

UNIVERSITY OF NORTH BENBAL

ACCREDITED BY NAAC WITH GRADE "B++"

FYUGP Syllabus for Physical Education and Sports

B.A. Discipline Specific Course

(Three Discipline Specific Multi Disciplinary Course)

W.e.f. 2024-2025

Course Curriculum for B.A. in Physical Education and Sports (DSC)
Under Four Years under Graduate Program (FYUGP)



ENLIGHTMENT TO PERFECTION

B.A. in Physical Education and Sports

UNIVERSITY OF NORTH BENBAL

RAJA RAMMOHANPUR, DARJEELING

WEST BENGAL

PIN-734013

PHYSICAL EDUCATION AND SPORTS

SEMESTER I

PAPER:	DSC
PAPER DESCRIPTION:	INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS
PAPER CODE:	PEDUDSC101
PAPER TYPE:	THEORY AND PRACTICAL
CREDITS:	3 + 1 = 4
CLASS HOURS:	05 HOURS PER WEEK
EXAM DURATION:	2.5 HOURS
MARKS:	80 (THEORY 60 PRACTICAL 20)

Course Outcomes: -

- 1. To understand about introduction of Physical Education and Sports.*
- 2. To understand about Olympic Games.*
- 3. To understand about Relationship between Sociology and Physical Education and Sports.*
- 4. To explain about philosophical thought of Physical Education and Sports.*

THEORY

UNIT-I: Introduction

- 1.1 Meaning, Definition & Scope of Physical Education and Sports.
- 1.2 Aim, Objectives, Need & Importance of Physical Education and Sports.
- 1.3 Misconceptions and Modern concept of Physical Education & Sports.
- 1.4 Career Opportunities of Physical Education & Sports.

UNIT-II: Historical Development

- 2.1 Historical Development of Physical Education and Sports in India - Pre and Post Independence periods
- 2.2 Contribution of Akhadas, Vyayamshalas and National Institutes of Physical Education in India
- 2.3 Historical background and concept of Ancient & Modern Olympic Games, Asian Games, Commonwealth Games and SAF Games and National Sports Scheme
- 2.4 Contribution of Eminent Physical Educationists: H.C. Buck & James Buchanan National Sports Awards- Arjuna Award, Dronacharya Award & Dhyanchand Award

UNIT-III: Sociological and Philosophical Foundations of Physical Education & Sports

- 3.1 Sociological Foundation- Meaning and definition of Sociology, Society and Socialization
- 3.2 Role of games and sports in National and International integration, Ethics of Sports
- 3.3 Culture, Customs and Tradition in Physical Education
- 3.4 Introduction to School of Philosophies- Naturalism, Pragmatism, Realism, Idealism

QUESTION PATTERN:

Sl. No	Questions to be Answered	Out of	Marks of each question	Total Marks
1	4	6	3	12
2	4	6	6	24
3	2	4	12	24

FIELD PRACTICAL

MARKS 20

FORMAL & RYTHEMIC ACTIVITIES

- 1. March Past - Fall In, Attention, stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, Half Right Turn, Half Left Turn, About Turn, Mark Time Mark, Forward March, Salute. **10**
- 2. Calisthenics Activities – With Apparatus (Any 2) & Without Apparatus (Any 2). **10**

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students.

REFERENCE

- 1. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
- 2. Kamlesh, M. L. & Singh, M. K. (2006) Physical Education (Naveen Publications).
- 3. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publication
- 4. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.
- 5. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
- 6. Shaffer, D.R. (2002) Developmental Psychology: Childhood and Adolescence. Thomson, Sydney, Australia
- 7. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
- 8. Singh, A. et al. (2000) Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
- 9. Wuest, D.A. & C.A. Bucher (2006) Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.
- 10. Sharma, N.P.(2009), Sports History, KSK Publisher & Distributors, New Delhi – 110002
- 11. Bhattacharyya, A.K. (2012), Dimensions of Physical Education: Principles, Foundations Interpretations, Classique Books, Kolkata-12

