

Syllabus Distribution

Department of Physical Education

Semester – I (General)

Core Paper -1: Foundation and History of Physical Education

Course Code: CC-PE-1A

Week assigned = 15 (90 Teaching Days)

Credit assigned/week =6

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
I	Week assigned = 3	12	M.G	30
	<u>Introduction</u> 1.1 Meaning and Definition of Physical Education 1.2 Aim and Objectives of Physical Education. 1.3 Modern Concept of Physical Education. 1.4 Importance of Physical Education.			
II	Week assigned = 5	20	U.K.B	30
	<u>Biological and Sociological Foundation of Physical Education</u> 2.1. Biological Foundation: Meaning and definition of growth and development. Factors effecting growth and development. Difference 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 and Socialization. 2.4. Role of Games and Sports in National and International integration.			
III	Week assigned = 6	20	M.G	30
	<u>History of Physical Education</u> 3.1. Historical development of physical Education and Sports in India Pre-Independence period and post independent period. 3.2. Olympic Movement: Ancient Olympic Games and Modern Olympic Games. 3.3. Brief historical background of Asian Games and Commonwealth Games. 3.4. National Sports Awards: Arjun Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award.			
IV	Week assigned = 3	10	U.K.B	30
	<u>Yoga Education</u> 4.1. Meaning and Definition of the term Yoga, types, aim, objectives and important of Yoga. 4.2. History of Yoga. 4.3. Astanga Yoga. 4.4. Hatha Yoga.			
FIELD PRACTICAL				
1.	Week assigned = 3		U.K.B & S.S	
	Learn and Demonstrate the technique of Suryanamaskar.			
2.	Week assigned = 6		M.G & A.S	
	Development of Physical fitness through Callisthenics & Aerobic Activities			

- M.G- Dr Mahaprasad Ghosh
- U.K.B- Mr Uttam Kumar Barman

- * A.S- Mr Abhijit Samadder
- * S.S- Mrs Silpi Sarkar