b>Unit -II</b>	<p><b>History of Physical Education in Greece</b></p> <p>2.1. Homeric Sports of the Heroic Age                      2.2. The City States                      2.3. Sparta- Women at Sparta, Physical Education in Sparta                      2.4. Athens – Education, The Palestra, The Ephebos, Gymnasium, The Greek Teachers                      2.5. Greek National Games and Festivals: Pythian Games, Isthmian Games, Nemean Games, Ancient Olympic Games, Modern Olympic Games</p>	UKB	20
<b>Unit- III</b>	<p><b>History of Physical Education in Rome</b></p> <p>3.1. Education in Rome                      3.2. The Field of Mars, The Public Games, The Circus Maximus, The Colosseum, Gladiatorial Combats, The Thermae                      3.3. The Roman Contribution</p>	UKB	12
<b>Unit – IV</b>	<p><b>History of Physical Education in India</b></p> <p>4.1. Historical Development of Physical Education and Sports in India- Ancient period, Medieval Period, Pre-Independence and Post – Independence Period                      4.2. Brief Historical background of Asian Games, Commonwealth Games SAF Games                      4.3. National Sports Awards – Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award</p>	MPG	16
<b>Unit – V</b>	<p><b>Field Practical:</b> Development of Physical fitness through Callisthenics, Marching and Dumble activities</p>		
	<p><b>Calisthenics</b></p> <p>Attention, preparation, four and eight-count exercises involving different body parts done to command/music, standing, jumping, and moving exercises and combination above all</p>	MPG	15
	<p><b>Marching</b></p> <p>Fall In, Attention, Stand at Easy, Eyes right, Eyes front, Right Turn, Left Turn, Half Right Turn, half Right Turn, About Turn, Mark Time Mark, Forward march, Salute</p>	SS	25
	<p><b>Dumbbell</b></p> <p>Grip and Attention with Light apparatus, stand – at ease with the dumbbell, and exercise with verbal command, Drum, whistle and music –two counts, four counts eight and sixteen counts, standing, jumping and moving exercise and combination above all</p>	UKB	20

## Syllabus Distribution/ Lesson Plan

Department of Physical Education  
Asannagar Madan Mohan Tarkalankar College

**SEMESTER –I (MAJOR COURSE)**

Course: Skill Enhancement Course

Course Code: **PEDS-SEC-P-1**

Total number of classes – 90

**Session: 2023-2024**

Unit	Prescribed Course	Teacher	No. of Class
<b>Unit -1</b>	<b>Compulsory</b> 1.1. Forward Roll 1.2. T- Balance 1.3. Backward Roll 1.4. Forward Roll with Split leg 1.5. Cart -Wheel	MG	40
<b>Unit –II</b>	<b>Optional (any two)</b> 2.1. Hand Spring 2.2. Head Spring 2.3. Neck Spring 2.4. Hand Stand and Forward Roll 2.5. Summersault	SS	50

## **Syllabus Distribution/ Lesson Plan**

Department of Physical Education  
**Asannagar Madan Mohan Tarkalankar College**  
**SEMESTER –I (MINOR COURSE)**

Course: Foundation and History of Physical Education

**Course Code: PEDS-MI-T-1**

Total number of classes – 60

**Session: 2023-2024**

Units	Prescribed Course	Teacher	Credit
<b>Unit-I</b>	<b>I. Introduction</b> 1.1 Meaning and definition of Physical Education 1.2 Aim and objectives of Physical Education 1.3 Misconception and Modern concept of Physical Education 1.4 Importance of Physical Education in modern society	MG	LH-12
<b>Unit -II</b>	<b>2. Biological and Sociological Foundations of Physical Education</b> 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, Socialization and Physical Education 2.4 Role of games and sports in National and International Harmony	UKB	LH-18
<b>Unit- III</b>	<b>3. History of Physical Education</b> 3.1 Historical Development of Physical Education and Sports in India- Pre-Independence period and post-Independence period 3.2 Olympic Movement-Ancient and Modern Olympic Games 3.3 Brief historical background of Asian Games, Commonwealth Games and SAF Games 3.4 National Sports Awards- Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award and Dhyan Chand Award	MG	LH-18
<b>Unit -IV</b>	<b>4. Yoga Education</b> 4.1 Meaning and definition of the term Yoga, types, aim, objectives, and the importance of Yoga 4.2 History of Yoga 4.3 Ashtanga Yoga 4.4 Hatha Yoga	UKB	LH-12