PHYSICAL EDUCATION AND SPORTS

SEMESTER II

PAPER:	DSC
PAPER DESCRIPTION:	Anatomy, Physiology & Exercise Physiology
PAPER CODE:	PEDUDSC202
PAPER TYPE:	THEORY AND PRACTICAL
CREDITS:	3+1=4
CLASS HOURS:	04 HOURS PER WEEK
EXAM DURATION:	2.5 HOURS
MARKS	80 (THEORY 60 PRACTICAL 20)

Course Outcomes: -

- 1. Explain the anatomy, physiology and functions of various Tissues and cell, organization of cellular system.*
- 2. Classify different types of tissue and explain anatomy and physiology of skeletal system and joints*
- 3. Explain the anatomy and Physiology of cardiovascular and respiratory system and its disorders*
- 4. Explain the anatomy and Physiology of digestive, nervous system and its disorders*
- 5. Explain the Anatomy and Physiology of endocrine system and sense organs and its disorders*

THEORY

UNIT-I: Introduction:

- 1.1 Meaning and Definition of Anatomy, Physiology and Exercise Physiology. Need and Importance of Anatomy and Physiology in the field of Physical Education and Sports
- 1.2 Definition, Structure and function of Human Cell
- 1.3 Tissue: Classification structure and function of tissue (Epithelial, Connective, muscular, Nervous)
- 1.4 Basic concept and definition of different organs and systems of human body.

UNIT-II: –Skeletal, Muscular System and Nervous System

- 2.1 Skeletal System: Structure, classification, location and function of Skeletal System, bones and joints
- 2.2 Anatomical and Physiological differences between male and female. Age-Chronological age, Anatomical age, Physiological age and Mental age
- 2.3 Types and function of Muscle, muscle fibre, and Muscle Contraction. Effect of exercise on muscular system

2.4 Nervous System: structure, classification and function of nervous system

UNIT-III: – Circulatory System, Respiratory System and Excretory system

- 3.1 Heart- Location, structure and function of heart. Athletic Heart, Stroke volume, Cardiac output
- 3.2 Blood- Composition, function and Mechanism of blood circulation, Blood Pressure, Effect of exercise on circulatory system
- 3.3 Structure and function of Respiratory system. Mechanism of Respiration. Vital Capacity, O₂ Debt and Second Wind, Effect of exercise on respiratory system
- 3.4 Endocrine System: Location and secretion of Hormones form different glands

QUESTION PATTERN:

Sl. No	Questions to be Answered	Out of	Marks of each question	Total Marks
1.	4	6	3	12
2.	4	6	6	24
3.	2	4	12	24

PRACTICAL

Marks 20

1. **Suryanamaskar** (With Music). **5**
2. **Asanas :** **10**
 - 2.1. **Standing Position:** Ardhashandrasana, Brikshasana, Padahastasana.
 - 2.2. **Sitting Position:** Ardhakurmasana, Paschimottanasana, Gomukhasana.
 - 2.3. **Supine Position:** . Setubandhasana, Halasana, Matsyasana.
 - 2.4 **Prone Position:** Bhujangasana, Salvasana, Dhanurasana.

3. Pranayama

5

- 3.1. Anulam Vilom.
- 3.2. Bhramri
- 3.3 Shitali

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students. Any two yogasana form each position. Any two Pranayama. Each one activity should be selected of his/her choice by the Examinee.

Guideline for Record Book – Content of Record Book- History, (activity with Picture).

REFERENCE:

1. Chaurasia B.D (2020) B D Chaurasias Handbook of General Anatomy, 6 th edition, CBS Publisher.
2. Dr. A. Chandra Sekhar (2014) Handbook of Anatomy & Physiology, All India Publishers & Distributors; 2ndEdition.
3. Elaine Marieb and Suzanne Keller (2017) Essentials of Human Anatomy & Physiology, GlobalEdition,Publisher-Pearson; 12th edition.
4. Fredric H. Martini, Michael J. Timmons Human Anatomy Prentice Hall, New Zealand 2000. 5 Garg K. (2020) Essentials of Anatomy and Physiology for GNM with Clinical

Importance, Publisher -CBSNursing.

