

Syllabus Distribution

Semester – V (General)

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

Course Code: DSE-PE- 1

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =6

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
I	Week Assigned = 4	12	UKB	6
	<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	MG	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	Week Assigned = 6	18	UKB	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	Week Assigned = 4	12	MG	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			
<u>FIELD PRACTICAL</u>				
1	Week Assigned = 6	UKB	6	
	Practical Experience of Weight Training and Circuit Training (any one).			
2	Week Assigned = 6	MG	6	
	Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility (any two).			

Syllabus Distribution

Semester – V (General)

Indian Games and Racket Sports

Course code: SEC-PE-3

Week Assigned =15 (90 Teaching Days)

Credit assigned/week =2

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