

NORTH BENGAL UNIVERSITY

Syllabus for the three year B.A./B.Sc. General Course in Physical Education.

PART - I Total Marks : 150 Duration : One Year

Paper - I Principles and management of Physical Education	- 50 Marks
Paper - II Anatomy, Physiology and Sports Physiology	- 50 Marks
Paper - III Practical	- 50 Marks

PART - II Total Marks : 150 Duration : One Year

Paper - IV History of Physical Education and Psycho Social Aspects of Sports -	50 Marks
Paper - V Health Education: First Aid & Dietetics	50 Marks
Paper - VI Practical	50 Marks

PART - III Total Marks : 100 Duration : One Year

Paper - VII Sports Training and Therapeutic Aspects of Physical Activities -	50 Marks
Paper - VIII Practical	50 Marks

Note : Duration of examination (Theory) for General Course of One Paper carrying 50 Marks is 2 (two) hours.

PHYSICAL EDUCATION (GENERAL)

Part - I

Paper - I : Principles and Management of Physical Education.

Full Marks 50

Pass Marks -17

Group - A (30 Marks)

- a) Nature and scope of Physical Education and related concept :
(i) Physical Culture (ii) Physical Training (iii) Recreation
(iv) Gymnastics (v) Games (vi) Sports (vii) Play (viii) Yoga.
- b) Sub - disciplines in Physical Education : (i) Sports Psychology
(ii) Sports Medicine (iii) Exercise Physiology (iv) Biomechanics
(v) kinanthropometry (vi) Sports Training.
2. Role of physical education in general education .
3. Aims and objective of physical education :
(i) Physical Development, (ii) Mental Development, (iii) Social Development, (iv) Motor Development Objectives.
4. Growth and Development : Stages, Physical activities during the period of childhood and adolescence.
5. Physical activities for the Aged : exercise and physiology of aging, loss of functional capacity with age . Risk of exercise among the aged.
6. Physical activities for the disabled : Type of disability, Programme for the disabled.

GROUP — B (20 Marks)

1. Organisational structure of games and sports in Schools , Collages and Universities.
2. Types of Tournaments : (i) Knock-out System, (ii) League System and (iii) Combination System.
3. Lay-out of the following games and sports and their basic rules: (i) Kabaddi, (ii) Kho-Kho, (iii) Volleyball, (iv) Football, (v) Badminton, (vi) Handball, (vii) Netball (viii) Basketball.
4. Procedure for purchase of sports equipments and their proper care and, maintenance.
5. Management of track and field Meet.

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Paper - V Health Education, First Aid & Dietetics	50 Marks
Paper - VI Practical	50 Marks

PART - III Total Marks : 100 Duration : One Year

Paper - VII Sports Training and Therapeutic Aspects of Physical Activities -	50 Marks
Paper - VIII Practical	50 Marks

Note : Duration of examination (Theory) for General Course of One Paper carrying 50 Marks is 2 (two) hours.

PHYSICAL EDUCATION (GENERAL)

Part - I

Paper - II : Anatomy, Physiology and Exercise Physiology.
Full Marks -50 , Pass Marks -17

Group -A (30 Marks)

1. Cell — structure and function, Concept of tissue, organ and system.
2. Skeletal System - Type of bones, name of various bones of the body, Types of joints, Postural defects, - Kyphosis, lordosis, Scoliosis, Knock-knee, Flat-foot, Bowleg, -nature, causes and correction.
3. Circulatory System : Heart and its structure, Blood circulation- systemic and pulmonary.
4. Respiratory System — Organ of the system, Mechanism of respiration, Inspiration and Expiration.
5. Nervous system - Parts of the brain and their structure, spinal cord reflex action.
6. Endocrine system - Meaning of endocrine glands, function and location of pituitary, Thyroid and Adrenal glands.

GROUP-B (20 Marks)

1. Muscular System - Various type of muscles, structure of muscles, effect of exercise on muscles, Muscular contraction— Isometric, Isotonic, isokinetic, eccentric, concentric, static, Nerve supply to muscles, motor unit, reciprocal innervation.
2. Effects of exercise on circulatory system, Blood pressure.
3. Effects of exercise in Respiratory system, Vital capacity, Oxygen debt. Cardiovascular endurance.

