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Jogendranath Mondal

ESTD: 1985

## **NAHATA J.N.M.S.MAHAVIDYALAYA**

**North 24 pgs**

### **Course Outcome**

**Department: Physical Education Semester – I Course**

**Code: PEDGCOR01T**

**Course Title: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION**

<b>Course Content (Theoretical)</b>	<b>COURSE OUTCOME</b>
<p><b>Unit- 1:</b> Meaning and definition of Physical Education, Aim and objectives of Physical Education, Modern concept and changing concepts of Physical Education, Importance, Nature and scope of Physical Education.</p>	<p>CO-1- : Students will learn the basic concept of Physical Education and its importance and scope in modern India. <b>(level 2-understanding)</b></p>
<p><b>Unit- 2:</b> Biological, Sociological and Philosophical Foundations of Physical Education Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development, Age- Chronological age, anatomical age, physiological age and mental age. Sociological FoundationMeaning and definition of Sociology, Society and Socialization. Role of games and sports in National and International integration, Introduction of philosophies – naturalism, pragmatism, realism, idealism.</p>	<p>CO-2- Students will gain knowledge about the growth and development Chronological age, anatomical age, physiological age and mental age. <b>(level 2-understanding)</b></p>
<p><b>Unit- 3: History of Physical Education</b></p> <p>Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period, Olympic Movement- Ancient Olympic Games and Modern</p>	<p>CO-3- Students will learn about history of physical education in India and Students will be able to identify the Ancient Olympic</p>

<p>Olympic Games, Brief historical background of Asian Games and Commonwealth Games, Modern and Ancient Historical perspectives: USA, UK, Greece, Rome, and India.</p> <p><b><u>Unit- 4: Yoga Education</u></b></p> <p>Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga, History of Yoga, Astanga Yoga, Hatha Yoga.</p>	<p>Games and Modern Olympic Games.</p> <p><b>(level 2-understanding)</b></p> <p>CO-4- Students will learn the basic concept of the term Yoga, types, aim, objectives and important of Yoga, History of Yoga, Astanga Yoga ,Hatha Yoga. <b>(level 2-understanding)</b></p> <p><b>PART – B [PRACTICAL] MARCHING, CALLISTHENICS, AEROBICS</b></p> <p><b>Subject Code :PEDGCOR01P</b></p> <p>1. Development of physical fitness through Marching</p> <p>2. Calisthenics</p> <p>3. Development of physical fitness and co-ordination through Aerobics.</p>
<p><b>BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create</b></p>	<p>CO-5- Learn how fitness develops through Calisthenics and Marching Drills. <b>(level 2-understanding)</b></p> <p>CO-6- Practically the students will demonstrate the technique of Aerobics. <b>(level 2-understanding)</b></p>

**Course Code: PEDGCOR03T, Course Title: MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS Semester -II**

<p><b>Unit- 1: Introduction</b> Concept and definition of Sports Management, Important of Sports Management, Purpose of Sports Management, Principles of Sports Management.</p> <p><b>Unit- 2: Tournaments</b> Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge), Procedure of drawing fixture (Knock-out, League, Combination), Method of organising Annual Athletic Meet and Play Day, Method of organizing of Intramural and Extramural competition.</p> <p><b>Unit- 3: Facilities and Equipment's</b> Method of calculation of Standard Athletic Track and Field marking, Care and maintenance of Playground and gymnasium, Importance, care and maintenance of sports equipment, Lay- out of Play-Field and Basic Rules: Football, Kabaddi, Kho-Kho, Badminton and Volleyball.</p> <p><b>Unit- 4: Leadership</b> Meaning and definition of leadership, Qualities of good leader in Physical Education, Principles of leadership activities, Hierarchy of Leadership in School, College and University level, Time Table: Meaning, importance and factors affecting Time Table.</p> <p><b>PRACTICAL</b> <b>LAY OUT KNOWLEDGE AND OFFICIATING ABILITY Subject Code:PEDGCOR03P</b> 1. Track and Field events. 2. Games: Football, Kabaddi, Kho-Kho, Badminton and Volleyball (any two).</p>	<p>CO-1- In this semester the students will understand the basic principles of management and sports management. <b>(level 2-understanding)</b></p> <p>CO-2- The students will also learn to manage sports meet such as knock-out, League, Combination, and challenge. <b>(level 2-understanding)</b></p> <p>CO-3- The students will learn method of calculation of Standard Athletic Track and Field marking. <b>(level 2-understanding)</b></p> <p>CO-4- Here students will know the qualities of a good Leader. <b>(level 2-understanding)</b></p> <p>CO-5-Students will demonstrate the techniques of Track and Field events. They learn the method of laying and marking the track and field, rules governing track and field events. To learn basic skill of Football, Kbaddi, Kho-Kho, Badminton and Volleyball. <b>(level 2-understanding)</b></p>
<p><b>BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create</b></p>	