## Syllabus Distribution/ Lesson Plan

Department of Physical Education  
Asannagar Madan Mohan Tarkalankar College  
SEMESTER –I (MULTIDISCIPLINARY COURSE)  
Course: Health and Wellness  
Course Code: PEDS-MU-T-1  
Total number of classes – 45  
Session: 2023-2024

Units	Prescribed Course	Teacher	Credit
<b>Unit-I</b>	<b>I. Introduction</b> 1.1 Health and Wellness- Definition, Meaning and Concept 1.2 Dimensions of Health and Wellness. Factors affecting health and wellness 1.3 Importance of health and wellness Education 1.4 Determinants of healthy behavior	MG	LH-10
<b>Unit -II</b>	<b>2. Nutritional value of Health and Wellness</b> 2.1 Diet and nutrition for health & wellness. 2.2 Malnutrition, under-nutrition and over-nutrition 2.3 Processed foods and unhealthy eating habits 2.4 Essential components of a balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals	UKB	LH-10
<b>Unit- III</b>	<b>3. Mental Health and Wellness</b> 3.1 Mental health- Definition and meaning. Relationship between mental health and wellness 3.2 Factors affecting mental health. 3.3 Management of Stress, anxiety, and depression 3.4 Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counseling, and rehabilitation	MG	LH-10
<b>Unit –IV</b>	<b>4. Physical Fitness, Health, and Wellness</b> 4.1 Physical Fitness- Definition and Meaning. Relationship among Physical Fitness, Health and Wellness 4.2 Types of Physical Fitness and its Health Benefits. 4.3 Physical activity, Lifestyle management and Hypokinetic diseases prevention 4.4 Weight management and the role of Yoga, asanas, and meditation in maintaining health and wellness.	UKB	LH-12

## Syllabus Distribution/ Lesson Plan

Department of Physical Education

Asannagar Madan Mohan Tarkalankar College

SEMESTER –II (MAJOR COURSE)

Course: Biological Basis of Physical Education and Sports

Course Code: PEDS-M-T-2

Total number of classes – 120

Session: 2023-2024

Units	Prescribed Course	Teacher	Credit
Unit-I	<b>I. Introduction</b> 1.1 Evolution of Locomotion from Quadruped to Biped 1.2 Advantages and Disadvantages 1.3 Biological Basis of Life 1.4 Biological Basis of Physical Education 1.5 Exercise and its Types	UKB	LH-12
Unit-II	<b>2. Growth and Development</b> 2.1 Meaning and Definition of Growth and Development 2.2 Differences between Growth and Development 2.3 Stages of Growth and Development 2.4 Characteristics of Growth and Development at Different Stages 2.5 Principles of Growth and Development 2.6 Factors Affecting Growth and Development	MG	LH - 14
Unit-III	<b>3. Age and Sex Differences in Physical Education</b> 3.1 Age-Chronological age, Anatomical age, Physiological age and Mental age 3.2 Anatomical Differences and Physiological Differences 3.3 Age and Sex differences in relation to Physical activities and Sports 3.4 Hereditary Traits 3.5 Major Neurotransmitters and Their Effects 3.6 Principles of Activity and its Implications	UKB	LH - 12
Unit-IV	<b>4. Somatotype</b> 4.1 Somatotype – Meaning and Definition 4.2 Classification of Somatotype 4.3 Methods in the Assessment of Physique: Viola’s Method; Kretschmar’s Method; Sheldon’s Method; Parnell’s Method; Heath-Carter Method 4.4 Factors Affecting Somatotype 4.5 Posture – Meaning and Definition, Importance of Good Posture, Causes of Poor Posture, Postural Deformities and Remedial Measures	MG	LH - 22
Unit-V	<b>5. Field Practical</b> 5.1 Standing Posture: Ardha Chandrasana, Brikshasana, Pada Hastasana 5.2 Sitting Posture: Ardhakurmasana, Paschimottanasana, Gomukhasana 5.3 Supine Posture: Setubandhasana, Halasana, Matsyasana 5.4 Prone Posture: Bhujangasana, Salvasana, Dhanurasana 5.5 Inverted Posture: Sarvangasana, Shirsasana, Bhagasana (One Asana is compulsory for each posture)	SS & UKB	LH - 60

# Syllabus Distribution/ Lesson Plan

Department of Physical Education  
Asannagar Madan Mohan Tarkalankar College

## SEMESTER –II

Skill Enhancement Course: Track & Field (Running) and Ball Games (Football & Handball)

