**Department of** **Physical Education**

**Sarat Centenary College**

**Academic Calendar & Plan**

**(2020-2021)**

**Distribution of syllabus into Modules and Units of B.A. General Course CBCS**

**Semester-1**

**Orientation Programme – 1st week of July - General outline on the emergence of Physical Education as an academic discipline and its Scope & Importance along with brief introduction programme**

**1st Module (July to September)**

**Core Course 1A:** **FOUNDATION AND HISTORY OF PHYSICAL EDUCATION**

**Credits: Theory-04, Practical-02 Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Mr. Sushil Kumar Pal**

**Unit-1: Introduction**

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.

**Name of the teacher: Mrs. Parvin Sultana**

**Unit-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 and Socialization.

2.4. Role of games and sports in National and International integration.

**2nd Module (October to December)**

**Core Course 1A:** **FOUNDATION AND HISTORY OF PHYSICAL EDUCATION**

**Credits: Theory-04, Practical-02, Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Prof. Sukumar Das**

**Unit-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 Olympic Games and Modern Olympic Games.

3.3 Brief historical background of Asian Games and Commonwealth Games.

3.4 National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award.

**Name of the teacher: Prof. Sukumar Das**

**Unit-4: Yoga Education and Recreation**

4.1. Yoga: Meaning, definition, types, aim, objectives and History

4.2. Astanga Yoga and Hatha Yoga.

4.3. Recreation: Meaning, definition, types and characteristics.

4.4. Agencies providing recreation and importance of recreation in modern society.

**Name of the teacher: Mrs. Parvin Sultana/Mr. Sushil Kumar Pal**

**FIELD PRACTICAL (Preparation of Record Book is Compulsory)**

1. Fitness and Conditioning will be evaluated through Harvard Step Test.
2. Learn and demonstrate the technique of Suryanamaskar
3. Yoga

**Internal Assessment: 1st Week of December**

**Theory Examination: As per notification of B.U. (Tentatively on December)**

**Semester-II**

**1st Module (January to March)**

**CORE PAPER- 2: Management of Physical Education and Sports**

**Corse Code- CC1B**

**Credits: Theory-04, Practical-02, Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Prof. Sukumar Das**

**Unit-1: Introduction**

1.1. Concept and definition of Sports Management.

1.2. Important of Sports Management.

1.3. Purpose of Sports Management.

1.4. Principles of Sports Management.

**Name of the teacher: Mrs. Parvin Sultana**

**Unit-2: Tournaments**

2.1. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge).

2.2. Procedure of drawing fixture.

2.3. Method of organizing Annual Athletic Meet and Play Day.

2.4. Method of organizing of Intramural and Extramural competition.

**2nd Module (April to June)**

**CORE PAPER- 2: Management of Physical Education and Sports**

**Corse Code- CC1B**

**Credits: Theory-04, Practical-02, Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Mr. Sushil Kumar Pal**

**Unit-3: Facilities and Equipment**

3.1 Method of calculation of Standard Athletic Track marking.

3.2 Care and maintenance of playground and gymnasium.

3.3 Importance, care and maintenance of sports equipment.

3.4 Time Table: Meaning, importance and factors affecting Time Table.

**Name of the teacher: Prof. Sukumar Das**

**Unit-4: Leadership**

4.1 Meaning and definition of leadership.

4.2 Qualities of good leader in Physical Education.

4.3 Principles of leadership activities.

4.4 Hierarchy of Leadership in School, College and University level.

**Name of the teacher: Prof. Sukumar Das/Mr. Sushil Kumar Pal**

**FIELD PRACTICAL (Preparation of Record Book is Compulsory)**

1. Fitness and Conditioning will be evaluated through Harvard Step Test.
2. Callisthenics/Aerobic
3. Gymnastics

**Compulsory Gymnastics:** Forward Roll, T-Balance, Forward Roll with Split leg, Backward Roll, Cart-Wheel

**Internal Assessment: 4th Week of May**

**Theory and Practical Examination: as per notification of B.U. (Tentatively on June)**

**Semester-III**

**1st Module (July to September)**

**Core Course 1A:** **ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY**

**Credits: Theory-04, Practical-02 Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Prof. Sukumar Das**

**Unit-1: Introduction**

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 functions.

**Name of the teacher: Mrs. Parvin Sultana**

**Unit-2: Musculo-skeletal System**

2.1. Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female.

