

ACADEMIC CALENDAR AND LESSON PLAN FOR THE SESSION 2014 – 2015

PHYSICAL EDUCATION

DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
FIRST TERM JULY TO SEPTEMBER	Badal Kumar Jana	<p>Group - A: Principles and History of Physical Education 1. Meaning and definitions of Physical Education. Aim and objectives of Physical Education: Physical development, Motor development, Mental development and Social development objectives.</p> <p>2. Nature and scope of Physical Education. Traditional concept,</p>	<p>i) Management of Physical Education and Sports 1. Management of Sports and Games in Schools, Colleges and Universities.</p> <p>2. Types Tournaments. Merits and demerits of various tournaments.</p> <p>3. Lay-out of Play-fields and Basic Rules: (a) Kabaddi (b) Kho-Kho (c) Volleyball (d) Badminton (e)</p>	<p>i) Track and Field</p> <p>ii) Gymnastics Track and field: 100 M run, 400 M run, 1500 M run, Putting the Shot, Discus throw, Javelin throw, High jump, Long jump, Triple jump.</p> <p>2. Gymnastics: Forward Roll</p>	<p>i) Group - A: Therapeutic-Aspects of Physical Activity 1. Exercise and Hypokinetic diseases - Osteoporosis, obesity, Hypertension, Diabetes, Cardiovascular diseases.</p> <p>2. Exercise therapy - Corrective, isotonic, isometric, resistance</p>	<p>ii) Game situation 15 Lectures</p>

		<p>Modern concept, Education and Physical Education. Physical Education colleges/University departments in West Bengal.</p> <p>3.History of Physical Education in Sparta and Athen.</p> <p>4.Development of Physical Education and Sports in India: a) Pre-Independence (1856 - 1947), b) Post-Independence.</p> <p>5.Olympic movement: a) Ancient Olympic Games b) Modern Olympic Games.</p> <p>6.Sports Schemes in India.</p> <p>25 Lectures</p>	<p>Football (f) Hockey (g) Cricket (h) Basketball (i) Track and Field events.</p> <p>4.Care and maintenance of Sports equipments. Various types of turfs and Pitch preparation.</p> <p>30 Lectures</p>	<p>& Backward Roll - Cartwheel ,Dive roll/T Balance/Hand Stand/Hand Spring/ Neck Spring/ -</p> <p>25 Lectures</p>	<p>exercises. Yogasanas as a therapy, Massage therapy.</p> <p>3.Basic Principles : Electrotherapy, hydrotherapy, cryotherapy and thermotherapy.</p> <p>4.Basic Principles of Rehabilitation : Modalities and Relaxation techniques.</p> <p>25 Lectures</p>	
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DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
<p>SECOND TERM</p> <p>OCTUBER TO DECEMBER</p>	<p>Badal Kumar Jana</p>	<p>Group - B: Psycho-social Aspects of Physical Education and Sports 7.</p> <p>Psychological and Sociological aspects of Sports.</p> <p>8. Psycho-physical unity of man.</p> <p>9. Heredity and Environment.</p> <p>10. Instinct, Emotion, Attention, Interest and Motivation - Role in Physical Education and Sports.</p> <p>11. Physical Education activities as a socializing force.</p>	<p>ii) Sports Training and Mechanics 5.</p> <p>Sports Training : Meaning, definition, principles. Conditioning, Warming-up and cooling down.</p> <p>6. Physical Fitness : Meaning, definition, components, benefits.</p> <p>Health related physical fitness and performance related physical fitness components.</p> <p>7. Load: Meaning, definition, types, sign and symptoms factors and principles. Over load- its causes and remedies.</p>	<p>iii) Indian Games</p> <p>iv) Major Game 3.</p> <p>Indian Games: Kabaddi, Kho-Kho.</p> <p>4. Major Games: Volleyball, Football, Cricket, Hockey, Basketball, Badminton (Women): Fundamental skills</p> <p>25 Lectures</p>	<p>ii) Group - B: Physical Activity and Lifestyles1.</p> <p>Physical activities, health and wellness-modem concepts.</p> <p>2. Health and fitness-active life style.</p> <p>3. Physical activity and childhood -growth and development.</p> <p>4. Physical activity and women-pre-pubertal, adolescent and post-adolescent periods, pregnancy, Limitations of female in athletics.</p> <p>5. Physical activity for the aged, exercise and physiology of aging,</p>	<p>iii) Officiating of games and spots</p> <p>15 Lectures</p>

		<p>12.Social values of Sports.</p> <p>13.Personality and its development through Physical Education and Sports.</p> <p>25 Lectures</p>	<p>8.Training methods : Circuit, Interval, Fartlek, Cross-country, Weight Training.</p> <p>9.Mechanical Principles Applied to Sports : Motion- Types and Laws of Motion, Anatomical Lever, Equilibrium-its types and factors, Centre of Gravity</p> <p>20 Lectures</p>		<p>Loss of functional capacity with age, risks of exercise among the aged.</p> <p>6.Physical activity for the disabled. Types of disability, programme for the disabled persons.</p> <p>25 Lectures</p>	
DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (B)	PAPER 4 (B)
THIRD TERM JANUARY TO MARCH	Badal Kumar Jana	<p>Group -C: Anatomy & Physiology 1.Skeletal System and Skeletal Deformities - Types of Bones, Names</p>	<p>iii) Group - C: Health Education and First Aid 1. Health: Meaning, Definition, components.</p> <p>2.Major Areas of Health Education</p>	<p>v) Yogic Practice</p> <p>vi) First Aid Practical and Management of Sports Injuries 1.</p>	<p>i)Laboratory Measurements Height, weight, BMI, grip strength, back strength, leg strength; length, width and circumference of</p>	<p>iv)Administ ration of Fitness Testing Procedures Strength</p>

