ACADEMIC CALENDAR AND LESSON PLAN FOR THE SESSION 2014 – 2015 PHYSICAL EDUCATION

DURATION	LECTURERS	FIRST YEAR	SECOND YEA	AR .	THIRD YEA	R
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
FIRST TERM JULY TO SEPTEMBER	Badal Kumar Jana	Group - A: Principles and History of Physical Education 1. Meaning and definitions of Physical Education. Aim and objectives of Physical Education: Physical Education: Physical development, Motor development, Mental development and Social development objectives. 2. Nature and scope of Physical Education. Traditional concept,	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. 3.Lay-out of Play-fields and Basic Rules: (a)Kabaddi (b) Kho-Kho (c) Volleyball (d) Badminton (e)	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 jump, Long jump, Triple jump. 2.Gymnastics: Forward Roll	i) Group - A: Therapeutic-Aspects of Physical Activity1. Exercise and Hypokinetic diseases - Osteoporosis, obesity, Hypertension, Diabetes, Cardiovascular diseases. 2.Exercise therapy - Corrective, isotonic, isometric, resistance	ii)Game situation 15 Lectures

T		E 4 11 (6 II 1 /)	0 D 1 1	
	Modern concept,	Football (f) Hockey (g)	& Backward	exercises. Yogasanas
	Education and Physical	Cricket (h) Basketball (i)	Roll -	as a therapy, Massage
	Education. Physical	Track and	Cartwheel	therapy.
		F: -1.1		2 Designation
	Education	Field events.	,Dive roll/T	3.Basic Principles
	colleges/University	4.Care and maintenance	Balance/Hand	: Electrotherapy,
	departments in West	of Sports equipments.	Stand/Hand	hydrotherapy,
	Bengal.	Various types of turfs	Spring/ Neck	cryotherapy and
		various types of turis		cryotherapy and
	3. History of Physical	and Pitch preparation.	Spring/ -	thermotherapy.
	Education in Sparta and			
	Athen.			4.Basic Principles of
			25 Lectures	Rehabilitation
	4.Development of	30 Lectures		
	Physical Education and			: Modalities and
	Sports in India: a) Pre-			Relaxation
	<u> </u>			41
	Independence (1856 -			techniques.
	1947), b) Post-			
	Independence.			
	i i			25 Lectures
	5.Olympic movement:			
	a) Ancient Olympic			
	Games b) Modern			
	Olympic Games.			
	6.Sports Schemes in			
	India.			
	25 Lectures			

DURATION	LECTURERS	FIRST YEAR	SECOND YEA	AR	THIRD YEAI	R
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
SECOND TERM OCTUBER TO DECEMBER	Badal Kumar Jana	Group - B: Psychosocial Aspects of Physical Education and Sports 7. Psychological and Sociological aspects of Sports. 8.Psycho-physical unity of man. 9.Heredity and Environment. 10.Instinct, Emotion, Attention, Interest and Motivation - Role in Physical Education and Sports. 11.Physical Education activities as a socializing force.	ii) Sports Training and Mechanics 5. Sports Training: : Meaning, definition, principles. Conditioning, Warming-up and cooling down. 6.Physical Fitness: : Meaning, definition, components, benefits. Health related physical fitness and performance related physical fitness components. 7.Load: Meaning, definition, types, sign and symptoms factors and principles. Over load- its causes and remedies.	iii) Indian Games iv) Major Game 3. Indian Games: Kabaddi, Kho- Kho. 4.Major Games: Volleyball, Football, Cricket, Hockey, Basketball, Badminton (Women): Fundamental skills 25 Lectures	ii) Group - B: Physical Activity and Lifestyles1. Physical activities, health and wellness- modem concepts. 2.Health and fitness- active life style. 3.Physical activity and childhood -growth and development. 4.Physical activity and women-pre-pubertal, adolescent and post- adolescent periods, pregnancy, Limitations of female in athletics. 5.Physical activity for the aged, exercise and physiology of aging,	iii)Officiatin g of games and spots 15 Lectures