2.2. Muscular System- Type, location, function and structure of muscle.

2.3. Types of muscular contraction.

2.4. Effect of exercise on muscular system.

**2nd Module (October to December)**

**Core Course 1C:** **ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY**

**Credits: Theory-04, Practical-02, Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Prof. Sukumar Das**

**Unit-3: Circulatory System**

3.1 Blood- Composition and function.

3.2 Heart- Structure and functions. Mechanism of blood circulation through heart.

3.3 Blood Pressure, Athletic Heart and Bradycardia.

3.4 Effect of exercise on circulatory system.

**Name of the teacher: Mr. Sushil Kumar Pal**

**Unit-4: Respiratory System**

4.1 Structure and function of Respiratory organs.

4.2 Mechanism of Respiration.

4.3 Vital Capacity, O2 Debt and Second Wind.

4.4 Effect of exercise on respiratory system.

**Name of the teacher: Prof. Sukumar Das**

**FIELD PRACTICAL (Preparation of Record Book is Compulsory)**

1. Assessments of BMI and WHR.

2. Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).

**1st Module (July to September)**

**SEC-1**

**Track and Field**

**Credits: Theory-2, Marks – 50, Practical – 40, Internal Assessment – 10**

**Name of the teacher: Mrs. Parvin Sultana**

**1. Track Events**

1.1. Starting Techniques: Standing start and Crouch start (its variations) use of Block.

1.2. Acceleration with proper running techniques.

**Name of the teacher: Prof. Sukumar Das**

**2. Field events (any two)**

2.1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.

2.2. High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing.

**Semester III**

**2nd Module (October to December)**

**SEC-1**

 **Track and Field**

**Credits: Theory-2, Marks – 50, Practical – 40, Internal Assessment – 10**

**Name of the teacher: Prof. Sukumar Das**

**1. Track Events**

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.

**Name of the teacher: Mr. Sushil Kumar Pal**

**2. Field events (any two)**

2.3. Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O’Brien Technique).

2.4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).

2.5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).

**Internal Assessment: 1st Week of December**

**Theory and Practical Examination: as per notification of B.U. (Tentatively in December)**

**Semester IV**

**1st Module (January to March)**

**Corse Code- CC1D: Health Education, Physical Fitness and Wellness**

**Credits: Theory-04, Practical-02, Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Mrs. Parvin Sultana**

**Unit-1: Introduction**

1.1. Concept, definition and dimension of Health.

1.2. Definition, aim, objectives and principles of Health Education.

1.3. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).

1.4. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record.

**Name of the teacher: Prof. Sukumar Das**

**Unit-2: Health Problems in India-Prevention and Control**

2.1. Communicable Diseases- Malaria, Dengue and Chicken Pox.

2.2. Non-communicable Diseases- Obesity, Diabetes and AIDS.

2.3. Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals.

2.4. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.