Course Code: PEDS-SEC-P-2

Total number of classes – 90

Session: 2023-2024

Units	Prescribed Course	Teacher	Credit
Unit-I	<b>1. Track Events</b> 1.1 Starting Techniques: Standing Start and Crouch Start (its variations), use of Starting 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	UKB & SS	LH-20
Unit-II	<b>2. Football</b> 2.1 Kicking: kicking the ball with the inside of the foot, kicking the ball with the full instep of the foot, kicking the ball with the inner instep of the foot, kicking the ball with the outer instep of the foot and lofted kick 2.2 Trapping: trapping- the Rolling ball, and the Bouncing ball with sole of the foot 2.3 Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer step of the foot 2.4 Heading: In standing, running and jumping condition 2.5 Throw-in: Standing throw-in and Running throw-in 2.6 Feinting: With the lower limb and upper part of the body 2.7 Tackling: Simple Tackling, Slide Tackling 2.8 Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting 2.9 Game practice with the application of Rules and Regulations	MG & UKB	LH-35
Unit-III	<b>3. Handball</b> 3.1 Catching, Throwing and Ball Control 3.2 Goal Throws: Jump Shot, Center Shot, Dive shot, Reverse Shot 3.3 Dribbling: High and Low 3.4 Attack and counterattack, simple counterattack, counterattack from two wings and center 3.5 Blocking, Goal Keeping and Defensive skills 3.6 Game practice with application of Rules and Regulations	MG & SS	LH-35

## **Syllabus Distribution/ Lesson Plan**

Department of Physical Education  
**Asannagar Madan Mohan Tarkalankar College**  
**SEMESTER –II (MINOR COURSE)**  
Course: Foundation and History of Physical Education  
**Course Code: PEDS-MI-T-2**  
Total number of classes – 60  
**Session: 2023-2024**

Units	Prescribed Course	Teacher	Credit
<b>Unit-I</b>	<b>I. Introduction</b> 1.1 Meaning and definition of Physical Education 1.2 Aim and objectives of Physical Education 1.3 Misconception and Modern concept of Physical Education 1.4 Importance of Physical Education in modern society	MG	LH-12
<b>Unit -II</b>	<b>2. Biological and Sociological Foundations of Physical Education</b> 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, Socialization and Physical Education 2.4 Role of games and sports in National and International Harmony	UKB	LH-18
<b>Unit- III</b>	<b>3. History of Physical Education</b> 3.1 Historical Development of Physical Education and Sports in India- Pre-Independence period and post-Independence period 3.2 Olympic Movement-Ancient and Modern Olympic Games 3.3 Brief historical background of Asian Games, Commonwealth Games and SAF Games 3.4 National Sports Awards- Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award and Dhyan Chand Award	MG	LH-18
<b>Unit –IV</b>	<b>4. Yoga Education</b> 4.1 Meaning and definition of the term Yoga, types, aim, objectives, and the importance of Yoga 4.2 History of Yoga 4.3 Ashtanga Yoga 4.4 Hatha Yoga	UKB	LH-12

## Syllabus Distribution/ Lesson Plan

Department of Physical Education  
Asannagar Madan Mohan Tarkalankar College  
SEMESTER –II (MULTIDISCIPLINARY COURSE)

Course: Yoga Education  
Course Code: PEDS-MU-T-2  
Total number of classes – 45  
Session: 2023-2024

Units	Prescribed Course	Teacher	Credit
Unit-I	<b>1. Introduction to Yoga and Yogic Practices</b> 1.1 Concept and Principles of Yoga 1.2 Definition, Aim, Objectives, and Classification of Yoga 1.3 Importance of Yoga 1.4 Classical Approach to Yoga Practices: Kriyas, Yama, Niyama, Asana, and Pranayama 1.5 Bandha, Mudra & Dhyana as per Yogic Texts and Research-Based Principles of Yoga 1.6 General guidelines for performing yoga practices	MG	LH-08
Unit -II	<b>2. Ancient systems of Indian Philosophy and Yoga System</b> 2.1 Ancient Systems of Indian Philosophy - Shad-Darshanas 2.2 Jainism, Buddhism, Ajnana, Ajivika, Charvaka and Lokayata 2.3 Yoga and Sankhya philosophy and their relationship	UKB	LH-08
Unit- III	<b>3. Historical Aspect of Yoga</b> 3.1 Historical Aspect of the Yoga Philosophy - Ancient Period/Indus Valley Civilization, Vedic Period, Pre-classical Era, Classical Era, Post-classical Period, Modern Period 3.2 Yoga as reflected in Bhagwat Gita	UKB	LH-10
Unit –IV	<b>4. Introduction to Yogic Texts</b> 4.1 Significance of Yogic Texts in the Context of Schools of Yoga 4.2 Patanjali Yoga Shastra: Ashtanga Yoga and Kriya Yoga in Sadhana Pada 4.3 Hatha Yogic Texts: Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita 4.4 Complementarities Between Patanjali Yoga and Hatha Yoga 4.5 Meditational Process in Patanjali Yoga Sutra	MG	LH-12
Unit-V	<b>5. Yoga and Health</b> 5.1 Need of yoga for positive health for the modern man 5.2 Concept of health and disease: medical and yogic perspectives 5.3 Concept of disease 5.4 Concept of Panch Kosh for an integrated and positive health 5.5 Utilitarian value of yoga in modern age	UKB	LH- 07