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

of various bones of the	: (a) Health Service -	5.	bones.	: Medicine
body, Types of Joints,	Daily health inspection,			ball put,
Posture and Postural	medical inspection	Yogic	15 Lectures	Standing
	_	Practice:		broad jump
defects - Flat foot,	and follow up, health	Sabasana,		/ Vertical
Lordosis, Scoliosis,	records, clinic and health	Padmasana,		jump,
Kyphosis, Bow legs,	centre. (b) Healthful	Dhanurasana,		
Knock	Environment - Healthful	Halasana,		Push
knees: nature, causes	Environment in education	Ardhamatseye		up/Pull up.
and corrective exercises.	institutions, offices,	ndrasana,		6.Enduranc
	playground, auditorium.	Chakrasana,		e: Muscular
2.Circulatory System -		Sabbangasana,		- Sit-up,
Heart and its structure,	3.Environment Hygiene	Shirsana,		Squat-
Mechanism of blood	- Lighting, Ventilation,			thrust;
circulation - Systematic	Water supply,	Mayurasana,		Cardio-
*	water suppry,	Bakasana,		respiratory:
and Pulmonary.	Waste disposal.	Paschimatyasa		
3.Respiratory System -	1	na,		Cooper
Organs of the system,	4.Environmental Pollution	Kapakbhati,		Test and
Mechanism of		Anulom-		Harvard
	- Air, Water, Sound, Soil	.,		step test.
respiration, Lung	pollution -	vilom.		
capacity, Vital capacity,	causes effects and control.	6.First Aid		7.Speed: 50
Tidal volume, RV, IRV,	causes effects and control.	Practical and		mt. dash.:
	5.Mental Health	management		(Examinee
ERV, FRC, Dead Space.		of sports		will write
4 Discotive System	- Problems of	injury: Sprain,		all the
4. Digestive System –	maladjustment, minor	nijury. Sprain,		administrati
Organ and process of	mental	Dislocation,		on of
digestion.		Fracture,		
		Fracture,		

5.Nervous System	- disorders - their causes Wou	nds, fitness
Brain: different pa	rts, and precautions. Musc	ele testing
structure and funct	6 Cofety Education	· -
Spinal aged Defley	6.Safety Education Band	
Spinal cord, Reflex action.	- Safety at home, school, Artif	Practical
action.	college, playground, respi	Note Book
6.Endocrine System	m-	cture with their
Endocrine glands,	streets. Prevention and	respective
Functions and Loc		objectives,
of Pituitary, Thyro	oid and Diseases -	essential
Adrenal Glands.	Malaria, Cholera,	equipment,
Endocrine function	ns of Common Cold, Coughs,	procedure
Pancreas.	Influenza.	and
	ar:	scoring.
Group - D: Di		15
and Hygiene 7.Bas	- Spram, Muscle pun,	Lectures
Nutrients- Proteins	S, Dislocation, Fracture,	Lectures
Carbohydrates, Fa	ts, Cramps,	
Minerals,		
Vitamins and wate	Shock, Wounds and	
vitaninis and water	orceams, blace orces,	
8.Diet - Balance di	et, Drowning, Electric	
Athletic diet, pre-	game Shock, Burns and	
meal, during game	Artificial Respiration	
meal and post-gan	ne 30 Lecture	
meal.	iv) Group - D: Exercise	
	Physiology Muscular	

9.Malnutrition- Causes	System- Various types of		
and effects; Mid-day	muscles, Structure of		
meal and milk	muscles, Effects of		
programmes.	exercises on muscle,		
	Muscular Contraction -		
10.Drinks- water, tea,	Isamatria Isatonia		
coffee.	Isometric, Isotonic,		
44.5	Isokinetic Exercises,		
11.Drug abuse- Alcohol	Motor unit.		
and tobacco - adverse effects on performance and health. General idea of doping.	9.Effect of exercises on Circulatory system, Blood pressure.		
12.Importance of hygienic living- Personal hygiene: Care of skin,	10Effect of exercises on Respiratory system, Oxygen debt.		
	11.Measurement of		
hair, ear, throat, teeth	Cardiovascular endurance		
eyes, nose feet, etc.	and Muscular endurance.		
Healthy habit	12 Estima Trass source		
501	12. Fatigue: Types, causes,		
50 Lectures	sites, signs and symptoms		
	and remedies.		
	20 Lecture		

