

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: 2024-2025

Units	Prescribed Course	Teacher	Credit
Unit-I	<p>Introduction</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	1
Unit -II	<p>History of Physical Education in Greece</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	1
Unit-III	<p>History of Physical Education in Rome</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	1
Unit – IV	<p>History of Physical Education in India</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	1
Unit – V	<p>Field Practical: Development of Physical fitness through Callisthenics, Marching and Dumble activities</p>		
	<p>Calisthenics</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	1
	<p>Marching</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	.5
	<p>Dumbbell</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	.5

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: 2024-2025

Unit	Prescribed Course	Teacher	Credit
Unit -1	Compulsory 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
Unit –II	Optional (any two) 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: 2024-2025

Units	Prescribed Course	Teacher	Credit
Unit-I	I. Introduction 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	1
Unit -II	2. Biological 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 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	1
Unit- III	3. History of Physical Education 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	1
Unit -IV	4. Yoga Education 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	1

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: 2024-2025

Units	Prescribed Course	Teacher	Credit
Unit-I	I. Introduction 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	.5
Unit -II	2. Nutritional value of Health and Wellness 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	.5
Unit- III	3. Mental Health and Wellness 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	1
Unit –IV	4. Physical Fitness, Health, and Wellness 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	1

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: 2024-2025

Units	Prescribed Course	Teacher	Credit
Unit-I	I. Introduction 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	1
Unit-II	2. Growth and Development 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	1
Unit-III	3. Age and Sex Differences in Physical Education 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	1
Unit-IV	4. Somatotype 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	1
Unit-V	5. Field Practical 5.1 Standing Posture: Ardhashandrasana, Brikshasana, Padahasthasana 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: Sarbangasana, Shirsasana, Bhagrasana (One Asana is compulsory for each posture)	SS & UKB	2

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: 2024-2025

Units	Prescribed Course	Teacher	Credit
Unit-I	1. Track Events 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	
Unit-II	2. Football 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	3
Unit-III	3. Handball 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	

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: 2024-2025

Units	Prescribed Course	Teacher	Credit
Unit-I	I. Introduction 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	4
Unit -II	2. Biological 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 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	
Unit- III	3. History of Physical Education 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	
Unit -IV	4. Yoga Education 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	

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: 2024-2025

Units	Prescribed Course	Teacher	Credit
Unit-I	1. Introduction to Yoga and Yogic Practices 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	3
Unit -II	2. Ancient systems of Indian Philosophy and Yoga System 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	
Unit- III	3. Historical Aspect of Yoga 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	
Unit -IV	4. Introduction to Yogic Texts 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	
Unit-V	5. Yoga and Health 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	

Syllabus Distribution/ Lesson Plan

Department of Physical Education

Asannagar Madan Mohan Tarkalankar College

SEMESTER –III (MAJOR COURSE)

Course: Introduction and History of Physical Education and Sports

Course Code: PEDS-M-T-3

Total number of classes – 120

Session: 2024-2025

Units	Prescribed Course	Teacher	Credit
Unit-I	<p>Sociology of Sport</p> <p>1.1 Sociology of Sport - introduction and definition</p> <p>1.2 Importance of studying sociology of sport– A part of people’s live, Connection with important ideas and meanings in life, Connection to major spheres of social life, Sport and politics, Sport and religion, Sport and education</p> <p>1.3 Social functions of sport: Socio-emotional function, Socialization function, Integrative function, Political function, social mobility function</p> <p>1.4 Social Theories of Sport: The functional theory, The conflict theory, The critical theory, The interactionist theory, The feminist theory, The figurational theory</p>	UKB	1
Unit -II	<p>Sport and Socialization</p> <p>2.1 Sport and Socialization: Learning individual to participate in sport, The social learning model of sport and exercise, Role of transition within sport and exercise</p> <p>2.2 Children in Sport: Origin of organized youth sport, Social change and the growth of organized youth sport, Major trends in youth sport, Adult controlled vs player controlled sport, Recommendations for improving youth sport</p> <p>2.3 Gender and Sport: Participation and equity issues, Ideology and culture</p> <p>2.4 Race and Sport: Creating race, racial ideology and sport, racial ideology and shortcomings, prospect for change</p> <p>2.5 Sport and Deviance</p> <p>2.6 Sport and Economy: Conditions for emergence and growth of commercial sport, changes in sport due to commercialization</p> <p>2.7 Sport and Media: Characteristics of media, functions of media, two-way relationship of sport and media, media representations of sport</p>	MG	1
Unit- III	<p>Introduction to Sports Psychology</p> <p>3.1 Sports Psychology: Meaning and definition</p> <p>3.2 Scope and role of Sports Psychology</p> <p>3.3 Motivation: Meaning, definition, and types</p> <p>3.4 Motivation in sport, achievement motivation</p>	MG	1
Unit –IV	<p>Psychological Traits</p> <p>4.1 Instinct and Emotion: Meaning, definition and types; Physical Education and Sport for emotional development</p> <p>4.2 Stress: Meaning, Definition, Types and Causes; Relaxation procedures - autogenic training, Progressive relaxation, meditation, biofeedback, hypnosis</p> <p>4.3 Personality: Meaning, definition, types and traits; structure of personality, developmental effects of athletic participation upon personality, personality sport type</p> <p>4.4 Treating anxiety and depression</p>	UKB	1
Unit – V	<p>Field Practical</p> <p>Development of physical fitness through Wand Drill and Lezim activities</p> <p>5.1. Wand Drill: 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 counts and Sixteen counts. Standing Exercise, Jumping Exercise, Moving Exercise and a Combination of above all</p>	UKB	