**Course Code: PEDGCOR05T**

**COURSE Title: ANATOMY, PHYSIOLOGY  
AND EXERCISE PHYSIOLOGY**

**Semester: III**

<p><b><u>Unit- 1: Introduction</u></b></p> <p>Meaning and definition of Anatomy, Physiology and Exercise Physiology, Importance of Anatomy, Physiology and Exercise Physiology in Physical Education, Human Cell- Structure and function, Tissue-Types and functions.</p>	<p>CO-1- In this paper the students will understand the basic principles of anatomy, physiology and exercise physiology. <b>(level 2-understanding)</b></p>
<p><b><u>Unit- 2: Musculo-skeletal System</u></b></p> <p>Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female, Muscular System- Type, location, function and structure of muscle, Types of muscular contraction, Effect of exercise on muscular system.</p>	<p>CO-2- In this semester the students will understand the Skeletal System, Muscular System. <b>(level 2-understanding)</b></p>
<p><b><u>Unit- 3: Circulatory and Respiratory System</u></b></p> <p>Blood- Composition and function, Heart- Structure and functions. Mechanism of blood circulation through heart. Blood Pressure, Athletic Heart and Bradycardia, Effect of exercise on circulatory system, Structure and function of Respiratory organs, Mechanism of Respiration, Vital Capacity, O<sub>2</sub> Debt and Second Wind, Effect of exercise on respiratory system.</p>	<p>CO-3- They know the composition of blood and function of heart. <b>(level 2-understanding)</b></p>
<p><b><u>Unit- 4: Nervous and Endocrine System</u></b></p> <p>Meaning of Nervous System, Parts of Nervous System, system-structure of brain, spinal cord, Neuron, reflex action, Reciprocal Innervations. Meaning of Endocrine Gland, Function and Location of pituitary, Thyroid and Adrenal Glands.</p>	<p>CO-4- The students will learn Nervous and Endocrine System. <b>(level 2-understanding)</b></p>

**LABORATORY PRACTICAL**

**Subject Code : PEDGCOR05P**

1. Assessment of, BMI, Heart rate, Blood Pressure, Respiratory Rate, Pick Flow Rate and Vital Capacity.

2. Anthropometric measurement (Length, wide and circumference of bones) , Body fat%.

CO-5- Practically the students will acquire assessment of BMI, Heart rate ,Blood Pressure, Respiratory Rate, Pick Flow Rate and Vital Capacity. **(level 2-understanding)**

CO-6- Also will learn about Anthropometric measurement (Length, wide and circumference of bone) Body fat%. **(level 2-understanding)**

**BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create**

**Course Code: PEDSSEC01M**

**COURSE TITLE: ANATOMY, PHYSIOLOGY  
AND EXERCISE PHYSIOLOGY**

**SEMESTER: III**

**Unit-1 : Track Events**

**Starting Techniques:**

Standing start and Crouch start (its variations) use of Block, Acceleration with proper running techniques, Finishing technique: Run Through, Forward Lunging and Shoulder Shrug, Relay Race: Starting, Baton Holding, Carrying, Baton Exchange in between zone, and Finishing.