5. Janet Parker The Human Body Atlas Om Books Publication Comp. Inc. 2006.
6. Ken Ashwell The Student Anatomy of Exercise Manual Medtec an Imprint of Scientific International Pvt. Ltd., Australia 2012.
7. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
8. Richard L. Drake Grays Anatomy for Students Elsevier Churchill Livingstone Comp. Inc., Philadelphia 2005.
9. Gerard J. Tortora and Bryan H. Derrickson (2017) "Tortora&39;s Principles of Anatomy and Physiology"Publisher : Wiley 15th edition.
10. G.L. Khanna (2016) Exercise Physiology and Nutrition, Friends Publications (India); First edition.

PHYSICAL EDUCATION AND SPORTS

SEMESTER III

PAPER-	DSC
PAPER DESCRIPTION:	MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS
PAPER CODE:	PEDUDSC303
PAPER TYPE:	THEORY AND PRACTICAL
CREDIT:	3+1=4
CLASS HOURS:	04 HOURS PER WEEK
EXAM DURATION:	2.5 HOURS
MARKS	80 (THEORY 60 PRACTICAL 20)

COURSE OUTCOMES-

- 1) Know sports management and employ principles of strategic planning, and financial and human resource management.*
- 2) Assess marketing needs and formulate short term and long term solutions.*
- 3) Develop critical thinking in analysing sport management issues and in managerial planning and decision making.*
- 4) Able to organize recreational camp and activities.*

THEORY

UNIT-I: Introduction

- 1.1 Meaning, Definition, Importance and Scope of Management of Physical Education and Sports
- 1.2 Principles of Sports Management. Functions of Sports Management
- 1.3 Events Management, Management of Store Room, Play Fields & Gymnasium in Physical Education and Sports
- 1.4 Management of Indoor & Outdoor Activities

UNIT-II: Management of Physical Education & Sports Programs and Tournaments

- 2.1 Lay out and calculation of Track and Field
- 2.2 Meaning, Definition, Importance and types of Tournaments and Procedure of Drawing Fixture, merits, and demerits of Knock-out, League, Combination, and challenge Tournaments
- 2.3 Meaning, Aims, Objective and Management of intramural and extramural competitions
- 2.4 Time Table: Meaning, Importance and factors affecting time table

UNIT-III: Financial Management

- 3.1 Financial Management in Physical Education and Sports in School, College, and University
- 3.2 Meaning, Definition, Importance and criteria of good Budget in Physical Education and Sports
- 3.3 Steps for preparing a good budget in Physical Education and Sports
- 3.4 Meaning, Definition & Importance of Leadership. Principles of Leadership Activities & Qualities of a good Leader in Physical Education & Sports

QUESTION PATTERN:

Sl. No	Questions to be Answered	Out of	Marks of each question	Total Marks
1.	4	6	3	12
2.	4	6	6	24
3.	2	4	12	24

FIELD PRACTICAL

Marks 20

1. Track Event

10

- 1.1 Starting techniques: Standing start, Crouch start and its variations (use of starting block) 5
- 1.2 Acceleration with proper running technique – arm action, knee action and stride length. Finishing Techniques: Run Through, Forward lunging, Shoulder Shrug 5

2. Jumping:

5

- 2.1 Long Jump: Approach Run, Take off, Flight in the air, Landing and dispatch from jumping pit. (Hang Style/Hitch kick)
- 2.2 High Jump Techniques: Approach Run, Takeoff, Clearance over the bar and landing (StraddleRoll / Fosbury Flop)

3. Throwing:

5

- 3.1 Putting the shot: Grip, placement, initial stance, throwing stance, release and recovery (Perri O'Brien/Disco Put technique)
- 3.2 Discus technique: Grip, Stance, wind up, Starting the throw, Bringing the turn to the centre of the ring, complete the turn to the centre of the ring, turn to power position, release and recovery. (Rotation in the circle)

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students

For External Examination Purpose Only:

1. Any one Sprinting Event selected of his/her best choice by Examinee with proper fixing the block, demonstrate crouch start technique and proper running action and finish the event with any one finishing technique
2. Any one Jumping event and any one Throwing event should be selected of his/her best choice by Examinee

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Competition, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

REFERENCE

- Nanda, S.M. Sports Management, Friend Publications, New Delhi.
- Paul, A. Sarirshikshay Management, Classic Publishers, Kolkata.
- Bucher, C. A. Administration of Physical Education and Athletic Programme. St. Louis: The C.V. Mosby Co.
- Broyles, F. J. & Robert, H. D. Administration of Sports, Athletic Programme: A Managerial Approach. New York: Prentice Hall Inc
- Pandya, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
- Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication
- Kar, S. & Santra, D.C. (2018): Snatak Sarirshiksha Porichaya (Vol.-1), Santra Publication, Kolkata