	<p>5.1. Lezim: 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 counts and Sixteen counts. Standing Exercise, Jumping Exercise, Moving Exercise and a Combination of above all</p>	MPG	1
	<p>5.2. Kabaddi 5.2.1 Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, sidekick, mule kick, arrow fly kick, crossing of baulk line, crossing of Bonus line 5.2.2 Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques 5.2.3 Additional skills in raiding: Escaping from various holds, techniques of Escaping from chain formation, offense and defence 5.2.4 Game practice with application of Rules and Regulations</p>	SS	1

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: 2024-2025

UNIT	TOPIC	LH	Teacher's Name	Credits in the Sem
I	Week Assigned = 4	12	MG	1
	<u>Introduction</u> 1.1 Concept of test, measurement & Evaluation. 1.2 Criteria of good test. 1.3 Principles of Evaluation. 1.4 Importance of Test, Measurement and Evaluation in Physical Education and Sports.			
II	Week Assigned = 6	18	UKB	1
	<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	Week Assigned = 6	18	UKB	1
	<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	Week Assigned = 4	12	MG	1
	<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			
<u>LAB & FIELD PRACTICAL</u>				
1	Week Assigned = 6		UKB	1
	Assessment of somatotype and % body fat (any one).			
2	Week Assigned = 6		MG	1
	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: 2024-2025

UNIT	TOPIC	Teacher's Name	Credits in the Sem
1	KABADDI	SS	1
	A. Fundamental skills		
	1. Skills in Raiding: Touching with hands, use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line. 2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. 3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defence. 4. Game practice with application of Rules and Regulations.		
	B. Rules and their interpretations and duties of the officials.		
or	KHO-KHO	MG	1
A. Fundamental skills			
1. Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul. 2. Skills in running: Chain Play, Ring play and Chain & Ring mixed play. 3. Game practice with application of Rules and Regulations.			
B. Rules and their interpretations and duties of the officials.			
2	BADMINTON	MG	1
	A. Fundamental skills		
	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. Rules and their interpretations and duties of the officials.		
or	TABLE TENNIS	UKB	1
A. Fundamental skills			
1. Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip). 2. Stance: Alternate & Parallel. 3. Push and Service: Backhand & Forehand. 4. Chop: Backhand & Forehand. 5. Receive: Push and Chop with both Backhand & Forehand. 6. Game practice with application of Rules and Regulations.			
B. Rules and their interpretations and duties of the officials.			

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: 2024-2025

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
I	Week Assigned = 4	12	MG	1
	<u>Introduction</u> 1.5 Meaning and definition Psychology. 1.6 Importance and scope of Psychology. 1.7 Meaning and definition of Sports Psychology 1.8 Need for knowledge of Sports Psychology in the field of Physical Education.			
II	Week Assigned = 6	18	UKB	1
	<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.			
III	Week Assigned = 6	18	MG	1
	<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.			
IV	Week Assigned = 4	12	UKB	1
	<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.			
<u>LAB PRACTICAL</u>				
1	Week Assigned = 6		UKB	1
	Assessment of Personality, Stress and Anxiety (any one)			
2	Week Assigned = 6		MG	1
	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: 2024-2025

UNIT	TOPIC	Teacher's Name	Total Credits in the Sem
1	FOOTBALL		
	A. Fundamental Skills	UKB	
	1. Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick.		
	2. Trapping: Trapping- the Rolling ball, and the Bouncing ball with sole of the foot.		
	3. Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot.		
	4. Heading: In standing, running and jumping condition.		
	5. Throw-in: Standing throw-in and Running throw-in.		
	6. Feinting: With the lower limb and upper part of the body.		
	7. Tackling: Simple Tackling, Slide Tackling.		
	8. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting.		
	9. Game practice with application of Rules and Regulations.		
	B. Rules and their interpretation and duties of officials.		
2	HANDBALL		
	A. Fundamental Skills	MG	2
	1. Catching, Throwing and Ball control		
	2. Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot.		
	3. Dribbling: High and low.		
	4. Attack and counter attack, simple counter attack, counter attack from two wings and center.		
	5. Blocking, GoalKeeping and Defensive skills.		
	6. Game practice with application of Rules and Regulations.		
	B. Rules and their interpretation and duties of officials.		
3	BASKETBALL		
	A. Fundamental Skills	SS	
	1. Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass.		
	2. Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.		
	3. Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.		
	4. Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw.		
	5. Rebounding: Defensive rebound and Offensive rebound.		
	6. Individual Defence: Guarding the player with the ball and without the ball, Pivoting.		
	7. Game practice with application of Rules and Regulations		
	B. Rules and their interpretation and duties of officials		

UNIT	TOPIC	Teacher's Name	Total Credits in the Sem
4	VOLLEYBALL		
	A. Fundamental skills	UKB	2
	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.		
5	NETBALL		
	A. Fundamental Skills	SS	2
	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.		
6	THROWBALL		
	A. Fundamental Skills	MG	
	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		