	<p>of various bones of the body, Types of Joints, Posture and Postural defects - Flat foot, Lordosis, Scoliosis, Kyphosis, Bow legs, Knock knees: nature, causes and corrective exercises.</p> <p>2.Circulatory System - Heart and its structure, Mechanism of blood circulation - Systematic and Pulmonary.</p> <p>3.Respiratory System - Organs of the system, Mechanism of respiration, Lung capacity, Vital capacity, Tidal volume, RV, IRV, ERV, FRC, Dead Space.</p> <p>4.Digestive System – Organ and process of digestion.</p>	<p>: (a) Health Service - Daily health inspection, medical inspection and follow up, health records, clinic and health centre. (b) Healthful Environment - Healthful Environment in education institutions, offices, playground, auditorium.</p> <p>3.Environment Hygiene - Lighting, Ventilation, Water supply, Waste disposal.</p> <p>4.Environmental Pollution - Air, Water, Sound, Soil pollution - causes effects and control.</p> <p>5.Mental Health - Problems of maladjustment, minor mental</p>	<p>5. Yogic Practice: Sabasana, Padmasana, Dhanurasana, Halasana, Ardhamatseye ndrasana, Chakrasana, Sabbangasana, Shirsana, Mayurasana, Bakasana, Paschimatyasana, Kapakbhathi, Anulom- vilom.</p> <p>6.First Aid Practical and management of sports injury: Sprain, Dislocation, Fracture,</p>	<p>bones.</p> <p>15 Lectures</p>	<p>: Medicine ball put, Standing broad jump / Vertical jump, Push up/Pull up.</p> <p>6.Endurance: Muscular - Sit-up, Squat-thrust; Cardio-respiratory: Cooper Test and Harvard step test.</p> <p>7.Speed: 50 mt. dash.: (Examinee will write all the administrative of</p>
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	<p>5.Nervous System - Brain: different parts, structure and functions, Spinal cord, Reflex action.</p> <p>6.Endocrine System- Endocrine glands, Functions and Locations of Pituitary, Thyroid and Adrenal Glands. Endocrine functions of Pancreas.</p> <p>Group - D: Dietetics and Hygiene 7.Basic Nutrients- Proteins, Carbohydrates, Fats, Minerals, Vitamins and water.</p> <p>8.Diet - Balance diet, Athletic diet, pre- game meal, during game meal and post-game meal.</p>	<p>disorders - their causes and precautions.</p> <p>6.Safety Education</p> <p>- Safety at home, school, college, playground, streets. Prevention and Control of Communicable Diseases - Malaria, Cholera, Common Cold, Coughs, Influenza.</p> <p>7.First Aid</p> <p>- Sprain, Muscle pull, Dislocation, Fracture, Cramps, Shock, Wounds and bleeding, Snake bites, Drowning, Electric Shock, Burns and Artificial Respiration</p> <p>30 Lecture</p> <p>iv) Group - D: Exercise Physiology Muscular</p>	<p>Wounds, Muscle cramps, Bandage, Artificial respiration</p> <p>50 Lecture</p>	<p>fitness testing procedures in the Practical Note Book with their respective objectives, essential equipment, procedure and scoring.</p> <p>15 Lectures</p>
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		<p>9.Malnutrition- Causes and effects; Mid-day meal and milk programmes.</p> <p>10.Drinks- water, tea, coffee.</p> <p>11.Drug abuse- Alcohol and tobacco - adverse effects on performance and health. General idea of doping.</p> <p>12.Importance of hygienic living- Personal hygiene: Care of skin, hair, ear, throat, teeth eyes, nose feet, etc. Healthy habit</p> <p>50 Lectures</p>	<p>System- Various types of muscles, Structure of muscles, Effects of exercises on muscle, Muscular Contraction - Isometric, Isotonic, Isokinetic Exercises, Motor unit.</p> <p>9.Effect of exercises on Circulatory system, Blood pressure.</p> <p>10Effect of exercises on Respiratory system, Oxygen debt.</p> <p>11.Measurement of Cardiovascular endurance and Muscular endurance.</p> <p>12.Fatigue: Types, causes, sites, signs and symptoms and remedies.</p> <p>20 Lecture</p>			
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ACADEMIC CALENDAR AND LESSON PLAN FOR THE SESSION 2015 – 2016
PHYSICAL EDUCATION

DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
FIRST TERM JULY TO SEPTEMBER	GIRIJA BASU	Group - A: Principles and History of Physical Education 1. Meaning and definitions of Physical Education. Aim and objectives of Physical Education: Physical development, Motor development,	i) Management of Physical Education and Sports 1. Management of Sports and Games in Schools, Colleges and Universities. 2. Types Tournaments. Merits and demerits of various tournaments.	i) Track and Field ii) Gymnastics Track and field: 100 M run, 400 M run, 1500 M run, Putting the Shot, Discus throw, Javelin	i) Group - A: Therapeutic-Aspects of Physical Activity 1. Exercise and Hypokinetic diseases - Osteoporosis, obesity, Hypertension, Diabetes,	ii) Game situation 15 Lectures

		<p>Mental development and Social development objectives.</p> <p>2.Nature and scope of Physical Education. Traditional concept, Modern concept, Education and Physical Education. Physical Education colleges/University departments in West Bengal.</p> <p>3.History of Physical Education in Sparta and Athen.</p> <p>4.Development of Physical Education and Sports in India: a) Pre-Independence (1856 - 1947), b) Post-Independence.</p>	<p>3.Lay-out of Play-fields and Basic Rules:</p> <p>(a)Kabaddi (b) Kho-Kho (c) Volleyball (d)Badminton (e) Football (f) Hockey (g) Cricket (h) Basketball (i) Track and Field events.</p> <p>4.Care and maintenance of Sports equipments. Various types of turfs and Pitch preparation.</p> <p>30 Lectures</p>	<p>throw, High jump, Long jump, Triple jump.</p> <p>2.Gymnastics: Forward Roll & Backward Roll - Cartwheel ,Dive roll/T Balance/Hand Stand/Hand Spring/ Neck Spring/ -</p> <p>25 Lectures</p>	<p>Cardiovascular diseases.</p> <p>2.Exercise therapy - Corrective, isotonic, isometric, resistance exercises. Yogasanas as a therapy, Massage therapy.</p> <p>3.Basic Principles : Electrotherapy, hydrotherapy, cryotherapy and thermotherapy.</p> <p>4.Basic Principles of Rehabilitation : Modalities and Relaxation techniques.</p> <p>25 Lectures</p>	
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		<p>5.Olympic movement: a) Ancient Olympic Games b) Modern Olympic Games.</p> <p>6.Sports Schemes in India.</p> <p>25 Lectures</p>				
DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
<p>SECOND TERM</p> <p>OCTUBER TO DECEMBER</p>	GIRIJA BASU	<p>Group - B: Psycho-social Aspects of Physical Education and Sports 7.</p> <p>Psychological and Sociological aspects of Sports.</p> <p>8.Psycho-physical unity of man.</p> <p>9.Heredity and Environment.</p>	<p>ii) Sports Training and Mechanics 5.</p> <p>Sports Training : Meaning, definition, principles. Conditioning, Warming-up and cooling down.</p> <p>6.Physical Fitness : Meaning, definition, components, benefits.</p>	<p>iii) Indian Games</p> <p>iv) Major Game 3.</p> <p>Indian Games: Kabaddi, Kho-Kho.</p> <p>4.Major Games: Volleyball, Football, Cricket,</p>	<p>ii) Group - B: Physical Activity and Lifestyles1.</p> <p>Physical activities, health and wellness-modem concepts.</p> <p>2.Health and fitness-active life style.</p> <p>3.Physical activity and childhood -growth and development.</p>	<p>iii)Officiatin g of games and spots</p> <p>15 Lectures</p>