PHYSICAL EDUCATION AND SPORTS

SEMESTER IV

PAPER:	DSC
PAPER DESCRIPTION:	HEALTH EDUCATION, FITNESS AND WELLNESS
PAPER CODE:	PEDUDSC404
PAPER TYPE:	THEORY AND PRACTICAL
CREDITS:	3+1=4
CLASS HOURS:	04 HOURS PER WEEK
EXAM DURATION:	2.5 HOURS
MARKS	80 (THEORY 60 PRACTICAL 20)

Course Outcome:

- 1. Student will be able to demonstrate an understanding of one's health issues/ conditions, including prevention approaches, self-care practices and appropriate intervention and treatment when needed.*
- 2. Student will be able to describe Health & Wellness programs and services offered, how to access them, and their value to their well-being.*
- 3. Conduct an assessment of the physical fitness, activity level and lifestyle of the students, to build an individualized exercise program.*
- 4. Provide nutrition counselling and education to individuals, groups and communities through out the lifespan using a variety of communication strategies.*

THEORY

UNIT-I: Health and Health Education

- 1.1 Concept, definition, Dimensions, Determinants and factor affecting of Health
- 1.2 Definition of Health Education, aim, objective and Principles of Health Education
- 1.3 Importance of Health Education in Physical Education and Sports
- 1.4 Recent health problem in India and healthy lifestyle management

UNIT-II: –Diet, Nutrition & Hygiene

- 2.1 Meaning and Definition of Nutrition, Sports Nutrition, importance of nutrition
- 2.2 Basic nutritious Gradients and guidelines. Source and function of Carbohydrates, Protein, Fat, Vitamins, Minerals and Water. Daily calorie intake and expenditure, balance diet and athletic diet
- 2.3 Causes, prevention and control: Hepatitis, Dengue, Thalassemia, Hypertension, Obesity, Diabetes and Covid-19

- 2.4 Meaning of Hygiene, Type of Hygiene. Personal hygiene: care of skin, eye, teeth.
Environmental Hygiene for home and educational Institutions

UNIT-III: – Fitness and Wellness

- 3.1 Meaning, Definition, importance and factors affecting fitness, physical fitness and wellness.
3.2 Components of Physical Fitness and Wellness
3.3 Relationship between Physical activities and Wellness
3.4 Ageing- Physical activities and its importance

QUESTION PATTERN:

Sl. No	Questions to be Answered	Out of	Marks of each question	Total Marks
1.	4	6	3	12
2.	4	6	6	24
3.	2	4	12	24

PRACTICAL

MARKS 20

- | | |
|--|-----------|
| 1. First-Aid: use of triangular bandage, roller bandage, first-aid box | 5 |
| 2. Measurement of BMI, Pulse rate, Blood Pressure, Respiratory rate | 10 |
| 3. Preparation of diet chart according to BMI | 5 |

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students

Guideline for Record Book – Content of Record Book- (Measurement methods and different uses of bandage with Picture)

REFERENCES

1. Park J.E. & Park K. (2002). Textbook of preventive and social medicine. Jabalpur: Banarasi Das Bhanot Publication.
2. K. Tones, Y.K. Robinson's, S. Tilfor (2013). Health Education, Springer.
3. UGC (2005). Textbook of Environmental Studies, University Press.
4. A.C. Pandey (2013). "Ozone" Academic Excellence, New Delhi.
5. L.B. Lave, E.P. Seskin (2013). Air Pollution and Human Health, Ref. Press, New York.
6. P.K. Gupta (2001) Methods in Environmental Analysis, Water, Soil and Air, AGROBIOS (India).
7. WHO (2006) Preventing diseases through healthy environment.