**2nd Module (April to June)**

**Corse Code- CC1D: Health Education, Physical Fitness and Wellness**

**Credits: Theory-04, Practical-02, Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Mr. Sushil Kumar Pal**

**Unit-3: Physical Fitness and Wellness**

3.1 Physical Fitness- Meaning, definition and Importance of Physical Fitness.

3.2 Components of Physical Fitness- Health and Performance related Physical Fitness.

3.3 Concept of Wellness. Relationship between Physical activities and Wellness.

3.4 Ageing- Physical activities and its importance.

**Name of the teacher: Prof. Sukumar Das**

**Unit-4: Health and First-aid Management**

4.1 First aid- Meaning, definition, importance and golden rules of First-aid.

4.2 Concept of sports injuries- Sprain, Strain, Facture and Dislocation.

4.3 Management of sports injuries through the application of Hydro-therapy and Thermo-therapy.

4.4 Management of sports injuries through the application of Exercise and Massage therapy.

**Name of the teacher: Prof. Sukumar Das/ Mr. Sushil Kumar Pal**

**FIELD PRACTICAL (Preparation of Record Book is Compulsory)**

1. First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica.

2. Practical knowledge on Hydro-therapy and Thermo-therapy.

**Internal Assessment: 4th Week of May**

**Theory and Practical Examination: as per notification of B.U. (Tentatively on June)**

**Semester IV**

**1st Module (January to March)**

**SEC-2**

**Gymnastics and Yoga**

**Credits: Theory-2, Marks – 50, Practical – 40, Internal Assessment – 10**

**Name of the teacher: Mrs. Parvin sultana**

**GYMNASTICS**

**1. Compulsory**

1.1. Forward Roll

1.2. T-Balance

1.3. Forward Roll with Split leg

1.4. Backward Roll

1.5. Cart-Wheel

**Name of the teacher: Prof. Sukumar Das**

**YOGA**

**3. Asanas**

**3.1. Standing Position**

3.1.1. Ardhachandrasana

3.1.2. Brikshasana

3.1.3. Padahastasana

**3.2. Sitting Position**

3.2.1. Ardhakurmasana

3.2.2. Paschimottanasana

3.2.3. Gomukhasana

**3.3. Supine Position**

3.3.1. Setubandhasana

3.3.2. Halasana

3.2.3. Matsyasana

**Internal Assessment: 4th Week of May**

**Theory and Practical Examination: as per notification of B.U. (Tentatively on June)**

**2nd Module (April to June)**

**SEC-2**

**Gymnastics and Yoga**

**Credits: Theory-2, Marks – 50, Practical – 40, Internal Assessment – 10**

**Name of the teacher: Mr. Sushil Kumar Pal**

**[Note: Perform the above Gymnastic skills continuously in the same sequence]**

**2. Optional (any two)**

2.1. Dive and Forward Roll

2.2. Hand Spring

2.3. Head Spring

2.4. Neck Spring

2.5. Hand Stand and Forward Roll

2.6. Summersault

**Name of the teacher: Prof. Sukumar Das**

**Yoga**

**3.4. Prone Position**

3.4.1. Bhujangasana

3.4.2. Salvasana

3.4.3. Dhanurasana

**3.5. Inverted Position**

3.5.1. Sarbangasana

3.5.2. Shirsasana

3.5.3 Bhagrasana

**[Note: One Asana is compulsory from each position]**

**4. Pranayama (any two)**

4.1. Kapalbhati

4.2. Bhramri

4.3. Anulam Vilom.

**Internal Assessment: 4th Week of May**

**Theory and Practical Examination: as per notification of B.U. (Tentatively on June)**

**Semester V**

**1st Module (July to September)**

**Core Course-DSE1:** **Sports Training**

**Credits: Theory-04, Practical-02 Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Mrs. Parvin Sultana**

**Unit-1: Introduction**

1.1. Meaning and definition of Sports Training.

1.2. Aim and characteristics of Sports Training.

1.3. Principles of Sports Training.

1.4. Importance of Sports Training.

**Name of the teacher: Mr. Sushil Kumar Pal**

**Unit-2: Principle of Training and Condition**

2.1. Warming up and cooling down- Meaning, types and methods.

2.2. Conditioning- Concept of Conditioning and its principles.

2.3. Training Methods- Circuit Training, Interval Training, Weight Training.

2.4. Periodisation- Meaning, types, aim and contents of different periods.

**2nd Module (October to December)**

**Core Course 1C:** **Sports Training**

**Credits: Theory-04, Practical-02, Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Prof. Sukumar Das**

**Unit-3: Training Load and Adaptation**

3.1 Training Load- Meaning, definition, types and factors of training load.

3.2 Components of training load.

3.3 Over Load- Meaning, causes, symptoms and tackling of over load.

3.4 Adaptation- Meaning and conditions of adaptation.

**Name of the teacher: Prof. Sukumar Das**

**Unit-4: Training Techniques**

4.1 Strength- Means and methods of strength development.

4.2 Speed- Means and methods of speed development.

4.3 Endurance- Means and methods of endurance development.

4.4 Flexibility- Means and methods of flexibility development.

**Name of the teacher: Prof. Sukumar Das/ Mr. Sushil Kumar Pal**

**FIELD PRACTICAL (Preparation of Record Book is Compulsory)**

1. Practical Experience of Weight Training and Circuit Training (any one).

2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility (any two).