CO-1- Practically the students in the track event will know the technique of starting, use of block. **(level 2-understanding)**

**Unit-2 : Field events (any two)**

1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.
2. High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing.
3. Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique).
4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).
5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).

CO-2- Practically the students in the field even will know the long jump, high jump, shot put, discus and javelin throw. **(level 2-understanding)**

**BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create**

**Course Code: PEDGCOR07T**

**Course Title: HEALTH EDUCATION, TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION**

**Semester: IV**

<p><b><u>Unit- 1: Introduction</u></b></p> <p>Concept, definition and dimension of Health, Definition, aim, objectives and principles of Health Education, School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record, Communicable Diseases&amp; Non-communicable Diseases (Malaria, Cholera, Influenza and Chicken Pox, Obesity, Diabetes), Basic Nutrients: - Protein, Carbohydrates, Fat, Vitamins, Minerals and Water, Balance Diet, Athletic Diet, Standard Diet.</p>	<p><b>CO-1-</b> This paper will teach the students how to lead a healthy and hygienic life and basic knowledge of communicable and non-communicable disease.</p>
<p><b><u>Unit- 2: Health and First-aid Management</u></b></p> <p>First aid- Meaning, definition, importance and golden rules of First-aid, Concept of sports injuries Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shock, Burns and Artificial Respiration, Safety Education: Safety at Home, School, College, Play-ground, Streets, Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.</p>	<p><b>CO-2-</b> In this semester the students will understand the basic rules of first aid and various injuries</p>
<p><b><u>Unit- 3: Introduction Test, measurement &amp; Evaluation</u></b></p> <p>Concept of test, measurement &amp; Evaluation, Criteria of good test, Principles of Evaluation, Importance of Test, Measurement and Evaluation in Physical Education and Sports.</p>	<p><b>CO-3-</b> To understand the concept of test, measurement and evaluation.</p>
<p><b><u>Unit- 4: Measurements of Body Compositions and Somatotype Assessment.</u></b></p> <p>Body Mass Index (BMI)- Concept and method of measurement, Body Fat- Concept and method of measurement, Lean Body Mass (LBM)- Concept and method of measurement, Somatotype- Concept and method of measurement.</p>	<p><b>CO-4-</b> The students will measurements body composition (BMI, Body fat and LBM)and somatotype assessment.</p>
<p><b><u>PRACTICAL FITNESS TEST</u></b></p> <p><b><u>Subject Code : PEDGCOR07P</u></b></p> <p><b><u>Unit-1: Fitness Test</u></b></p> <p>1 Kraus-Weber Muscular Strength Test 2 AAHPER Youth Fitness Test 3 Queens College Step Test 4 Harvard Step Test 5 Assessment of% body fat</p>	<p><b>CO-5-</b> The various fitness test those are improve muscular strength and endurance of respiratory system.</p>

<p><b><u>Sports Skill Test</u></b></p> <p>1 4.1 Lockhart and McPherson Badminton Skill Test      2 4.2 Johnson Basketball Test Battery      3 4.3 McDonald Soccer Test      4 4.4 Brady Volleyball Test</p>	<p><b>CO-6-</b> The various skill test those are improve playing ability of badminton , basketball, football and volleyball test.</p>
<p><b>BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create</b></p>	