PHYSICAL EDUCATION AND SPORTS

SEMESTER V

PAPER:	DSC
PAPER DESCRIPTION:	TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION & SPORTS
PAPER CODE:	PEDUDSC505
PAPER TYPE:	THEORY AND PRACTICAL
CREDITS:	3+1=4
CLASS HOURS:	04 HOURS PER WEEK
EXAM DURATION:	2.5 HOURS
MARKS	80 (THEORY 60 PRACTICAL 20)

Course Outcomes: -

- 1. Describe assessment and evaluation definitions and related terminologies and discuss their relationship.*
- 2. Indicate and organise the steps of programme development and discuss the role of measurement and evaluation in this process.*
- 3. Illustrate valid and reliable tests that measure various components of physical fitness and sport.*
- 4. Create appropriate assessments for formative and summative evaluation of student/athlete achievement.*
- 5. Demonstrate thorough planning for test administration to ensure collection of valid data in physical education and sport.*

THEORY

UNIT-I: Introduction

- 1.1 Meaning and definition of Test, Measurement and Evaluation
- 1.2 Need and Importance of Test, Measurement and Evaluation in Physical Education and Sports
- 1.3 Classification of Test, Criteria for selecting good test
- 1.4 Principles of Evaluation

UNIT-II: Measurement of Body Composition and Somatotype

- 2.1 Body Mass Index: Concept and method of measurement

- 2.2 Concept of Body Fat Mass and Lean Body Mass: various methods of body fat measurement and Lean Body Mass measurement
- 2.3 Calculate Body Fat percentage and Lean Body Mass with skin fold calliper
- 2.4 Somatotype: Meaning, definition, types and its importance

UNIT-III: Fitness Tests and Sports Skill Test

- 3.1 AAHPERD Youth Physical Fitness Test, JCR test
- 3.2 Kraus Weber Minimum Muscular Fitness Test and Harvard StepTest
- 3.3 Mc Pherson Badminton Skill Test and Johnson Basketball Test
- 3.4 Brady Volleyball Test and Mc Donald Soccer Test

QUESTION PATTERN:

Sl.No	Questions to be Answered	Out of	Marks of each question	Total Marks
1.	4	6	3	12
2.	4	6	6	24
3.	2	4	12	24

FIELD AND LAB PRACTICAL

20

- 1. AAHPERD Youth Physical Fitness Test
- 2. Harvard Step Test
- 3. JCR Test
- 4. Brady Volleyball Test
- 5. Mc Donald Soccer Test

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students

Any four test should be evaluated, Test should be selected of his/her best choice by Examinee

Reference:

- 1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark.
- 2. Barron, H. M., &Mchee, R. (1997).A practical approach to measurement in physical education.Philadelphia: Lea and Febiger.
- 3. Barron, H.M. &Mchee, R. (1997).A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- 4. Philadelphia: Lea and Febiger.
- 5. Kansal, D.K. (1996).Test and measurement in sports and physical education. New Delhi:
- 6. Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B.SoundersCompnay.

7. Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.
8. Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and Sons.
9. Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and selection of sports- a kinanthropometric study*. Patiala: Punjab Publishing House. D.V.S. Publications.

PHYSICAL EDUCATION AND SPORTS

SEMESTER V

PAPER:	DSC
PAPER DESCRIPTION:	SCIENCE OF SPORTS TRAINING
PAPER CODE:	PEDUDSC506
PAPER TYPE:	THEORY AND PRACTICAL
CREDITS:	3+1=4
CLASS HOURS:	04 HOURS PER WEEK
EXAM DURATION:	2.5 HOURS
MARKS	80 (THEORY 60 PRACTICAL 20)

Course Outcomes: -

- *To understand about the Sports Training.*
- *To understand about Warm up, Conditioning and Cooling down.*
- *To understand training load and over load.*
- *To explain the method of strength, speed, Endurance and Flexibility Development.*
- *Classify different types of Periodization.*

THEORY

UNIT-I: Introduction

- 1.1 Sports training: Meaning, Definition, aim and objectives of sports training
- 1.2 Importance and Characteristics of Sports Training
- 1.3 Principles of Sports Training
- 1.4 Warm up and Cooling down- meaning, definition, types and its importance, Conditioning Meaning, Definition and its application in Physical Education and Sports

UNIT-II: Load and Training Load

- 2.1 Concept, definition and types of load and training load.
- 2.2 Load dynamics concept, definition, components and its principles.
- 2.3 Over Load: Meaning, definition, Causes, Symptoms and Tackling of Over Load.
- 2.4 Relation between Load and Recovery, super compensation phase.