		<p>10. Instinct, Emotion, Attention, Interest and Motivation - Role in Physical Education and Sports.</p> <p>11. Physical Education activities as a socializing force.</p> <p>12. Social values of Sports.</p> <p>13. Personality and its development through Physical Education and Sports.</p> <p>25 Lectures</p>	<p>Health related physical fitness and performance related physical fitness components.</p> <p>7. Load: Meaning, definition, types, sign and symptoms factors and principles. Over load- its causes and remedies.</p> <p>8. Training methods : Circuit, Interval, Fartlek, Cross-country, Weight Training.</p> <p>9. Mechanical Principles Applied to Sports : Motion- Types and Laws of Motion, Anatomical Lever, Equilibrium-its types and factors, Centre of Gravity</p> <p>20 Lectures</p>	<p>Hockey, Basketball, Badminton (Women): Fundamental skills</p> <p>25 Lectures</p>	<p>4. Physical activity and women-pre-pubertal, adolescent and post-adolescent periods, pregnancy, Limitations of female in athletics.</p> <p>5. Physical activity for the aged, exercise and physiology of aging, Loss of functional capacity with age, risks of exercise among the aged.</p> <p>6. Physical activity for the disabled. Types of disability, programme for the disabled persons.</p> <p>25 Lectures</p>	
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DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (B)	PAPER 4 (B)
THIRD TERM JANUARY TO MARCH	GIRIJA BASU	<p>Group -C: Anatomy & Physiology 1.Skeletal System and Skeletal Deformities - Types of Bones, Names of various bones of the body, Types of Joints, Posture and Postural defects - Flat foot, Lordosis, Scoliosis, Kyphosis, Bow legs, Knock knees: nature, causes and corrective exercises.</p> <p>2.Circulatory System - Heart and its structure, Mechanism of blood circulation - Systematic and Pulmonary.</p> <p>3.Respiratory System - Organs of the system, Mechanism of</p>	<p>iii) Group - C: Health Education and First Aid 1. Health: Meaning, Definition, components.</p> <p>2.Major Areas of Health Education: (a) Health Service - Daily health inspection, medical inspection and follow up, health records, clinic and health centre.</p> <p>(b) Healthful Environment - Healthful Environment in education institutions, offices, playground, auditorium.</p> <p>3.Environment Hygiene - Lighting, Ventilation, Water supply,</p>	<p>v) Yogic Practice</p> <p>vi) First Aid Practical and Management of Sports Injuries 1.</p> <p>5. Yogic Practice: Sabasana, Padmasana, Dhanurasana, Halasana, Ardhamatseye ndrasana, Chakrasana, Sabbangasana, Shirsana, Mayurasana, Bakasana, Paschimatyasana,</p>	<p>i)Laboratory Measurements Height, weight, BMI, grip strength, back strength, leg strength; length, width and circumference of bones.</p> <p>15 Lectures</p>	<p>iv)Administ ration of Fitness Testing Procedures Strength : Medicine ball put, Standing broad jump / Vertical jump, Push up/Pull up.</p> <p>6. Endurance : Muscular - Sit-up, Squat-thrust;</p>

		<p>respiration, Lung capacity, Vital capacity, Tidal volume, RV, IRV, ERV, FRC, Dead Space.</p> <p>4.Digestive System – Organ and process of digestion.</p> <p>5.Nervous System - Brain: different parts, structure and functions, Spinal cord, Reflex action.</p> <p>6.Endocrine System- Endocrine glands, Functions and Locations of Pituitary, Thyroid and Adrenal Glands. Endocrine functions of Pancreas.</p> <p>Group - D: Dietetics and Hygiene 7.</p> <p>Basic Nutrient- Proteins, Carbohydrates, Fats,</p>	<p>Waste disposal.</p> <p>4.Environmental Pollution</p> <p>- Air, Water, Sound, Soil pollution - causes effects and control.</p> <p>5.Mental Health</p> <p>- Problems of maladjustment, minor mental disorders - their causes and precautions.</p> <p>6.Safety Education</p> <p>- Safety at home, school, college, playground, streets. Prevention and Control of Communicable Diseases - Malaria, Cholera, Common Cold, Coughs, Influenza.</p> <p>7.First Aid</p> <p>- Sprain, Muscle pull, Dislocation, Fracture, Cramps,</p>	<p>Kapakbhathi, Anulom- vilom.</p> <p>6.First Aid Practical and management of sports injury: Sprain, Dislocation, Fracture, Wounds, Muscle cramps, Bandage, Artificial respiration</p> <p>50 Lecture</p>		<p>Cardio-respiratory:</p> <p>Cooper Test and Harvard step test.</p> <p>7.Speed: 50 mt. dash.: (Examinee will write all the administration of fitness testing procedures in the Practical Note Book with their respective objectives, essential equipment, procedure and scoring.</p>
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		<p>Minerals, Vitamins and water.</p> <p>8.Diet - Balance diet, Athletic diet, pre- game meal, during game meal and post-game meal.</p> <p>9.Malnutrition</p> <p>- Causes and effects; Mid-day meal and milk programmes.</p> <p>10.Drinks- water, tea, coffee.</p> <p>11.Drug abuse</p> <p>- Alcohol and tobacco - adverse effects on performance and health. General idea of doping.</p> <p>12.Importance of hygienic living- Personal hygiene: Care of skin,</p>	<p>Shock, Wounds and bleeding, Snake bites, Drowning, Electric</p> <p>Shock, Burns and Artificial Respiration</p> <p>30 Lecture</p> <p>iv) Group - D: Exercise Physiology Muscular System</p> <p>- Various types of muscles, Structure of muscles, Effects of exercises on muscle, Muscular Contraction - Isometric, Isotonic, Isokinetic Exercises, Motor unit.</p> <p>9.Effect of exercises on Circulatory system, Blood pressure.</p> <p>10.Effect of exercises on Respiratory system, Oxygen debt.</p>			15 Lectures
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		hair, ear, throat, teeth eyes, nose feet, etc. Healthy habit 50 Lectures	11.Measurement of Cardiovascular endurance and Muscular endurance. 12.Fatigue: Types, causes, sites, signs and symptoms and remedies. 20 Lecture			
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ACADEMIC CALENDAR AND LESSON PLAN FOR THE SESSION 2016 – 2017
PHYSICAL EDUCATION