**Course Code: PEDSSEC02M**

**Course Title: GYMNASTICS AND YOGA**

**Semester: IV**

<p><b><u>Unit-1: GYMNASTICS</u></b></p> <p>1. Compulsory Forward Roll T-Balance Forward Roll with Split leg Backward Roll Cart-Wheel 2. Optional (any two) Dive and Forward Roll Hand Spring Head Spring Neck Spring Hand Stand and Forward Roll Summersault</p>	<p><b>CO-1-</b> To improve capacity of Forward Roll-Balance, Forward Roll with Split leg, Backward Roll, Cart Wheel.</p>
<p><b><u>Unit-2: YOGA</u></b></p> <p><b><u>3. Asanas Standing Position</u></b> (Ardhachandrasana, Brikshasana, Padahastasana) Sitting Position (Ardhakurmasana ,Paschimottanasana , Gomukhasana ) <b><u>Supine Position</u></b> (Setubandhasana , Halasana , Matsyasana) <b><u>Prone Position</u></b> (Bhujangasana, Salvasana ,Dhanurasana) Inverted Position (Sarbangasana ,Shirsasana, Bhagrasana )</p> <p><b><u>4. Pranayama</u></b> (any two) [Kapalbhati, Bhramri, Anulam, Vilom].</p>	<p><b>CO-2-</b> To improve the capacity of Dive and Forward Roll, Hand Spring, Neck Spring, Hand Stand and Forward Roll and Summersault.</p> <p><b>CO-3-</b> To improve the various position of asana example of standing, sitting, supine, prone and inverted position.</p>
<p><b>BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create</b></p>	

**Course Code: PEDGDSE01T**

**Course Title: SPORTS TRAINING & MECHANICS**

**Semester: V**

<p><b><u>Unit- 1: Introduction</u></b></p> <p>Meaning, definition, Aim and characteristics of Sports Training. Principles and Importance of Sports Training, Warming up, cooling down and Conditioning -Meaning, types, methods and principles, Training Methods- Circuit Training, Interval Training, Weight Training, Fartlek Training .</p>	<p><b>CO-1</b> Here students will know about the sports training and basic concept of various training method.</p>
<p><b><u>Unit- 2: Training Techniques</u></b></p> <p>Strength- Means and methods of strength development, Speed- Means and methods of speed development, Endurance- Means and methods of endurance development, Flexibility- Means and methods of flexibility development.</p>	<p><b>CO-2-</b> To understand the training technique (strength, speed, endurance, and flexibility).</p>
<p><b><u>Unit- 3: Training Load and Adaptation</u></b></p> <p>Training Load- Meaning, definition, types and factors of training load, Over Load- Meaning, causes, symptoms and tackling of over load, Adaptation- Meaning and conditions of adaptation, Components of training load, 3.4 Periodization- Meaning, types, aim and contents of different periods.</p>	<p><b>CO-3-</b> To development of training load and adaptation.</p>
<p><b><u>Unit- 4: Mechanical Principles Applied to Sports</u></b></p> <p>Law of Motion, Equilibrium - its type and Law, Centre of Gravity, Force and its types, Lever and its Types.</p>	<p><b>CO-4-</b> They learn to know Mechanical Principles Applied to sports.</p>
<p><b>BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create</b></p>	

**Course Code: PEDGDSE02T**

**Course Title: THERAPEUTIC ASPECT OF PHYSICAL ACTIVITIES AND LIFESTYLE**

**Semester: V**

**Unit- 1: Introduction**

Meaning, definition, Aim and Scope of Therapy. Types of Therapy, Definition and Terms of Physiotherapy- Electrotherapy, Exercise-therapy, Massage-therapy, Ergonomics, Rehabilitation, Vide Resolutions taken at U.G.BOS Meeting, Ph.Ed. WBSU dt. 3.5.2018. and in concurrence with Physical modalities used in Physiotherapy, Exercise Therapy: Corrective, Isotonic, Isometric and Resistance Exercise,

**CO-1-** In this paper the students will understand the Basic concept of therapy.

**Unit-2: Therapeutic Aspects of Physical Activities**

Exercise of chronic diseases: Osteoporosis, Obesity, Hypertension, Diabetes, Cardiovascular diseases, Basic Principal of Rehabilitation- modalities and Relaxation Techniques, Definition of Massage, Aim and Types of Massage, Physiological effects of Massage, Therapeutic uses of Massage, Rules & direction of Massage, Concept of Yoga Therapy, Principles of Yoga Therapy, Qualities of Yoga Therapist, Yoga Therapy For chronic diseases (Obesity, Hypertension and Diabetes).