UNIT-III: Development of Fitness Components

- 3.1 Strength: Meaning, definition, types and method of Strength development.

- 3.2 Endurance: Meaning, definition, types and method of Endurance development.
- 3.3 Speed: Meaning, definition, types and method of Speed development.
- 3.4 Flexibility: Meaning, definition, types and method of Flexibility development.

QUESTION PATTERN:

Sl. No	Questions to be Answered	Out of	Marks of each question	Total Marks
1.	4	6	3	12
2.	4	6	6	24
3.	2	4	12	24

FIELD PRACTICAL

20

FOOTBALL

1. Dribbling: With Instep, inside and outer instep of the foot
2. Trapping: Trapping rolling the ball and bouncing ball with sole
3. Kicks-Inside kick, Instep kick, outer instep kick and lofted kick
4. Heading: from standing, running and jumping
5. Receiving: Thigh, chest and head
6. Tackling: simple tackling and slide
7. Throw-in skills.

VOLLEYBALL

1. Service: Under arm service, Side arm service, Tennis service, Floating service
2. Pass: Under arm pass, Overhead pass.
3. Spiking: straight arm spike (Approach run, take off, body in the air, contact in the ball and landing)
4. Blocking technique and game practice.
5. Rotation and movement of libero.

NETBALL

A. Fundamental skills

1. Catching: one handed, two handed, with feet grounded and in flight
2. Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce)
3. Footwork: Landing on one foot, landing on two feet, Pivot, Running pass
4. Shooting: One hand forward step shot and backward step shot
5. Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed
6. Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students

For External Examination Purpose Only:

Any two Ball Game should be selected of his/her best choice by Examinee 2X10 = 20 Marks

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Tournament, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

REFERENCES

1. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
2. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
3. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book.
4. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
5. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal.
6. Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
7. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
8. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications.
9. Yograj Thani (2003), Sports Training, Delhi : Sports Publications.

PHYSICAL EDUCATION AND SPORTS

SEMESTER VI

PAPER:	DSC
PAPER DESCRIPTION:	PSYCHOLOGY IN PHYSICAL EDUCATION & SPORTS
PAPER CODE:	PEDUDSC607
PAPER TYPE:	THEORY AND PRACTICAL
CREDITS:	3+1=4
CLASS HOURS:	04 HOURS PER WEEK
EXAM DURATION:	2.5 HOURS
MARKS	80 (THEORY 60 PRACTICAL 20)

Course Outcomes: -

- 1. Understanding the concept of psychology.*
- 2. Describe the concept of personality and motivation and sports performance.*
- 3. Describe the concept of Growth and Development.*

THEORY

UNIT-I: Introduction

- 1.1 Meaning and Definition of Psychology and Sports Psychology.
- 1.2 Need and Importance of Psychology and Sports Psychology in Physical Education and sports.
- 1.3 Growth and Development: meaning, definition, Stages and differences between Growth and Development.
- 1.4 Factors affecting and Principles of Growth and Development.

UNIT-II: Learning

- 2.1 Meaning, definition, types and principles of Learning.
- 2.2 Theories (Trial and Error Learning, Learning by Insight, Classical & Operant Conditioning).
- 2.3 Laws of Learning, Transfer of Learning.
- 2.4 Factors affecting learning, Learning Curve, Plateau.

UNIT-III: Personality and Motivation in Sports:

- 3.1 Personality: Meaning, Definition, Types, Traits and Dimensions of personality.

- 3.2 Role of Physical activities and Sports in the development of Personality.
- 3.3 Motivation: Meaning, Definition and Types of Motivation.
- 3.4 Importance of Motivation in field of Physical Education and Sports.

QUESTION PATTERN:

Sl. No	Questions to be Answered	Out of	Marks of each question	Total Marks
1.	4	6	3	12
2.	4	6	6	24
3.	2	4	12	24

PRACTICAL

Marks 20

INDIGENOUS SPORTS

10

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.

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

RACKET SPORTS

10

BADMINTON

A. Fundamental skills

1. Basic Knowledge of the various parts of 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. Backhand and Forehand shot.
4. Game practice with application of Rules and Regulations.