DURATION	LECTURERS	FIRST YEAR	SECOND YEAR	THIRD YEAR
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		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
FIRST TERM JULY TO SEPTEMBER	GIRIJA BASU	<p>Group - A: Principles and History of Physical Education 1. Meaning and definitions of Physical Education. Aim and objectives of Physical Education: Physical development, Motor development, Mental development and Social development objectives.</p> <p>2. Nature and scope of Physical Education. Traditional concept, Modern concept, Education and Physical Education. Physical Education colleges/University departments in West Bengal.</p>	<p>i) Management of Physical Education and Sports 1. Management of Sports and Games in Schools, Colleges and Universities.</p> <p>2. Types Tournaments. Merits and demerits of various tournaments.</p> <p>3. Lay-out of Play-fields and Basic Rules: (a) Kabaddi (b) Kho-Kho (c) Volleyball (d) Badminton (e) Football (f) Hockey (g) Cricket (h) Basketball (i) Track and Field events.</p> <p>4. Care and maintenance of Sports equipments. Various types of turfs and Pitch preparation.</p>	<p>i) Track and Field</p> <p>ii) Gymnastics Track and field: 100 M run, 400 M run, 1500 M run, Putting the Shot, Discus throw, Javelin throw, High jump, Long jump, Triple jump.</p> <p>2. Gymnastics: Forward Roll & Backward Roll - Cartwheel, Dive roll/T Balance/Hand Stand/Hand</p>	<p>i) Group - A: Therapeutic-Aspects of Physical Activity 1. Exercise and Hypokinetic diseases - Osteoporosis, obesity, Hypertension, Diabetes, Cardiovascular diseases.</p> <p>2. Exercise therapy - Corrective, isotonic, isometric, resistance exercises. Yogasanas as a therapy, Massage therapy.</p> <p>3. Basic Principles : Electrotherapy, hydrotherapy, cryotherapy and</p>	<p>ii) Game situation 15 Lectures</p>

		<p>3. History of Physical Education in Sparta and Athen.</p> <p>4. Development of Physical Education and Sports in India: a) Pre-Independence (1856 - 1947), b) Post-Independence.</p> <p>5. Olympic movement: a) Ancient Olympic Games b) Modern Olympic Games.</p> <p>6. Sports Schemes in India.</p> <p>25 Lectures</p>	30 Lectures	<p>Spring/ Neck Spring/ -</p> <p>25 Lectures</p>	<p>thermotherapy.</p> <p>4. Basic Principles of Rehabilitation</p> <p>: Modalities and Relaxation techniques.</p> <p>25 Lectures</p>	
DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
		Group - B: Psycho-social Aspects of Physical	ii) Sports Training and Mechanics 5. Sports Training: Meaning,	iii) Indian Games	ii) Group - B: Physical Activity and Lifestyles 1. Physical activities, health and	iii) Officiating of games and sports

<p>SECOND TERM</p> <p>OCTUBER TO DECEMBER</p>	<p>GIRIJA BASU</p>	<p>Education and Sports</p> <p>7.Psychological and Sociological aspects of Sports.</p> <p>8.Psycho-physical unity of man.</p> <p>9.Hereditiy and Environment.</p> <p>10.Instinct, Emotion, Attention, Interest and Motivation - Role in Physical Education and Sports.</p> <p>11.Physical Education activities as a socializing force.</p> <p>12.Social values of Sports.</p> <p>13.Personality and its development through Physical Education and Sports.</p>	<p>definition, principles. Conditioning,</p> <p>Warming-up and cooling down.</p> <p>6.Physical Fitness : Meaning, definition, components, benefits.</p> <p>Health related physical fitness and performance related physical fitness components.</p> <p>7.Load: Meaning, definition, types, sign and symptoms factors and principles. Over load- its causes and remedies.</p> <p>8.Training methods : Circuit, Interval, Fartlek, Cross-country, Weight Training.</p> <p>9.Mechanical Principles Applied to Sports</p>	<p>iv) Major Game 3.</p> <p>Indian Games: Kabaddi, Kho-Kho.</p> <p>4.Major Games: Volleyball, Football, Cricket, Hockey, Basketball, Badminton (Women): Fundamental skills</p> <p>25 Lectures</p>	<p>wellness-modem concepts.</p> <p>2.Health and fitness-active life style.</p> <p>3.Physical activity and childhood -growth and development.</p> <p>4.Physical activity and women-pre-pubertal, adolescent and post-adolescent periods, pregnancy, Limitations of female in athletics.</p> <p>5.Physical activity for the aged, exercise and physiology of aging, Loss of functional capacity with age, risks of exercise among the aged.</p> <p>6.Physical activity for the disabled. Types of disability, programme</p>	<p>15 Lectures</p>
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		25 Lectures	: Motion- Types and Laws of Motion, Anatomical Lever, Equilibrium-its types and factors, Centre of Gravity 20 Lectures		for the disabled persons. 25 Lectures	
DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (B)	PAPER 4 (B)
THIRD TERM JANUARY TO MARCH	GIRIJA BASU	Group -C: Anatomy & Physiology 1.Skeletal System and Skeletal Deformities - Types of Bones, Names of various bones of the body, Types of Joints, Posture and Postural defects - Flat foot, Lordosis, Scoliosis, Kyphosis, Bow legs, Knock knees: nature, causes and corrective exercises.	iii) Group - C: Health Education and First Aid 1. Health: Meaning, Definition, components. 2.Major Areas of Health Education: (a) Health Service - Daily health inspection, medical inspection and follow up, health records, clinic and health centre. (b)Healthful Environment - Healthful Environment in education institutions, offices, playground, auditorium.	v) Yogic Practice vi) First Aid Practical and Management of Sports Injuries 1. 5. Yogic Practice: Sabasana, Padmasana, Dhanurasana, Halasana, Ardhamatseye ndrasana,	i)Laboratory Measurements Height, weight, BMI, grip strength, back strength, leg strength; length, width and circumference of bones. 15 Lectures	iv)Administ ration of Fitness Testing Procedures Strength : Medicine ball put, Standing broad jump / Vertical jump, Push up/Pull up.