## **Syllabus Distribution/Lesson Plan**

### **Semester – III (CBCS-Programme Course)**

Core Paper -3 Anatomy, Physiology and Exercise Physiology

Course Code: **CC-PP-1C**

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =6

**Session: 2023-2024**

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
	<b>Week Assigned = 3</b>			
<b>I</b>	<p><b><u>Introduction</u></b>            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 Function.</p>	12	MG	6
	<b>Week Assigned = 6</b>			
<b>II</b>	<p><b><u>Musculo-Skeletal System</u></b>            2.1 Skeletal System: Structure of Skeletal System. Classification and location of Bones and Joints. Anatomical difference between male and Female.            2.2 Muscular System: Types, Location, Function and structure of Muscle.            2.3 Types of muscular contraction.            2.4 Effect of exercise on muscular system.</p>	18	MG	6
	<b>Week Assigned = 6</b>			
<b>III</b>	<p><b><u>Circulatory System</u></b>            3.1 Blood: Composition and function.            3.2 Heart: Structure and function. Mechanism of blood circulation through heart.            3.3 Blood pressure, Athletic Heart and Bradycardia.            3.4 Effect of exercise on circulatory system.</p>	18	UKB	6
	<b>Week Assigned = 4</b>			
<b>IV</b>	<p><b><u>Respiratory system</u></b>            4.1. Structure and function of the respiratory system.            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.</p>	12	UKB	6
<b><u>LAB PRACTICAL</u></b>				
	<b>Week Assigned = 2</b>			
<b>1</b>	Assessment of BMI and WHR		MG	6
	<b>Week Assigned = 6</b>			
<b>2</b>	Assessment of Heart rate, Blood pressure, Respiratory rate and pic flow rate		UKB	6

## **Syllabus Distribution/Lesson Plan**

### **Semester – III (CBCS-Programme Course)**

Track and Field

Course Code: **SEC-PE-1**

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =2

**Session: 2023-2024**

UNIT	TOPIC	Teacher's Name	Total Credits in the Sem
<b>1</b>	<b>Track Events</b>		10
	1.1. Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block	UKB	
	1.2. Acceleration with proper running techniques.	UKB	
	1.3. Finishing technique: Run Through, Forward Lunging and Shoulder Shrug.	UKB	
	1.4. Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing	SS	
<b>2</b>	<b>Field events (any two)</b>		10
	2.1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.	MG	
	2.2. High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing.	MG	
	2.3. Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique).	MG	
	2.4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).	SS	
	2.5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).	SS	