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 Activity1. Exercise and Hypokinetic diseases - Osteoporosis, obesity, Hypertension, Diabetes,	ii)Game situation 15 Lectures

Mental development	3.Lay-out of Play-fields	throw, High	Cardiovascular
and Social development	and Basic Rules:	jump, Long	diseases.
objectives. 2.Nature and scope of Physical Education. Traditional concept, Modern concept, Education and Physical Education. Physical Education	(a)Kabaddi (b) Kho-Kho (c) Volleyball (d)Badminton (e) Football (f) Hockey (g) Cricket (h) Basketball (i) Track and Field events. 4.Care and maintenance of Sports equipments. Various types of turfs	jump, Triple jump. 2.Gymnastics: Forward Roll & Backward Roll - Cartwheel ,Dive roll/T Balance/Hand Stand/Hand	2.Exercise therapy - Corrective, isotonic, isometric, resistance exercises. Yogasanas as a therapy, Massage therapy. 3.Basic Principles : Electrotherapy,
colleges/University departments in West Bengal.	and Pitch preparation.	Spring/ Neck Spring/ -	hydrotherapy, cryotherapy and thermotherapy.
3.History of Physical Education in Sparta and Athen.4.Development of Physical Education and Sports in India: a) Pre-	30 Lectures	25 Lectures	4.Basic Principles of Rehabilitation : Modalities and Relaxation techniques.
Independence (1856 - 1947), b) Post- Independence.			25 Lectures

		5.Olympic movement: a) Ancient Olympic Games b) Modern Olympic Games. 6.Sports Schemes in India. 25 Lectures				
DURATION	LECTURERS	FIRST YEAR	SECOND YEA	AR .	THIRD YEAI	R
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
SECOND TERM OCTUBER TO DECEMBER	GIRIJA BASU	Group - B: Psychosocial Aspects of Physical Education and Sports 7. Psychological and Sociological aspects of Sports. 8.Psycho-physical unity of man. 9.Heredity and Environment.	ii) Sports Training and Mechanics 5. Sports Training : Meaning, definition, principles. Conditioning, Warming-up and cooling down. 6.Physical Fitness : Meaning, definition, components, benefits.	iii) Indian Games iv) Major Game 3. Indian Games: Kabaddi, Kho- Kho. 4.Major Games: Volleyball, Football, Cricket,	ii) Group - B: Physical Activity and Lifestyles 1. Physical activities, health and wellness- modem concepts. 2.Health and fitness- active life style. 3.Physical activity and childhood -growth and development.	iii)Officiatin g of games and spots 15 Lectures

10.Instinct, Emotion,	Health related physical	Hockey,	4.Physical activity and
Attention, Interest and	fitness and performance	Basketball,	women-pre-pubertal,
Motivation - Role in	related physical	ŕ	adolescent and post-
		Badminton	
Physical Education and	fitness components.	(Women):	adolescent periods,
Sports.	71 1 Marria	Fundamental	pregnancy, Limitations
11 Dhaming Librardian	7.Load: Meaning,	skills	of female in athletics.
11.Physical Education	definition, types, sign and	25 Lootuuse	5 Dhawing Lastinitas for
activities as a	symptoms factors and	25 Lectures	5.Physical activity for
socializing force.	principles. Over load- its		the aged, exercise and
12.Social values of	causes and remedies.		physiology of aging,
Sports.	THE STATE OF THE S		Loss of functional
~ F	8.Training methods		capacity with age,
13.Personality and its			risks of exercise
development through	: Circuit, Interval, Fartlek,		among the
Physical Education and	Cross-country,		
Sports.	Weight Training.		aged.
	OM 1 ' 1D' ' 1		6.Physical activity for
	9.Mechanical Principles		the disabled. Types of
251	Applied to Sports		disability, programme
25 Lectures	: Motion- Types and		
	J. Francisco		for the disabled
	Laws of Motion,		persons.
	Anatomical Lever,		25.1
	Equilibrium-its types and		25 Lectures
	factors, Centre of Gravity		
	20 Lectures		