**Semester V**

**1st Module (July to September)**

**SEC-3**

**Indian Games and Racket Sports**

**Credits: Theory-2, Marks – 50, Practical – 40, Internal Assessment – 10**

**Name of the teacher: Mr. Sushil Kumar Pal**

**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.

**B. Rules and their interpretations and duties of the officials.**

**Name of the teacher: Mrs. Parvin Sultana**

**Badminton**

**A. Fundamental skills**

1. Basic Knowledge: Various parts of the Racket and Grip.

2. Service: Short service, Long service, Long-high service.

**Internal Assessment: 1st Week of December**

**Theory and Practical Examination: as per notification of B.U. (Tentatively in December)**

**Semester V**

**2nd Module (October to December)**

**SEC-3**

 **Indian Games and Racket Sports**

**Credits: Theory-2, Marks – 50, Practical – 40, Internal Assessment – 10**

**Name of the teacher: Mr. Sushil Kumar Pal**

**Kabaddi**

**A. Fundamental skills**

3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense.

4. Game practice with application of Rules and Regulations.

**Name of the teacher: Prof. Sukumar Das**

**Badminton**

**A. Fundamental Skills**

3. Shots: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.

4. Game practice with application of Rules and Regulations.

**Internal Assessment: 1st Week of December**

**Theory and Practical Examination: as per notification of B.U. (Tentatively in December)**

**Semester VI**

**Corse Code- DSE2: PSYCHOLOGY IN PHYSICAL EDUCATION AND SPORTS**

**Credits: Theory-04, Practical-02, Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Mrs. Parvin Sultana**

**Unit-1: Introduction**

1.1. Meaning and definition Psychology.

1.2. Importance and scope of Psychology.

1.3. Meaning and definition Sports Psychology.

1.4. Need for knowledge of Sports Psychology in the field of Physical Education.

**Name of the teacher: Prof. Sukumar Das**

**Unit-2: Learning**

2.1. Meaning and definition of learning.

2.2. Theories of learning and Laws of learning.

2.3. Learning curve: Meaning and Types.

2.4. Transfer of learning- Meaning, definition type and factors affecting transfer of learning.

**2nd Module (April to June)**

**Corse Code- DSE2: Psychology in Physical Education and Sports**

**Credits: Theory-04, Practical-02, Marks – 75, Theory – 40, Internal Assessment – 10, Semester-end-Practical:20, Attendance-05**

**Name of the teacher: Mr. Sushil Kumar Pal**

**Unit-3: Psychological Factors**

3.1 Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports.

3.2 Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports.

3.3 Personality- Meaning, definition and type Personality traits.

3.4 Role of physical activities in the development of personality.

**Name of the teacher: Prof. Sukumar Das**

**Unit-4: Stress and Anxiety**

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.

**Name of the teacher: Prof. Sukumar Das/Mrs. Parvin Sultana**

**FIELD PRACTICAL (Preparation of Record Book is Compulsory)**

1. Assessment of Personality, Stress and Anxiety (any one)

2. Measurement of Reaction Time, Depth Perception and Mirror Drawing (any one).

**Internal Assessment: 4th Week of May**

**Theory and Practical Examination: as per notification of B.U. (Tentatively on June)**

**Semester VI**

**1st Module (January to March)**

**SEC-4**

**Ball Games**

**Credits: Theory-2, Marks – 50, Practical – 40, Internal Assessment – 10**

**Name of the teacher: Prof. Sukumar Das**

**FOOTBALL**

**A. Fundamental Skills**

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.

**B. Rules and their interpretation and duties of officials.**

**Name of the teacher: Mr. Sushil Kumar Pal**

**VOLLEYBALL**

**A. Fundamental skills**

1. Service: Under arm service, Side arm service, Tennis service, Floating service.

2. Pass: Under arm pass, Overhead pass.

3. Spiking and Blocking.

4. Game practice with application of Rules and Regulations.

**B. Rules and their interpretation and duties of officials.**

**Internal Assessment: 4th Week of May**

**Theory and Practical Examination: as per notification of B.U. (Tentatively on June)**

**2nd Module (April to June)**

**SEC-2**

**Gymnastics and Yoga**

**Credits: Theory-2, Marks – 50, Practical – 40, Internal Assessment – 10**

**Name of the teacher: Prof. Sukumar Das**

**FOOTBALL**

**A. Fundamental Skills**

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.**

**Name of the teacher: Mr. Sushil Kumar Pal /Mrs. Parvin Sultana**

**VOLLEYBALL**

**A. Fundamental skills**

3. Spiking and Blocking.

4. Game practice with application of Rules and Regulations.

**B. Rules and their interpretation and duties of officials.**

**Internal Assessment: 4th Week of May**

**Theory and Practical Examination: as per notification of B.U. (Tentatively on June)**