	<p>2.Circulatory System - Heart and its structure, Mechanism of blood circulation - Systematic and Pulmonary.</p> <p>3.Respiratory System - Organs of the system, Mechanism of respiration, Lung capacity, Vital capacity, Tidal volume, RV, IRV, ERV, FRC, Dead Space.</p> <p>4.Digestive System – Organ and process of digestion.</p> <p>5.Nervous System - Brain: different parts, structure and functions, Spinal cord, Reflex action.</p> <p>6.Endocrine System- Endocrine glands, Functions and Locations of Pituitary, Thyroid and</p>	<p>3.Environment Hygiene - Lighting, Ventilation, Water supply, Waste disposal.</p> <p>4.Environmental Pollution - Air, Water, Sound, Soil pollution - causes effects and control.</p> <p>5.Mental Health - Problems of maladjustment, minor mental disorders - their causes and precautions.</p> <p>6.Safety Education - Safety at home, school, college, playground, streets. Prevention and Control of Communicable Diseases -</p>	<p>Chakrasana, Sabbangasana, Shirsana, Mayurasana, Bakasana, Paschimatyasana, Kapakbhathi, Anulom- vilom.</p> <p>6.First Aid Practical and management of sports injury: Sprain, Dislocation, Fracture, Wounds, Muscle cramps, Bandage, Artificial respiration</p> <p>50 Lecture</p>	<p>6. Endurance : Muscular - Sit-up, Squat-thrust; Cardio-respiratory: Cooper Test and Harvard step test.</p> <p>7.Speed: 50 mt. dash.: (Examinee will write all the administration of fitness testing procedures in the Practical Note Book with their</p>
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	<p>Adrenal Glands. Endocrine functions of Pancreas.</p> <p>Group - D: Dietetics and Hygiene 7.</p> <p>Basic Nutrients- Proteins, Carbohydrates, Fats, Minerals, Vitamins and water.</p> <p>8.Diet - Balance diet, Athletic diet, pre- game meal, during game meal and post-game meal.</p> <p>9.Malnutrition - Causes and effects; Mid-day meal and milk programmes.</p> <p>10.Drinks- water, tea, coffee.</p>	<p>Malaria, Cholera, Common Cold, Coughs, Influenza.</p> <p>7.First Aid - Sprain, Muscle pull, Dislocation, Fracture, Cramps, Shock, Wounds and bleeding, Snake bites, Drowning, Electric Shock, Burns and Artificial Respiration</p> <p>30 Lecture</p> <p>iv) Group - D: Exercise Physiology Muscular System - Various types of muscles, Structure of muscles, Effects of exercises on muscle, Muscular Contraction - Isometric, Isotonic, Isokinetic Exercises, Motor unit.</p>			<p>respective objectives, essential equipment, procedure and scoring.</p> <p>15 Lectures</p>
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		<p>11. Drug abuse- Alcohol and tobacco - adverse effects on performance and health. General idea of doping.</p> <p>12. Importance of hygienic living- Personal hygiene: Care of skin, hair, ear, throat, teeth eyes, nose feet, etc. Healthy habit</p> <p>50 Lectures</p>	<p>9. Effect of exercises on Circulatory system, Blood pressure.</p> <p>10. Effect of exercises on Respiratory system, Oxygen debt.</p> <p>11. Measurement of Cardiovascular endurance and Muscular endurance.</p> <p>12. Fatigue: Types, causes, sites, signs and symptoms and remedies.</p> <p>20 Lecture</p>			
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ACADEMIC CALENDAR AND LESSON PLAN FOR THE SESSION 2017 – 2018
PHYSICAL EDUCATION

DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
FIRST TERM JULY TO SEPTEMBER	GIRIJA BASU	<p>Group - A: Principles and History of Physical Education 1.</p> <p>Meaning and definitions of Physical Education.</p> <p>Aim and objectives of Physical Education: Physical development, Motor development, Mental development and Social development</p> <p>objectives.</p> <p>2.Nature and scope of Physical Education. Traditional concept,</p>	<p>i)Management of Physical Education and Sports 1.</p> <p>Management of Sports and Games in Schools, Colleges and Universities.</p> <p>2.Types Tournaments. Merits and demerits of various tournaments.</p> <p>3.Lay-out of Play-fields and Basic Rules:</p> <p>(a)Kabaddi (b) Kho-Kho (c) Volleyball (d) Badminton (e)</p>	<p>i) Track and Field</p> <p>ii) Gymnastics</p> <p>Track and field: 100 M run,400 M run, 1500 M run, Putting the Shot, Discus throw, Javelin throw, High jump, Long jump, Triple jump.</p> <p>2.Gymnastics: Forward Roll & Backward Roll -</p>	<p>i) Group - A: Therapeutic-Aspects of Physical Activity1.</p> <p>Exercise and Hypokinetic diseases</p> <p>- Osteoporosis, obesity, Hypertension, Diabetes,Cardiovascular diseases.</p> <p>2.Exercise therapy</p> <p>- Corrective, isotonic, isometric, resistance exercises. Yogasanas as a therapy, Massage therapy.</p> <p>3.Basic Principles</p>	<p>ii)Game situation</p> <p>15 Lectures</p>