DURATION	LECTURERS	FIRST YEAR	SECOND YEA	AR .	THIRD YEAI	₹
		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. 2.Circulatory System - Heart and its structure, Mechanism of blood circulation - Systematic and Pulmonary. 3.Respiratory System - Organs of the system, Mechanism of	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. 3.Environment Hygiene - Lighting, Ventilation, Water supply,	v) Yogic Practice vi) First Aid Practical and Management of Sports Injuries 1. 5.Yogic Practice: Sabasana, Padmasana, Dhanurasana, Halasana, Ardhamatseye ndrasana, Chakrasana, Sabbangasana, Shirsana, Mayurasana, Bakasana, Paschimatyasa na,	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. 6. Endurance : Muscular - Sit-up, Squat-thrust;

respiration, Lung	Waste disposal.	Kapakbhati,	Cardio-
capacity, Vital capacity, Tidal volume, RV, IRV,	4.Environmental Pollution	Anulom-	respiratory:
capacity, Vital capacity, Tidal volume, RV, IRV, ERV, FRC, Dead Space. 4.Digestive System – Organ and process of digestion. 5.Nervous System - Brain: different parts, structure and functions, Spinal cord, Reflex action. 6.Endocrine System- Endocrine glands, Functions and Locations of Pituitary, Thyroid and Adrenal Glands. Endocrine functions of Pancreas.	4.Environmental Pollution - Air, Water, Sound, Soil pollution - causes effects and control. 5.Mental Health - Problems of maladjustment, minor mental disorders - their causes and precautions. 6.Safety Education - Safety at home, school, college, playground, streets. Prevention and Control of Communicable Diseases - Malaria, Cholera, Common Cold, Coughs, Influenza.		respiratory: Cooper Test and Harvard step test. 7.Speed: 50 mt. dash.: (Examinee will write all the administrati on of fitness testing procedures in the Practical Note Book with their respective
Group - D: Dietetics and Hygiene 7.	7.First Aid		objectives, essential
Basic Nutrient- Proteins, Carbohydrates, Fats,	- Sprain, Muscle pull, Dislocation, Fracture, Cramps,		equipment, procedure and scoring.

Minerals, Vitamins and	Shock, Wounds and		
water.	bleeding, Snake bites,		Lect
	Drowning, Electric		
8.Diet - Balance diet,	Cl1- D 1		
Athletic diet, pre- game	Shock, Burns and		
meal, during game	Artificial Respiration		
meal and post-game	30 Lecture		
meal.			
ilicai.	iv) Group - D: Exercise		
9.Malnutrition	Physiology Muscular		
	System		
- Causes and effects;	- Various types of		
Mid-day meal and milk	muscles, Structure of		
nrogrammos	museres, survivino er		
programmes.	muscles, Effects of		
10.Drinks- water, tea,	exercises on muscle,		
coffee.	Muscular Contraction -		
	Isometric, Isotonic,		
11.Drug abuse	Isokinetic Exercises,		
- Alcohol and tobacco -	Motor unit.		
adverse effects on	TIZOTOT WITH		
auverse effects off	9.Effect of exercises on		
performance and	Circulatory system, Blood		
health. General idea of	pressure.		
doping.	10 Effect of coursisses su		
120.	10.Effect of exercises on		
12.Importance of	Respiratory system,		
hygienic living- Personal	Oxygen debt.		
hygiene: Care of skin,			

hair, ear, throat, teeth	11.Measurement of		
eyes, nose feet, etc.	Cardiovascular endurance		
Healthy habit	and Muscular		
50 Lectures	endurance.		
	12.Fatigue: Types, causes,		
	sites, signs and symptoms		
	and remedies.		
	20 Lecture		