**CO-2-** The students will learn how to reduce osteoporosis, obesity, hypertension, diabetes and Thermo Therapy.

**Unit-3: Methods of Physiotherapy**

Electro Therapy: meaning, use, principles and Technique and Safety precautions in Electrotherapy, Hydrotherapy: meaning, use, Type, Technique and Safety precautions in Hydrotherapy, Cry Therapy: meaning, use, Type, Physiological effects, Methods of application, and Safety precautions Cry Therapy, Thermo Therapy: meaning, use, Benefits, Methods of application, and Safety precautions Thermo Therapy.

**CO-3-** To acquire knowledge of the Electro Therapy, Hydrotherapy, Cry Therapy, and Thermo Therapy.

**Unit-4: Physical Activities and Lifestyle**

Physical Activities, Health and Wellness- Meaning, definition and Importance of Physical Fitness, Relationship between Physical activities and Wellness, Health and Fitness Active Lifestyle. Health and Performance related Physical Fitness, Physical Activity for different age and Women- Puberty, Adolescent, Post- Adolescent periods, Ageing, Pregnancy, House Wife, Limitation of Female in Athletics, Physical activity for the Disable: Types of Disability, Programme for the disabled.

**CO-4-** To development of Physical Activity and Lifestyle.

**BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create**

**Course Code: PEDGGE01T**

**Course Title: MODERN TRENDS AND PRACTICES IN PHYSICAL EDUCATION EXERCISE SCIENCES.**

**Semester: V**

**Unit- 1: Introduction**

Meaning, definition and importance of physical Education and Sports, Aims, objectives and scope of Physical Education, Types of sports and their utility in physical education, Meaning, definition and importance of Physical fitness and Motor fitness. Difference between physical fitness and motor fitness. Components of Physical fitness.

**Unit- 2: Biological, Psychological and Sociological Foundations of Physical Education**

Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development, Differences of growth and development, Principles of growth and development, Meaning and definition of Psychology. Importance of Psychology in Physical Education, Qualities of good leader in Physical Education, Principles of leadership activities, Sociological FoundationMeaning and definition of Sociology. Social values and their Importance. Socialization through Sports, Role of games and sports in National and International integration.

**Unit- 3: History of Physical Education**

Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period, Ancient Olympic Games, Modern Olympic Games, Asian Games.

**Unit- 4: Exercise Sciences LH - 18**

Meaning, definition and importance Exercise and Exercise Physiology, Effects of short and long term exercise on Muscular systems, Effects of short and long term exercise on Circulatory System, Effects of short and long term exercise on Respiratory System.

**CO-1-** Students will learn the basic concept of Physical Education and its importance and scope in modern India.

**CO-2-** Students will gain knowledge about the growth and development, Chronological age, anatomical age, physiological age and mental age.

**CO-3-** Students will learn about history of physical education in India and students will able to identify the Ancient Olympic games and Modern Olympic games.

**CO-4-** In this paper the students will understand the basic principles of exercise and exercise physiology.

**BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create**

**Course Code: PEDSSEC03M**

**Course Title: INDIAN GAMES AND RACKET SPORTS**

**Semester: V**

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

**Unit-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: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.
4. Game practice with application of Rules and Regulations. 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.

**CO-1-** In this paper the students will understand the fundamental skill if Kabaddi .

**CO-2-** In this paper the students will understand the fundamental skill if Kho-Kho.

**CO-3-** In this paper the students will understand the fundamental skill if Badminton.

**CO-4-** In this paper the students will understand the fundamental skill if Table Tennis.

<p>3. Push and Service: Backhand &amp; Forehand. 4. Chop: Backhand &amp; Forehand. 5. Receive: Push and Chop with both Backhand &amp; Forehand. 6. Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.</p>	
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**BT: Level 1 – Remember, Level 2 – Understand,  
Level 3- Apply, Level 4- Analyze, Level 5-  
Evaluate, Level 6- Create**