		<p>Modern concept, Education and Physical Education. Physical Education colleges/University departments in West Bengal.</p> <p>3. History of Physical Education in Sparta and Athen.</p> <p>4. Development of Physical Education and Sports in India: a) Pre-Independence (1856 - 1947), b) Post-Independence.</p> <p>5. Olympic movement: a) Ancient Olympic Games b) Modern Olympic Games.</p> <p>6. Sports Schemes in India.</p> <p>25 Lectures</p>	<p>Football (f) Hockey (g) Cricket (h) Basketball (i) Track and Field events.</p> <p>4. Care and maintenance of Sports equipments. Various types of turfs and Pitch preparation.</p> <p>30 Lectures</p>	<p>Cartwheel ,Dive roll/T Balance/Hand Stand/Hand Spring/ Neck Spring/ -</p> <p>25 Lectures</p>	<p>: Electrotherapy, hydrotherapy, cryotherapy and thermotherapy.</p> <p>4. Basic Principles of Rehabilitation</p> <p>: Modalities and Relaxation techniques.</p> <p>25 Lectures</p>	
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DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
<p>SECOND TERM</p> <p>OCTUBER TO DECEMBER</p>	GIRIJA BASU	<p>Group - B: Psycho-social Aspects of Physical Education and Sports 7.</p> <p>Psychological and Sociological aspects of Sports.</p> <p>8.Psycho-physical unity of man.</p> <p>9.Heredity and Environment.</p> <p>10.Instinct, Emotion, Attention, Interest and Motivation - Role in Physical Education and Sports.</p> <p>11.Physical Education activities as a socializing force.</p>	<p>ii) Sports Training and Mechanics 5.</p> <p>Sports Training : Meaning, definition, principles. Conditioning, Warming-up and cooling down.</p> <p>6.Physical Fitness : Meaning, definition, components, benefits.</p> <p>Health related physical fitness and performance related physical fitness components.</p> <p>7.Load : Meaning, definition, types, sign and symptoms factors and principles.</p>	<p>iii) Indian Games</p> <p>iv) Major Game 3.</p> <p>Indian Games: Kabaddi, Kho-Kho.</p> <p>4.Major Games: Volleyball, Football, Cricket, Hockey, Basketball,</p> <p>Badminton (Women): Fundamental skills</p> <p>25 Lectures</p>	<p>ii) Group - B: Physical Activity and Lifestyles1.Physical activities, health and wellness-modem concepts.</p> <p>2.Health and fitness-active life style.</p> <p>3.Physical activity and childhood -growth and development.</p> <p>4.Physical activity and women-pre-pubertal, adolescent and post-adolescent periods, pregnancy, Limitations of female in athletics.</p> <p>5.Physical activity for the aged, exercise and physiology of aging,</p> <p>Loss of functional capacity with age,</p>	<p>iii)Officiating of games and spots</p> <p>15 Lectures</p>

		<p>12.Social values of Sports.</p> <p>13.Personality and its development through Physical Education and Sports.</p> <p>25 Lectures</p>	<p>Over load- its causes and remedies.</p> <p>8.Training methods : Circuit, Interval, Fartlek, Cross-country, Weight Training.</p> <p>9.Mechanical Principles Applied to Sports : Motion- Types and Laws of Motion, Anatomical Lever, Equilibrium-its types and factors, Centre of Gravity</p> <p>20 Lectures</p>		<p>risks of exercise among the aged.</p> <p>6.Physical activity for the disabled. Types of disability, programme for the disabled persons.</p> <p>25 Lectures</p>	
DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (B)	PAPER 4 (B)
THIRD TERM		Group -C: Anatomy & Physiology 1.Skeletal System and Skeletal Deformities - Types of Bones, Names	iii) Group - C: Health Education and First Aid 1. Health: Meaning, Definition, components.	v) Yogic Practice vi) First Aid Practical and Management	i)Laboratory Measurements Height, weight, BMI, grip strength,	iv)Administ ration of Fitness Testing

<p>JANUARY TO MARCH</p>	<p>GIRIJA BASU</p>	<p>of various bones of the body, Types of Joints, Posture and Postural defects - Flat foot, Lordosis, Scoliosis, Kyphosis, Bow legs, Knock knees: nature, causes and corrective exercises.</p> <p>2.Circulatory System - Heart and its structure, Mechanism of circulation - Systematic and Pulmonary.</p> <p>3.Respiratory System - Organs of the system, Mechanism of respiration, Lung capacity, Vital capacity, Tidal volume, RV, IRV, ERV, FRC, Dead Space.</p> <p>4.Digestive System – Organ and process of digestion.</p>	<p>2.Major Areas of Health Education: (a) Health Service - Daily health inspection, medical inspection and follow up, health records, clinic and health centre.</p> <p>(b) Healthful Environment - Healthful Environment in education institutions, offices, playground, auditorium.</p> <p>3.Environment Hygiene - Lighting, Ventilation, Water supply, Waste disposal.</p> <p>4.Environmental Pollution - Air, Water, Sound, Soil pollution - causes effects and control.</p> <p>5.Mental Health</p>	<p>of Sports Injuries 1.</p> <p>5.Yogic Practice: Sabasana, Padmasana, Dhanurasana, Halasana, Ardhamatseye ndrasana, Chakrasana, Sabbangasana, Shirsana, Mayurasana, Bakasana, Paschimatyasana, Kapakbhati, Anulom-vilom.</p> <p>6.First Aid Practical and management of sports injury: Sprain,</p>	<p>back strength, leg strength; length, width and circumference of bones.</p> <p>15 Lectures</p>	<p>Procedures Strength : Medicine ball put, Standing broad jump / Vertical jump, Push up/Pull up.</p> <p>6. Endurance : Muscular - Sit-up, Squat-thrust; Cardio-respiratory: Cooper Test and Harvard step test.</p> <p>7. Speed: 50 mt. dash.:</p>
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		<p>5.Nervous System - Brain: different parts, structure and functions, Spinal cord, Reflex action.</p> <p>6.Endocrine System- Endocrine glands, Functions and Locations of Pituitary, Thyroid and Adrenal Glands. Endocrine functions of Pancreas.</p> <p>Group - D: Dietetics and Hygiene 7.Basic Nutrients- Proteins, Carbohydrates, Fats, Minerals, Vitamins and water.</p> <p>8.Diet - Balance diet, Athletic diet, pre- game meal, during game meal and post-game meal.</p>	<p>- Problems of maladjustment, minor mental disorders - their causes and precautions.</p> <p>6.Safety Education</p> <p>- Safety at home, school, college, playground, streets. Prevention and Control of Communicable Diseases - Malaria, Cholera, Common Cold, Coughs, Influenza.</p> <p>7.First Aid- Sprain, Muscle pull, Dislocation, Fracture, Cramps, Shock, Wounds and bleeding, Snake bites, Drowning, Electric Shock, Burns and Artificial Respiration</p> <p>30 Lecture</p> <p>iv) Group - D: Exercise Physiology Muscular</p>	<p>Dislocation, Fracture, Wounds, Muscle cramps, Bandage, Artificial respiration</p> <p>50 Lecture</p>		<p>(Examinee will write all the administrative of fitness testing procedures in the Practical Note Book with their respective objectives, essential equipment, procedure and scoring.</p> <p>15 Lectures</p>
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		<p>9.Malnutrition- Causes and effects; Mid-day meal and milk programmes.</p> <p>10.Drinks- water, tea, coffee.</p> <p>11.Drug abuse- Alcohol and tobacco - adverse effects on performance and health. General idea of doping.</p> <p>12.Importance of hygienic living- Personal hygiene: Care of skin, hair, ear, throat, teeth eyes, nose feet, etc. Healthy habit</p> <p>50 Lectures</p>	<p>System- Various types of muscles, Structure of muscles, Effects of exercises on muscle, Muscular Contraction - Isometric, Isotonic, Isokinetic Exercises, Motor unit.</p> <p>9.Effect of exercises on Circulatory system, Blood pressure.</p> <p>10.Effect of exercises on Respiratory system, Oxygen debt.</p> <p>11.Measurement of Cardiovascular endurance and Muscular endurance.</p> <p>12.Fatigue: Types, causes, sites, signs and symptoms and remedies.</p> <p>20 Lecture</p>			
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ACADEMIC CALENDAR AND LESSON PLAN FOR THE SESSION 2018 – 2019
PHYSICAL EDUCATION