ACADEMIC CALENDAR AND LESSON PLAN FOR THE SESSION 2016 – 2017 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 Education: Physical development, Motor development and Social development objectives. 2. Nature and scope of Physical Education. Traditional concept, Education and Physical Education. Physical Education. Physical Education colleges/University departments in West Bengal.	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. 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. 4.Care and maintenance of Sports equipments. Various types of turfs and Pitch preparation.	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 jump, Long jump, Triple jump. 2.Gymnastics: Forward Roll & Backward Roll - Cartwheel ,Dive roll/T Balance/Hand Stand/Hand	i) Group - A: Therapeutic-Aspects of Physical Activity1. Exercise and Hypokinetic diseases - Osteoporosis, obesity, Hypertension, Diabetes, Cardiovascular diseases. 2.Exercise therapy - Corrective, isotonic, isometric, resistance exercises. Yogasanas as a therapy, Massage therapy. 3.Basic Principles : Electrotherapy, hydrotherapy, cryotherapy and	ii)Game situation 15 Lectures

		3.History of Physical Education in Sparta and Athen. 4.Development of Physical Education and Sports in India: a) Pre-Independence (1856 - 1947), b) Post-Independence. 5.Olympic movement: a) Ancient Olympic Games b) Modern Olympic Games. 6.Sports Schemes in India.	30 Lectures	Spring/ Neck Spring/ - 25 Lectures	thermotherapy. 4.Basic Principles of Rehabilitation : Modalities and Relaxation techniques. 25 Lectures	
		25 Lectures				
DURATION	LECTURERS	FIRST YEAR	SECOND YEA	AR	THIRD YEA	R
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
		Group - B: Psychosocial Aspects of Physical	ii) Sports Training and Mechanics 5.Sports Training: Meaning,	iii) Indian Games	ii) Group - B: Physical Activity and Lifestyles1.Physical activities, health and	iii)Officiatin g of games and spots

SECOND		Education and Sports	definition, principles.	iv) Major	wellness-modem	15 Lectures
TERM		7.Psychological and	Conditioning,	Game 3.	concepts.	
OCTUBER	GIRIJA BASU	Sociological aspects of Sports.	Warming-up and cooling down.	Indian Games: Kabaddi, Kho-	2.Health and fitness-active life style.	
TO DECEMBER		8.Psycho-physical unity of man. 9.Heredity and Environment. 10.Instinct, Emotion, Attention, Interest and Motivation - Role in Physical Education and Sports. 11.Physical Education activities as a socializing force. 12.Social values of Sports. 13.Personality and its development through Physical Education and Sports.	down. 6.Physical Fitness : Meaning, definition, components, benefits. Health related physical fitness and performance related physical fitness components. 7.Load: Meaning, definition, types, sign and symptoms factors and principles. Over load- its causes and remedies. 8.Training methods : Circuit, Interval, Fartlek, Cross-country, Weight Training. 9.Mechanical Principles Applied to Sports	Kabaddi, Kho-Kho. 4.Major Games: Volleyball, Football, Cricket, Hockey, Basketball, Badminton (Women): Fundamental skills 25 Lectures	active life style. 3.Physical activity and childhood -growth and development. 4.Physical activity and women-pre-pubertal, adolescent and post-adolescent periods, pregnancy, Limitations of female in athletics. 5.Physical activity for the aged, exercise and physiology of aging, Loss of functional capacity with age, risks of exercise among the aged. 6.Physical activity for the disabled. Types of disability, programme	

		25 Lectures	: Motion- Types and Laws of Motion, Anatomical Lever, Equilibrium-its types and		for the disabled persons. 25 Lectures	
			factors, Centre of Gravity 20 Lectures			
DURATION	LECTURERS	FIRST YEAR	SECOND YEA	.R	THIRD YEAI	₹
		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.