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PART -I, Total Marks : 150, Duration: One year

PART - II. Total Marks : 150, Duration: One year

Paper- IV	History of Phy. Edu. and Psycho Social Aspects of Sports----	50 Marks
Paper- V	Health Education. First Aid and Dietetics --	50 Marks.
Paper- VI	Practical -----	50 Marks.

PART - III. Total Marks: 100, Duration: One year

Paper - VII	Sports Training and Therapeutic Aspect of Physical activities ----	50 Marks.
Papr- VIII	Practical ----	50 Marks

Note : Duration of Examination (Theory) for general course of one paper carrying 50 Marks is 2 (two) hours.

Physical Education (General) PART - II

Paper - IV * History of Phy.Edu. and Psycho Social Aspects of Sports.

Full - 50.

Pass Marks- 17

Group- "A" (25Marks)

1. Development of Physical Education and sports in India
 - a. Pre-Independence period: Contribution of H.C. Buck and James Buchanan and Establishment of Phy. Edu. Colleges.
 - b. Post-Independence period :
 - (i) Establishment of National College and other Phy. Edu. Collges with special reference to West Bengal and the new trend in professional preparation.
 - (i) Sports Institution in India : Their Objectives and function -- Raj Kumari Amrit Kaur Coaching Scheme, NS-NIS (Netajee subhash National Institute of sports), S.A.I. (Sports Authority of India.)
 - (iii) Roll of Central Advisory Board of Physical Education and Receration.
 - (iv) Composition and Function of All India Council of Sports.
 - (v) Composition and Function of Olympic Association.
2. Olympic Movement :
 - (i) Ancient Olympic Games.
 - (ii) Ideals and Objectives of Olympic Movement
 - (iii) Modern Olympic Games.

Group - "B" (25 Marks):

1. Psycho-Physical Unity of Man.
2. Attention and Interest :

Attention : Definition, Characteristics, Types, Factors, Cause of Inattntion.

Interest : Dfinition, Process of Developing Interest, Rlationship between interest and attention.
3. Instinct and Emotion :

Instinct: Definition, Type of Instinct.

Emotion : Definition, Types, Its implication in sports.

4. Motivation : Definition, Types, Its roll in sports.
5. Personality: Dfinition, Types and Its developmnt through Physical Education and sports.
6. Physical Education as a Socialising force.

Paper - v : *Health Education, First Aid and Dietetics.
 Full Marks : 50 Pass Marks: 17

Group - A (30 Marks)

1. Maning of Health Education.
2. Major area of Health Education.
 - a. Health service- Daily health inspection, Medical inspection and Follow up. health records, Clinic and health centre.
 - b. Halthfull Environment - Healthfull Environment in Educational Institutions, Offices ,Factories, Playground and Auditorium, Environmental hygiene- Lighting, Ventilation, Water supply and Waste Disposal.
3. Environmental Polution : Air, Water,Sound and Soil pollution - Causes and Control.
4. Importance of hygienic living-- Personal hygiene, Care of skin, hair, ear, throat, teeth, eyes, fet, nose, healthy habits.
5. Mental health-- Problems of maladjustment, Minor mental disorders - their causes and precautions.
6. Safety Education- Safety at home, School, College, Playground, Streets.
7. Prevention and control of communicable diseases-- Malaria, Cholera, Commond cold, influenza.
8. First -Aid management-- Sprain, Dislocation. Fracture, Cramps, Shike, Wounds & Bleeding, Snake bite, Drowning, Elecric shoke, Burns and Artificial Respiration.

Group- B (20 Marks)

1. Basic Nutrients - Protein, Carbohydrates, Fats, Vitamins,minerals and Water.
2. Need of nutrients : a) Growth and repair, b) Vitality and fitness, c) Production of calories for energy and warmth.

3. Quality of food - How and when to eat, Diets of different age Groups - Food preferences and source of food.
4. Balance diet and Athletic diet.
5. Malnutrition -- Causes and Effects; Mid-day meal and Milk programmes.
6. Drinks : Tea, Coffee, Alcohol - Adverse effects on health and performance; Drug abuse and tobacco - Adverse effects

Paper - VI : Practical , Full Marks =50, Pass = 20

1. Indian Games ; (5+5 = 10 Marks)

a. Kabaddi (i) Raider's Skill : Cant, Hand touch, Toe-touch, Side kick,Squat leg thrust, Back-kick.