## **Syllabus Distribution/Lesson Plan**

### **Semester – IV (CBCS-Programme Course)**

Core Paper- 4: Health Education, Physical Fitness and Wellness

Course Code: **CC-PE-1D**

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =6

**Session: 2023-2024**

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
I	<b>Week Assigned = 4</b>	12	<b>MG</b>	6
	<u>Introduction</u> 1.5 Concept, Definition and dimension of Health. 1.6 Definition, aim, objectives and principles of Health Education. 1.7 Activities of Health Agencies: WHO, UNESCO, UNICEF. 1.8 School Health Program: Health service, Health Instruction, Health supervision, Health appraisal and Health record.			
II	<b>Week Assigned = 6</b>	18	<b>UKB</b>	6
	<u>Health Problems in India – Prevention and Control</u> 2.1. Communicable Disease: - Malaria, Dengue and Chicken Pox. 2.2. Non communicable Disease: - Obesity, Diabetes and AIDS 2.3. Nutrition: - Nutrition requirements for daily living, Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals. 2.4. Postural deformities: Cause & Corrective Exercise of Kyphosis, Lordosis, Scoliosis, Knock knees and Flat-Foot.			
III	<b>Week Assigned = 6</b>	18	<b>MG</b>	6
	<u>Physical Fitness and Wellness</u> 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: Relation between Physical activities and Wellness. 3.4. Ageing – Physical activities and its importance.			
IV	<b>Week Assigned = 4</b>	12	<b>UKB</b>	6
	<u>Health and First –Aid Management</u> 4.1. First-Aid: - Meaning, Definition and 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.			
<b><u>LAB PRACTICAL</u></b>				
1	<b>Week Assigned = 6</b>	6	<b>MG</b>	6
	First-aid Practical- - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica splint.			
2	<b>Week Assigned = 6</b>	6	<b>UKB</b>	6
	Practical knowledge of Hydro-therapy & Thermo-therapy.			

# Syllabus Distribution/Lesson Plan

## Semester – IV (CBCS-Programme Course)

Gymnastics and Yoga

Course code: SEC-2

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =2

Session: 2023-2024

UNIT	TOPIC	Teacher's Name	Total Credits in the Sem
<b>1</b>	<b>GYMNASTICS (Compulsory)</b>		10
	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)	<b>M.G</b>	
<b>2</b>	<b>Optional (any two)</b>		10
	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	<b>UKB</b>	
	<b>YOGA</b>		
<b>3</b>	<b>Asanas</b> (Note: One Asana is compulsory from each Posture)		10
	<b>3.1. Standing Posture:</b>	<b>SS</b>	
	3.1.1. Ardha Chandrasana 3.1.2. Brikshasana 3.1.3. Pada Hastasana		
	<b>3.2. Sitting Posture</b>		
	3.2.1. Ardha Kurmasana 3.2.2. Paschimottanasana 3.2.3. Gomukhasana		
	<b>3.3. Supine Posture</b>	<b>U.K.B</b>	
	3.3.1. Setu Bandhasana 3.3.2. Halasana 3.3.3. Matsyasana		
	<b>3.4 Prone Posture</b>	<b>S.S</b>	
	3.4.1 Bhujangasana 3.4.2 Salvasana 3.4.3 Dhanurasana		
	<b>3.5 Inverted Posture</b>		
3.5.1 Sarvangasana 3.5.2 Shirshasana 3.5.3 Bhagrasana			
<b>4</b>	<b>4. Pranayama (any two)</b>		10
	4.1. Kapalhati 4.2. Bhamri 4.3. Anulam Vilom	<b>UKB</b>	

## **Syllabus Distribution/Lesson Plan**

**Semester – V (CBCS-Programme Course)**

Core Paper- DSE-1: Test, Measurement and Evaluation in Physical Education

Course Code: **DSE-T- 1**

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =6

**Session: 2023-2024**

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
I	<b>Week Assigned = 4</b>	12	<b>MG</b>	6
	<u>Introduction</u> 1.9 Concept of test, measurement & Evaluation. 1.10 Criteria of good test. 1.11 Principles of Evaluation. 1.12 Importance of Test, Measurement and Evaluation in Physical Education and Sports.			
II	<b>Week Assigned = 6</b>	18	<b>UKB</b>	6
	<u>Measurement of Body Compositions and Somatotype Assessment</u> 2.1. Body Mass Index (BMI)- Concept and method of measurement. 2.2. Body Fat- Concept and method of measurement. 2.3. Lean Body Mass (LBM)- Concept and method of measurement. 2.4. Somatotype- Concept and method of measurement.			
III	<b>Week Assigned = 6</b>	18	<b>UKB</b>	6
	<u>Fitness Test</u> 3.1 Kraus-Weber Muscular Strength Test 3.2 AAHPER Health Related Fitness Test 3.3 Queens College Step Test 3.4 J.C.R. Test			
IV	<b>Week Assigned = 4</b>	12	<b>MG</b>	6
	<u>Sports Skill Test</u> 4.1 Lockhart and McPherson Badminton Skill Test 4.2 Johnson Basketball Test Battery 4.3 McDonald Soccer Test 4.4 Brady Volleyball Test			
<b><u>LAB &amp; FIELD PRACTICAL</u></b>				
1	<b>Week Assigned = 6</b>		<b>UKB</b>	6
	Assessment of somatotype and % body fat (any one).			
2	<b>Week Assigned = 6</b>		<b>MG</b>	6
	Assessment of AAHPER Youth Fitness Test and Queens College Step Test (any one).			