2.Circulatory System -	3.Environment Hygiene	Chakrasana,	6.
Heart and its structure,		Sabbangasana,	
Mechanism of blood	- Lighting, Ventilation,	Shirsana,	Endurance
	Water supply,		: Muscular
circulation - Systematic	Waste disposal.	Mayurasana,	- Sit-up,
and Pulmonary.	waste disposar.	Bakasana,	Squat-
3.Respiratory System -	4.Environmental Pollution	Paschimatyasa	thrust;
Organs of the system,		na,	Cardio-
Mechanism of	- Air, Water, Sound, Soil	Kapakbhati,	respiratory:
Mechanism of	pollution -	Anulom-	respiratory:
respiration, Lung	causes effects and control.	vilom.	Cooper
capacity, Vital capacity,	causes effects and control.	viioiii.	Test and
Tidal volume, RV, IRV,	5.Mental Health	6.First Aid	Harvard
		Practical and	step test.
ERV, FRC, Dead Space.	- Problems of	management	
4.Digestive System –	maladjustment, minor	of sports	7.Speed: 50
Organ and process of	mental	injury: Sprain,	mt. dash.:
digestion.	disorders - their causes		(Examinee
digestion.		Dislocation,	will write
5.Nervous System -	and precautions.	Fracture,	all the
Brain: different parts,	6.Safety Education	Wounds,	administrati
structure and functions,		Muscle	on of
, in the second	- Safety at home, school,	cramps,	fitness
Spinal cord, Reflex	college, playground,	Bandage,	fitness
action.		Artificial	testing
	streets. Prevention and		procedures
6.Endocrine System-	Control of Communicable	respiration	in the
Endocrine glands,	Diseases -	50 Lecture	Practical
Functions and Locations			Note Book
of Pituitary, Thyroid and			with their

	1	T	
Adrenal Glands.	Malaria, Cholera,		respective
Endocrine functions of	Common Cold, Coughs,		objectives,
D	Influenza.		essential
Pancreas.			equipment,
Group - D: Dietetics	7.First Aid		procedure
and Hygiene 7.	- Sprain, Muscle pull,		and
and Hygiene 7.	Dislocation, Fracture,		scoring.
Basic Nutrients-	Cramps,		
Proteins,	Cramps,		15
Carbohydrates, Fats,	Shock, Wounds and		Lectures
Minerals,	bleeding, Snake bites,		
Willicials,	Drowning, Electric		
Vitamins and water.	_		
	Shock, Burns and		
8.Diet - Balance diet,	Artificial Respiration		
Athletic diet, pre- game	20 1		
meal, during game	30 Lecture		
	iv) Group - D: Exercise		
meal and post-game	Physiology Muscular		
meal.	System		
	System		
9.Malnutrition	- Various types of		
- Causes and effects;	muscles, Structure of		
·	·		
Mid-day meal and milk	muscles, Effects of		
programmes.	exercises on muscle,		
programmes.	Muscular Contraction -		
10.Drinks- water, tea,	Towns daily Tour		
coffee.	Isometric, Isotonic,		
	Isokinetic Exercises,		
	Motor unit.		

11.Drug abuse- Alcoh and tobacco - adverse effects on performand and health. General idea of doping. 12.Importance of hygienic living-Person hygiene: Care of sking hair, ear, throat, teet eyes, nose feet, etc. Healthy habit 50 Lectures

ACADEMIC CALENDAR AND LESSON PLAN FOR THE SESSION 2017 – 2018 PHYSICAL EDUCATION

DURATION	LECTURERS	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 Education: Physical development, Motor development, Mental development and Social development objectives. 2.Nature and scope of Physical Education. Traditional concept,	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. 3.Lay-out of Play-fields and Basic Rules: (a)Kabaddi (b) Kho-Kho (c) Volleyball (d) Badminton (e)	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 jump, Long jump, Triple jump. 2.Gymnastics: Forward Roll & Backward Roll -	i) Group - A: Therapeutic-Aspects of Physical Activity1. Exercise and Hypokinetic diseases - Osteoporosis, obesity, Hypertension, Diabetes, Cardiovascul ar diseases. 2. Exercise therapy - Corrective, isotonic, isometric, resistance exercises. Yogasanas as a therapy, Massage therapy. 3. Basic Principles	ii)Game situation 15 Lectures