(ii) Anti raider's Skill : Ankle catch, Knee catch, Thigh catch, Waist hold, Hand hold, Bear hug hold.

(iii) Tactics & Strategy : Use of lobby, Crossing the baulk line & bonus line, 2-3-2 chain, 2-2-2- chain etc.

(iv) Game practice.

b. Kho-Kho :

(i) Chaser's Skill : Sit in the square, To give Kho, Let Kho, Early Kho, Judgment Kho, Pole turning, Tapping.

(ii) Runnr's Skill : Single and Double chain, Small and Big Ring, Faking, Monkey Crawl, pole dive, Side dive.

(iii) Tactics & Sratagy.

(iv) Game practice.

2. Major Games (any two, 10+10= 20 Marks) Skill & Knowledge Test.

Football, Volleyball, Basketball, Handball, Netball & Badminton.

3. Yogasana : (10 Marks)

Ustrasana, Dhanurasana, Halasana, Shirasana, Sarbangasana, Mayurasana, Paschimatyasana, Gomukhasana, Matseyndrasana and salvasana.

4. Practical Record Book (10 Marks) : Skill of practical activities to be recorded according to regular practical class.

PART - III.

Paper -VII * Sports Training and Therapeutic Aspects of Physical Activities.
Full Marks = 50 ; Pass Marks = 17

Group - A (30 Marks)

1. Meaning of Sports Training, Conditioning, Warming-up and Cooling down.
2. Components of Physical Fitness : Speed, Strength, Endurance, Agility & Flexibility.
3. Training Methods : Circuit training, Interval training, Fartlek training, Weight training.
4. Normal load, Crest load, Over load, Principles of load
5. Mechanical Principles applied to Sports - Motion, Laws of motion ; Lever and its types, Equilibrium, its types and laws; Centre of Gravity, Force and its types : Centrifugal, Centripetal, Friction and Water Resistance.

Group -- B (20 Marks)

1. Exercise and chronic diseases : Osteoporosis, Obesity, Hypertension, Diabetes, Cardiovascular diseases, Asthma.
2. Exercise Therapy : Corrective, Isotonic, Isometric and Resistance exercise. Yogasana as therapy and Massage Therapy.
3. Basic Principles of Electrotherapy, Hydrotherapy, Cryotherapy, Thermotherapy.
4. Basic Principles of Rehabilitation -- Modalities and Relaxation Techniques.

Paper -VIII. Practical. Full Marks=50., Pass Marks=20

1. Participation in regular fitness programme (to be tested) - 10 Marks. (e.g. AAHPER youth fitness Test, JCR Test, Barro motor Ability Test etc.) Performance of students should be recorded monthly and presented to the External Examiner.
2. Administration of fitness testing procedures : 10 Marks.
 - a) Strength : Medicine ball put, Standing long jump/Vertical jump, Push up/ pull up.

b) Endurance : Muscular- Sit-up, Squat-thrust ; Cardiorespiratory - Cooper Test, Harvard Step Test.

c) Speed : 50 mts Sprint.

3. Officiating : 10 Marks (Including preparation of score sheet, use of hand signals & card system.)

a) Athletics : Running, Jumping, Throwing.

b) Indian Games : Kabaddi, Kho-Kho.

c) Major Games : Football, Volleyball, Badminton, Handball, Netball, Basketball --- any three taking each from (a), (b) & (c) .

4. Specific exercise programming for rehabilitation (* according to body parts) With and without apparatus for regional injuries including yoga therapy - Shoulder, Knees, hip, Trunk, Neck and Ankle injuries
-- 10 Marks.

5. Participation in Social service programme e.g. NCC(B/C certificate), NSS, Scouts & Guides, Bratachari (Nayak) ,Adventure Sports (Rock Climbing, Mountaineering etc. organised by reputed institutions) - any one
-- 5 Marks.
(Certificate issued by the competent authority to be produced at the time of examination.)

5. Visit to inter College, Inter District, State or higher level tournament organised by University, D.S.S.A., D.S.A., any State Association or so on and record book to be maintained in details for the purpose.
Marks
-- 5