DURATION	LECTURERS	SEM -I	SECOND YEAR		THIRD YEAR	
		Semester - I Core Courses (CC) DSC-1A (CC-1)	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
FIRST TERM JULY TO SEPTEMBER (FOR 3TAIR EXAMINATI ON	GIRIJA BASU	CIT: Foundation and History of Physical Education Credits 04 Unit I: Introduction 1.1. Meaning, definition and scope	i)Management of Physical Education and Sports 1. Management of Sports and Games in Schools, Colleges and Universities. 2.Types Tournaments. Merits and demerits of various tournaments.	i) Track and Field ii) Gymnastics Track and field: 100 M run,400 M run, 1500 M run, Putting the Shot, Discus throw, Javelin throw, High	i) Group - A: Therapeutic-Aspects of Physical Activity1. Exercise and Hypokinetic diseases - Osteoporosis, obesity, Hypertension, Diabetes,	ii)Game situation 15 Lectures

<p>SYSYTEM) & JULY TO DECEMBER (FOR CBCS SYSTEM, SEM -I)</p>		<p>of Physical Education.</p> <p>1.2. Aim and objectives of Physical Education.</p> <p>1.3. Misconception and Modern concept of Physical Education.</p> <p>1.4. Need and Importance of Physical Education in modern society</p> <p>.</p> <p>Unit</p> <p>II: Biological and Sociological Foundations of Physical Education</p> <p>2.1. Bi</p> <p>ological Foundation</p> <p>Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development.</p>	<p>3.Lay-out of Play-fields and Basic Rules: (a) Kabaddi (b) Kho-Kho (c) Volleyball (d) Badminton (e) Football (f) Hockey (g) Cricket (h) Basketball (i) Track and Field events.</p> <p>4.Care and maintenance of Sports equipments. Various types of turfs and Pitch preparation.</p> <p>30 Lectures</p>	<p>jump, Long jump, Triple jump.</p> <p>2.Gymnastics: Forward Roll & Backward Roll - Cartwheel ,Dive roll/T Balance/Hand Stand/Hand Spring/ Neck Spring/ -</p> <p>25 Lectures</p>	<p>Cardiovascular diseases.</p> <p>2.Exercise therapy</p> <p>- Corrective, isotonic, isometric, resistance exercises. Yogasanas as a therapy, Massage therapy. 3.Basic Principles : Electrotherapy, hydrotherapy, cryotherapy and thermotherapy.</p> <p>4.Basic Principles of Rehabilitation : Modalities and Relaxation techniques.</p> <p>25 Lectures</p>	
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		<p>Principles of growth and development.</p> <p>2.2. Age-Chronological age, anatomical age, physiological age and mental age.</p> <p>2.3. Sociological Foundation</p> <p>-Meaning and definition of Sociology, Society,</p> <p>Socialization in Physical Education and Sports, Sports Ethic.</p> <p>2.4. Role of games and sports in National and International integration.</p> <p>Unit-</p> <p>III: History of Physical Education</p> <p>3.1 Historical development of Physical Education and Sports in India-Pre-Independence period and Post-Independence period.</p>				
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		<p>3.2 Olympic Movement- Ancient Olympic Games and Modern Olympic Games.</p> <p>3.3 Brief historical background of Asian Games and Commonwealth Games.</p> <p>3.4 National Sports Awards -Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award</p> <p>.Unit IV: Yoga Education</p> <p>4.1 Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga.</p> <p>4.2 History of Yoga.</p> <p>4.3 Astanga Yoga</p> <p>4.4 Hatha Yoga</p> <p>C1P: Field Practical</p>				
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		<p>1. Marching- fall in attention, stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward Mark</p> <p>2. Learn and demonstrate the technique of Suryanamaskar.</p> <p>3. Development of physical fitness through Callisthenics and Aerobic activities</p> <p>48 Lectures</p>				
DURATION	LECTURERS	-	SECOND YEAR		THIRD YEAR	
		-	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
<p>SECOND TERM</p> <p>OCTUBER</p> <p>TO</p> <p>DECEMBER</p>	GIRIJA BASU	-	<p>ii) Sports Training and Mechanics 5.</p> <p>Sports Training: Meaning, definition, principles. Conditioning,</p> <p>Warming-up and cooling down.</p>	<p>iii) Indian Games</p> <p>iv) Major Game</p> <p>3. Indian Games: Kabaddi, Kho-Kho.</p> <p>4. Major Games: Volleyball,</p>	<p>ii) Group - B: Physical Activity and Lifestyles</p> <p>1. Physical activities, health and wellness-modem concepts.</p> <p>2. Health and fitness-active life style.</p>	<p>iii) Officiating of games and spots</p> <p>15 Lectures</p>

