

Syllabus Distribution

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

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	LH-12
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	LH - 14
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	LH - 12
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	LH - 22
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: Sarbansasana, Shirsasana, Bhagrasana (One Asana is compulsory for each posture)	SS & UKB	LH –60

Syllabus Distribution

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

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	LH-20
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	LH-35
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	LH-35

Syllabus Distribution

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

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	LH-12
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	LH-18
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	LH-18
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	LH-12

Syllabus Distribution

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

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	LH-08
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	LH-08
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	LH-10
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	LH-12
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	LH- 07