TABLE TENNIS

A. Fundamental skills

1. Basic Knowledge of 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

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students

For External Examination Purpose Only:

Any one from Indigenous Sports and any one from Racket Sports should be selected of his/her best choice by Examinee (Marks 2x10=20)

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Tournament, Name of famous National and International Players, Major Skill (Fundamentals with Picture).

Reference:

1. Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.
2. Blair, J. & Simpson, R. (1962). *Educational psychology*, New York: McMillan Co. Cratty, B.J. (1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.
3. Kamlesh, M. L. (1998). *Psychology in physical education and sport*. New Delhi: Metropolitan Book Co.
4. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sports and social system*. London: Addison Wesley Publishing Company Inc.
5. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea &Febiger.
6. Mathur, S.S., (1962). *Educational psychology*. Agra. VinodPustakMandir. Skinnner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.

PHYSICAL EDUCATION AND SPORTS

SEMESTER VI

PAPER:	DSC
PAPER DESCRIPTION:	APPLIED KINESIOLOGY AND BIOMECHANICS
PAPER CODE:	PEDUDSC608
PAPER TYPE:	THEORY AND PRACTICAL
CREDITS:	3+1=4
CLASS HOURS:	04 HOURS PER WEEK
EXAM DURATION:	2.5 HOURS
MARKS	80 (THEORY 60 PRACTICAL 20)

Course Outcomes: -

- 1. To understand about the Kinesiology and Movement Education in Sports.*
- 2. To understand about the fundamental movement of human body.*
- 3. To explain various mechanical concept and mechanical principles of sports field.*

THEORY

UNIT-I: - Introduction to Kinesiology and movement education:

- 1.1. Definition, aim and objectives of Kinesiology and Movement education. Importance of Kinesiology and Movement Education in Physical Education and Sports
- 1.2. Fundamental concept: - Centre of gravity, Line of gravity, Axis and Planes. Stability and Equilibrium (Nature, types and Advantages), factors affecting Stability, principle of Stability
- 1.3. Fundamental movements of Human Body
- 1.4. Analysis of fundamental movement: -Walking, Running, Jumping, Throwing

UNIT-II: - Mechanical Concepts:

- 2.1. Force- Meaning, definition, types and its application to sports activities
- 2.2. Lever- Meaning, definition, types and its application to human body
- 2.3. Newton's Laws of Motion- Meaning, definition, and its application to sports activities
- 2.4. Projectile- Meaning, definition, types and its application to sports activities. Factors influencing Projectile Trajectory

UNIT-III: - Kinetics, Kinematics and mechanical principles:

- 3.1. Linear Kinematics- Distance and Displacement, Speed and velocity, Acceleration

- 3.2. Angular kinematics- Angular Distance and Displacement, Angular Speed and velocity, angular Acceleration
- 3.3. Linear Kinetics- Inertia, Mass, Momentum, Friction.
- 3.4 Angular Kinetics- Moment of Inertia, Couple, Stability

QUESTION PATTERN:

Sl. No	Questions to be Answered	Out of	Marks of each question	Total Marks
1.	4	6	3	12
2.	4	6	6	24
3.	2	4	12	24

PRACTICAL

Marks 20

GYMNASTICS

1. Compulsory

10

- 1.1. Forward Roll
- 1.2. T-Balance
- 1.3. Forward Roll with Split leg
- 1.4. Backward Roll
- 1.5. Cart-Wheel

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

2. Optional

10

- 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

PRACTICAL GUIDELINES: Evaluation Process will be made by External Examiner and Record Books to be prepared by the students

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Competition, Name of famous National and International Gymnasts, (activities with Picture).

REFERENCES

- 1. Bartlett,R. (2007). Introduction to sports Biomechanics. Routledge Publishers, USA
- 2. Hay (1993) The Biomechanics of Sports technique. Prentice hall in New Jersey
- 3. Blazevich , A. (2007) Sports Biomechanics. A&C Black Publishers, USA
- 4. McGinnis, P. (2004) Biomechanics of sports & Exercise. Human Kinetics, USA
- 5. Oatis, C.A. (2008) Kinesiology 2nd Edition Lippincott, Williams & Wilkins, USA.