**Course Code: PEDGDSE03T**

**Course Title: PSYCHOLOGY IN PHYSICAL EDUCATION AND SPORTS**

**Semester: VI**

<p><b><u>Unit- 1: Introduction</u></b></p> <p>Meaning and definition Psychology, Importance and scope of Psychology, Meaning and definition Sports Psychology, Need for knowledge of Sports Psychology in the field of Physical Education.</p>	<p><b>CO-1-</b> Understand the basic concept of Psychology.</p>
<p><b><u>Unit- 2: Learning</u></b></p> <p>Meaning and definition of learning, Theories of learning and Laws of learning, Learning curve: Meaning and Types, Transfer of learning- Meaning, definition type and factors affecting transfer of learning.</p>	<p><b>CO-2-</b> To understand the various Learning .</p>
<p><b><u>Unit- 3: Psychological Factors</u></b></p> <p>Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports, Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports. Personality- Meaning, definition and type Personality traits, Role of physical activities in the development of personality.</p>	<p><b>CO-3-</b> The students will know about Motivation, Emotion and Personality</p>
<p><b><u>Unit- 4: Stress and Anxiety</u></b></p> <p>Stress- Meaning, definition and types of Stress, Causes of Stress. Effect of Stress on Sports Performance, Anxiety- Meaning, definition and types of Anxiety. . Effect of Anxiety on Sports Performance, Management of Stress and Anxiety through physical activity and sports.</p>	<p><b>CO-4-</b> To acquire general knowledge about stress and Anxiety.</p>
<p><b>BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create</b></p>	

**Course Code: PEDGDSE04T**

**Course Title: PROJECT WORK**

**Semester: VI**

**Unit-1: Record Book:**

Physical Fitness Components, Body composition and Somatotype, Rules of Games and Sports, Non-communicable diseases, First-aid Management

**CO-1:** In this semester the students will understand how to conduct a Record Book.

**Unit-2: Dissertation / Project Report**

The candidate is required to select a topic of his/her choice for the Dissertation and project. The Steps for Dissertation/Project Report that should be followed are given below

1. Analysing the problem or topic.
2. Conducting extensive research.
3. Summarizing findings from the research investigation.
4. Recommending additional research on the topic.
5. Drawing conclusions and making recommendations.
6. Documenting the results of the research.
7. Defending conclusions and recommendations.

THE ORIGINAL AND COPIES OF THE THESIS MUST INCLUDE THE FOLLOWING ITEMS IN THE ORDER LISTED:

1. Title Page.
2. Acknowledgment
3. Abstract
4. Table of Contents.
5. Introduction
6. Review of Related Literature
7. Procedure and methodology
8. Results and findings
9. Discussions, summary and conclusions.

**CO-2:** In this semester the students will understand how to conduct a Dissertation/Project Report.

**BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create**

**Course Code: PEDGGE02T**

**Course Title: HEALTH EDUCATION AND TESTS & MEASUREMENTS IN PHYSICAL EDUCATION**

**Semester: VI**

**Unit- 1: Introduction**

Concept, definition and dimension of Health, Definition, aim, objectives and principles of Health Education, Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO), Nutrition- Nutritional requirements for daily living, Balance Diet, Health disorders due to deficiencies of Vitamins and Minerals.

**CO-1:** To understand the dimension of Health.

**Unit- 2: Health and First-aid Managements**

First aid- Meaning, definition, importance and golden rules of First-aid, Concept of sports injuriesSprain, Strain, Facture and Dislocation, Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot, Hypo-kinetic Diseases and Physical Activities- Obesity and Diabetes.

**CO-2:** To acquire the knowledge of First aid and golden rules of First aid.

**Unit- 3:Mesasurement of Body Compositions and Somatotype Assessmen**

Body Mass Index (BMI)- Concept and method of measurement, Body Fat- Concept and method of measurement, Lean Body Mass (LBM)- Concept and method of measurement, Somatotype- Concept and method of Assessment.

