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

**Sarat Centenary College**

**Academic Year (2024-2025)**

**Semester-1**

**Course Title: Foundation and History of Physical Education and Sports Science**

**Course Type: Major (Code: PEDS1011)**

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

UNIT- 1: Concept of Physical Education and Sports Science

UNIT- 2: Historical Development of Physical Education and Sports Science

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

Unit-3: Olympic Movement, Commonwealth and Asian Games

Unit-4: Foundation & Principles of Physical Education and Sports Science

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

**FIELD PRACTICAL**

1. 1. Physical Fitness Test through AAHPERD
2. Preparation of record book of Indian Sports performance: Olympic, Commonwealth and Asian Games

**Semester-1**

**Course Title: Introduction of Physical Education and Sports**

**Course Type: Minor (Code: PEDS1021)**

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

UNIT- 1: Concept of Physical Education and Sports Science

UNIT- 2: Historical Development of Physical Education and Sports Science

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

Unit-3: Olympic Movement, Commonwealth and Asian Games

Unit-4: Foundation & Principles of Physical Education and Sports Science

**SEMESTER- I**

**Course Title: Exercise and Sports for Elementary Students**

**Course Type: Skill Enhancement Course (Code: PEDS1051)**

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

UNIT- 1: Exercise for Elementary Students

UNIT- 2: Recreational Games for Elementary Students

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

Unit-3: Sports for Elementary Students

**Semester-II**

**Course Title: Health and Wellness Education**

**Course Type: Major (Code: PEDS2011)**

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

Unit-1: Health and Health Education

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

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

Unit-3: Diet and Nutrition

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

Unit-4: Physical Fitness and Wellness

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

**FIELD PRACTICAL** 1. Physical Fitness Test through AAHPERD (10 Marks)

1. 2. Measurement of Health-related physical fitness (10 Marks)

**SEMESTER- II**

**Course Title: Health and Life Style Management**

**Course Type: Minor (Code: PEDS2021)**

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

Unit-1: Health and Health Education

Unit-2: Metabolic Disorders and Lifestyle Management

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

Unit-3: Diet and Nutrition

Unit-4: Physical Fitness and Wellness

**SEMESTER- II**

**Course Title: Sports Massage**

**Course Type: Skill Enhancement Course (Code: PEDS2051)**

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

Unit-1: Historical and Scientific Background of Massage (Record Book Preparation)

Unit-2: Techniques of Massage

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

Unit-3: Techniques of Sports Massage

**Semester-III**

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

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

Unit-1: Introduction

Unit-2: Musculo-skeletal System

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

**Unit-3: Circulatory System**

**Unit-4: Respiratory System**

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

**FIELD PRACTICAL**

1. Assessments of BMI and WHR.

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

**Semester-III**

**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**

**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 IV**

**Course Title: Yoga Education**

**Course Type: Major (Code: PEDS4011)**

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

**Unit-1: Introduction to Yoga Education**

**Unit-2: Concept of Astanga Yoga**

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

**Unit-3: Concept of Hatha Yoga**

**Unit-4: Concept of Health and Disease according to Yoga**

**Unit-5: Effect of Yoga**

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

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