<p>(FOR 3TAIR EXAMINATION SYSTEM)</p>			<p>6.Physical Fitness: Meaning, definition, components, benefits.</p> <p>Health related physical fitness and performance related physical fitness components.</p> <p>7.Load: Meaning, definition, types, sign and symptoms factors and principles. Over load- its causes and remedies.</p> <p>8.Training methods : Circuit, Interval, Fartlek, Cross-country, Weight Training.</p> <p>9.Mechanical Principles Applied to Sports : Motion- Types and Laws of Motion, Anatomical Lever, Equilibrium-its types and</p>	<p>Football, Cricket, Hockey, Basketball,</p> <p>Badminton (Women): Fundamental skills</p> <p>25 Lectures</p>	<p>3.Physical activity and childhood - growth and development.</p> <p>4.Physical activity and women-pre-pubertal, adolescent and post-adolescent periods, pregnancy, Limitations of female in athletics.</p> <p>5.Physical activity for the aged, exercise and physiology of aging, Loss of functional capacity with age, risks of exercise among the aged.</p> <p>6.Physical activity for the disabled. Types of disability, programme for the disabled persons.</p>	
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			factors, Centre of Gravity 20 Lectures		25 Lectures	
DURATION	LECTURERS	SEM II	SECOND YEAR		THIRD YEAR	
		Semester - II Core Courses (CC) DSC-1B (CC-2)	PAPER 2	PAPER 3	PAPER 4 (B)	PAPER 4 (B)
THIRD TERM JANUARY TO MARCH (FOR 3TAIR EXAMINATI ON SYSYTEM) & JANUARY TO JUNE (FOR CBCS	GIRIJA BASU	C2T: Management of Physical Education and Sports Unit-I: Introduction 1.1. Concept and definition of Sports Management. 1.2. Purpose of Sports Management, Importance of Sports Management, 1.3. Principles of Sports Management. 1.4. Sports Manager and his duties. Unit-II: Tournaments	iii) Group - C: Health Education and First Aid 1. Health: Meaning, Definition, components. 2. Major Areas of Health Education: (a) Health Service - Daily health inspection, medical inspection and follow up, health records, clinic and health centre. (b) Healthful Environment - Healthful Environment in education	v) Yogic Practice vi) First Aid Practical and Management of Sports Injuries. Yogic Practice: Sabasana, Padmasana, Dhanurasana, Halasana, Ardhamatseyen drasana, Chakrasana, Sabbangasana, Shirsana,	i) Laboratory Measurements Height, weight, BMI, grip strength, back strength, leg strength; length, width and circumference of bones. 15 Lectures	iv) Administration of Fitness Testing Procedures Strength : Medicine ball put, Standing broad jump / Vertical jump, Push up/Pull up. 6.

<p>SYSTEM, SEM -II)</p>		<p>2.1. Tournaments: Meaning and definition, and types of tournaments (Knock-out, League, Combination, Challenge).</p> <p>2.2. Procedure of drawing fixture.</p> <p>2.3. Method of Organizing, Annual Athletic Meet and Play Day.</p> <p>2.4. Method of organizing of Intramural and Extramural competition.</p> <p>Unit-III: Facilities and Equipment</p> <p>3.1 Method of calculation of Standard Athletic Track marking.</p> <p>3.2 Care and maintenance of play ground and gymnasium.</p> <p>3.3 Importance, care and maintenance of</p>	<p>institutions, offices, playground, auditorium.</p> <p>3.Environment Hygiene</p> <p>- Lighting, Ventilation, Water supply,</p> <p>Waste disposal.</p> <p>4.Environmental Pollution</p> <p>- Air, Water, Sound, Soil pollution -</p> <p>causes effects and control.</p> <p>5.Mental Health</p> <p>- Problems of maladjustment, minor mental disorders - their causes and precautions.</p> <p>6.Safety Education</p> <p>- Safety at home, school, college, playground, streets. Prevention and Control of Communicable Diseases - Malaria,</p>	<p>Mayurasana, Bakasana, Paschimatyasana, Kapakbhata, Anulom-vilom.</p> <p>6.First Aid Practical and management of sports injury: Sprain, Dislocation, Fracture, Wounds, Muscle cramps, Bandage, Artificial respiration</p> <p>50 Lecture</p>		<p>Endurance : Muscular - Sit-up, Squat-thrust; Cardio-respiratory: Cooper Test and Harvard step test.</p> <p>7. Speed: 50 mt. dash.: (Examinee will write all the administration of fitness testing procedures in the Practical Note Book with their</p>
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	<p>sports equipment</p> <p>.</p> <p>3.4 Time Table: Meaning, importance and factors affecting school Physical Education Time Table.</p> <p>Unit-IV: Leadership</p> <p>4.1 Meaning and definition of leadership.</p> <p>4.2 Qualities of good leader in Physical Education.</p> <p>4.3 Types of Leadership.</p> <p>4.4 Principles of leadership activities</p> <p>DSC1BP: Practical</p> <p>1 Lay out knowledge and Officiating ability</p> <p>Of Track and field events</p>	<p>Cholera, Common Cold, Coughs, Influenza.</p> <p>7. First Aid- Sprain, Muscle pull, Dislocation, Fracture, Cramps,</p> <p>Shock, Wounds and bleeding, Snake bites, Drowning, Electric</p> <p>Shock, Burns and Artificial Respiration</p> <p>30 Lecture</p> <p>iv) Group - D: Exercise Physiology Muscular System- Various types of muscles, Structure of muscles, Effects of exercises on muscle, Muscular Contraction -</p> <p>Isometric, Isotonic, Isokinetic Exercises, Motor unit.</p> <p>9. Effect of exercises on Circulatory system, Blood pressure.</p>			<p>respective objectives, essential equipment, procedure and scoring.</p> <p>15 Lectures</p>
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		<p>2.Lay out knowledge and Officiating ability of</p> <p>Games: Football, Kabaddi, Kho-Kho, Volleyball, Hand Ball, Net Ball, Throw Ball, Badminton and Table Tennis.</p> <p>3.Gymnastic and Yoga Scoring</p> <p>48 Lectures</p>	<p>10.Effect of exercises on Respiratory system, Oxygen debt.</p> <p>11.Measurement of Cardiovascular endurance and Muscular endurance.</p> <p>12.Fatigue: Types, causes, sites, signs and symptoms and remedies.</p> <p>20 Lecture</p>			
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