**CO-3:** To learn the basic concept of BMI, Body Fat and LBM.

**Unit- IV: Fitness Test**

Kraus-Weber Muscular Strength Test, AAHPER Youth Fitness Test, Queens College Step Test,

**CO-4:** To understand the various fitness test.

**BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create**

**Course Code: PEDSSEC04M**

**Course Title: BALL GAMES (Any two)**

**Semester: VI**

**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.
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.

**HANDBALL**

**A. Fundamental Skills**

1. Catching, Throwing and Ball control,
2. Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot.
3. Dribbling: High and low.
4. Attack and counter attack, simple counter attack, counter attack from two wings and center.
5. Blocking, Goal Keeping and Defensive skills.
6. Game practice with application of Rules and Regulations.

B. Rules and their interpretation and duties of officials.

**CRICKET**

**A. Fundamental Skills**

1. Batting Skill: Block, Cut, Drive, Hook, Leg Glance, Paddle Sweep, Pull, Sweep
2. Bowling Skill: Seam Bowling, Swing Bowling, Bouncer, In swinger, Leg Cutter, Off Cutter, Reverse.
3. Fielding Skill: B. Rules and their interpretation and duties of officials.

**VOLLEYBALL**

**A. Fundamental skills**

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

**CO-1:** To know the understand the fundamental skill of Football.

**CO-2:** To know the understand the fundamental skill of Handball.

**CO-3:** To know the understand the fundamental skill of Cricket.

**CO-4:** To know the understand the fundamental skill of Volleyball.

<p>Tennis service, Floating service.</p> <p>2. Pass: Under arm pass, Overhead pass.</p> <p>3. Spiking and Blocking.</p> <p>4. Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.</p> <p><b>NETBALL</b></p> <p><b>A. Fundamental skills</b></p> <ol style="list-style-type: none"> <li>1. Catching: one handed, two handed, with feet grounded and in flight.</li> <li>2. Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce).</li> <li>3. Footwork: Landing on one foot, landing on two feet, Pivot, Running pass.</li> <li>4. Shooting: One hand, forward step shot, and backward step shot.</li> <li>5. Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed.</li> <li>6. Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Intercepting: Pass and shot.</li> <li>7. Game practice with application of Rules and Regulations.</li> </ol> <p>B. Rules and their interpretation and duties of officials.</p> <p><b>THROW BALL</b></p> <p>A. Fundamental skills Overhand service, Side arm service, two hand catching, one hand overhead return, side arm return.</p> <p>B. Rules and their interpretations and duties of officials.</p>	<p><b>CO-5:</b> To know the understand the fundamental skill of Netball.</p> <p><b>CO-6:</b> To know the understand the fundamental skill of Throwball.</p>
<p><b>BT: Level 1 – Remember, Level 2 – Understand, Level 3- Apply, Level 4- Analyze, Level 5- Evaluate, Level 6- Create</b></p>	

## **DEPARTMENT OF PHYSICAL EDUCATION**

### **PROGRAMME OUTCOME**

After successfully completing B.A general Physical Education Program, the student will be able to:

- **PO 1:** Understand the disciplinary content knowledge, application of concept of physical education, biological, sociological, and philosophical foundation.
- **PO 2:** All students understood that Olympic Games, Asian games, commonwealth games and yogic practice.
- **PO 3:** Identify and apply of sports management, tournaments, facilities and equipment's and leadership.
- **PO 4:** The theoretical knowledge of track and field events helps the students to learn the various techniques along with the international rules of the events.
- **PO 5:** Anatomy and Physiology are the sports science subjects deal with the structure and functions of the human body.
- **PO 6:** Health and health education is another branch of science that gives knowledge about the personal health and safety education.
- **PO 7:** All students understood that Gymnastics is the mother of all sports. They also learn to use different gymnastic apparatus along with the rules to use them efficiently.
- **PO8.** By learning this subject namely care and maintenance, all the students learn the methods to maintain the play fields, playing kits and playing equipments.
- **PO9.** Another branch of sports science is “Tests and Measurements”. Students understand the meaning and importance of this science.
- **PO10.** The practical classes in track and field events help the students to learn the various techniques of performing competitive track and field events. Students who are able to improve their sports specific performance will continue their practice to improve their competitive performance in their specialized events.