

### **Semester – III (General)**

Core Paper -3 Anatomy, Physiology and Exercise Physiology

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

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =6

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
I	<b>Week Assigned = 3</b>	12	MG	6
	<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 .			
II	<b>Week Assigned = 6</b>	18	UKB	6
	<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.			
III	<b>Week Assigned = 6</b>	18	MG	6
	<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.			
IV	<b>Week Assigned = 4</b>	12	UKB	6
	<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.			
<b><u>LAB PRACTICAL</u></b>				
1	<b>Week Assigned = 2</b>	UKB	6	6
	Assessment of BMI and WHR			
2	<b>Week Assigned = 6</b>	MG	6	6
	Assessment of Heart rate, Blood pressure, Respiratory rate and pic flow rate			

### **Semester – III (General)**

Track and Field

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

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =2

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