# **Syllabus Distribution/Lesson Plan**

**Semester – V (CBCS-Programme Course)**

**Indian Games and Racket Sports**

**Course code: SEC-P-3**

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =2

**Session: 2023-2024**

UNIT	TOPIC	Teacher's Name	Total Credits in the Sem
<b>1</b>	<b>KABADDI</b>	<b>SS</b>	10
	<b>A. Fundamental skills</b>		
	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>B. Rules and their interpretations and duties of the officials.</b>		
<b>or</b>	<b>KHO-KHO</b>	<b>MG</b>	10
<b>A. Fundamental skills</b>			
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>B. Rules and their interpretations and duties of the officials.</b>			
<b>2</b>	<b>BADMINTON</b>	<b>MG</b>	10
	<b>A. Fundamental skills</b>		
	1. Basic Knowledge: Various parts of the Racket and Grip. 2. Service: Short service, long service, Long-high service. 3. Shots: Overhead shot, Defensive clear shot, attacking clear shot, Drop shot, Net shot, Smash. 4. Game practice with application of Rules and Regulations.		
	<b>B. Rules and their interpretations and duties of the officials.</b>		
<b>or</b>	<b>TABLE TENNIS</b>	<b>UKB</b>	10
<b>A. Fundamental skills</b>			
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>B. Rules and their interpretations and duties of the officials.</b>			

## **Syllabus Distribution/Lesson Plan**

**Semester – VI (CBCS-Programme Course)**

**Psychology in Physical Education and Sports**

**Course Code: DSE-2**

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =6

**Session: 2023-2024**

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
<b>I</b>	<b>Week Assigned = 4</b>	12	<b>MG</b>	6
	<u>Introduction</u> 1.13 Meaning and definition Psychology. 1.14 Importance and scope of Psychology. 1.15 Meaning and definition of Sports Psychology 1.16 Need for knowledge of Sports Psychology in the field of Physical Education.			
<b>II</b>	<b>Week Assigned = 6</b>	18	<b>UKB</b>	6
	<u>Learning</u> 2.1. Meaning and definition of learning. 2.2. Theories and Laws of learning. 2.3. Learning curve: Meaning and Types. 2.4. Transfer of learning- Meaning, definition and types. Factors affecting transfer of learning.			
<b>III</b>	<b>Week Assigned = 6</b>	18	<b>MG</b>	6
	<u>Psychological Factors</u> 3.1. Motivation- Meaning, definition, types and importance of Motivation in Physical Education and Sports. 3.2. Emotion- Meaning, definition, types and importance of Emotion in Physical Education and Sports. 3.3. Personality- Meaning, definition and types. Personality traits. 3.4. Role of physical activities in the development of personality.			
<b>IV</b>	<b>Week Assigned = 4</b>	12	<b>UKB</b>	6
	<u>Stress and Anxiety</u> 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.			
<b><u>LAB PRACTICAL</u></b>				
1	<b>Week Assigned = 6</b>		<b>UKB</b>	6
	Assessment of Personality, Stress and Anxiety (any one)			
2	<b>Week Assigned = 6</b>		<b>MG</b>	6
	Measurement of Reaction Time, Depth Perception and Mirror Drawing (any one).			

## **Syllabus Distribution/Lesson Plan**

**Semester – VI (CBCS-Programme Course)**

**Ball Games (any two)**

**Course code: SEC-4**

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =2

**Session: 2023-2024**

UNIT	TOPIC	Teacher's Name	Total Credits in the Sem
<b>1</b>	<b>FOOTBALL</b>		
	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>UKB</b>	10
	B. Rules and their interpretation and duties of officials.		
<b>2</b>	<b>HANDBALL</b>		
	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>MG</b>	10
	B. Rules and their interpretation and duties of officials.		
<b>3</b>	<b>BASKETBALL</b>		
	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>SS</b>	10
	B. Rules and their interpretation and duties of officials		



UNIT	TOPIC	Teacher's Name	Total Credits in the Sem
<b>4</b>	<b>VOLLEYBALL</b>		
	A. Fundamental skills	<b>UKB</b>	10
	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.		
<b>5</b>	<b>NETBALL</b>		
	A. Fundamental Skills	<b>SS</b>	10
	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.		
<b>6</b>	<b>THROWBALL</b>		
	A. Fundamental Skills	<b>MG</b>	10
	1. Overhand service. 2. Side arm service. 3. Two hand catching. 4. One hand overhead return. 5. Side arm return.		
	B. Rules and their interpretation and duties of officials		