Modern concept, Football (f) Hockey (g) Cartwheel : Electrotherapy,	
Education and Physical Cricket (h) Basketball (i) Dive roll/T hydrotherapy,	
Education. Physical Track and Balance/Hand cryotherapy and	
Education Field events. Stand/Hand thermotherapy.	
colleges/University departments in West 4. Care and maintenance of Sports againments Spring/ Neck Spring/ - A. Basic Principles of Rehabilitation	
Bengal. Various types of turfs	
: Modalities and	
3. History of Physical and Pitch preparation. 25 Lectures Relaxation	
Athen. techniques.	
4.Development of 30 Lectures	
Physical Education and 25 Lectures	
Sports in India: a) Pre-	
Independence (1856 -	
1947), b) Post-	
Independence.	
5.Olympic movement:	
a) Ancient Olympic	
Games b) Modern	
Olympic Games.	
6.Sports Schemes in	
India.	
25 Lectures	

DURATION	LECTURERS	FIRST YEAR	SECOND YEAR		THIRD YEAR	
		PAPER 1	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
SECOND TERM OCTUBER TO DECEMBER	GIRIJA BASU	Group - B: Psychosocial Aspects of Physical Education and Sports 7. Psychological and Sociological aspects of Sports. 8.Psycho-physical unity of man. 9.Heredity and Environment. 10.Instinct, Emotion, Attention, Interest and Motivation - Role in Physical Education and Sports. 11.Physical Education activities as a socializing force.	ii) Sports Training and Mechanics 5. Sports Training : Meaning, definition, principles. Conditioning, Warming-up and cooling down. 6.Physical Fitness : Meaning, definition, components, benefits. Health related physical fitness and performance related physical fitness components. 7.Load : Meaning, definition, types, sign and symptoms factors and principles.	iii) Indian Games iv) Major Game 3. Indian Games: Kabaddi, Kho- Kho. 4.Major Games: Volleyball, Football, Cricket, Hockey, Basketball, Badminton (Women): Fundamental skills 25 Lectures	ii) Group - B: Physical Activity and Lifestyles 1. Physical activities, health and wellness-modem concepts. 2. Health and fitness- active life style. 3. Physical activity and childhood -growth and development. 4. Physical activity and women-pre-pubertal, adolescent and post- adolescent periods, pregnancy, Limitations of female in athletics. 5. Physical activity for the aged, exercise and physiology of aging, Loss of functional capacity with age,	iii)Officiatin g of games and spots 15 Lectures

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

JANUARY	GIRIJA BASU	of various bones of the	2.Major Areas of Health	of Sports	back strength, leg	Procedures
		body, Types of Joints,	Education: (a) Health	Injuries 1.	strength; length, width	Strength
TO MARCH		Posture and Postural defects - Flat foot, Lordosis, Scoliosis,	Service - Daily health inspection, medical inspection	5.Yogic Practice: Sabasana,	and circumference of bones.	: Medicine ball put, Standing
		Kyphosis, Bow legs,	and follow up, health	Padmasana,	15 Lectures	broad jump
		Knock	records, clinic and health	Dhanurasana,		/ Vertical
		knees: nature, causes	centre.	Halasana,		jump,
		and corrective exercises.	(b) Healthful	Ardhamatseye		Push
		2.Circulatory System -	Environment - Healthful Environment in education	ndrasana, Chakrasana,		up/Pull up.
		Heart and its structure,		Sabbangasana,		6.
		Mechanism of blood	institutions, offices,	Shirsana,		Endurance
		circulation - Systematic and Pulmonary.	playground, auditorium. 3.Environment Hygiene	Mayurasana, Bakasana,		: Muscular - Sit-up,
		3.Respiratory System - Organs of the system, Mechanism of	- Lighting, Ventilation, Water supply,	Paschimatyasa na, Kapakbhati,		Squat- thrust;
		Wiechanism of	Waste disposal.	Anulom-		Cardio-
		respiration, Lung capacity, Vital capacity, Tidal volume, RV, IRV,	4.Environmental Pollution	vilom.		respiratory: Cooper Test and
			- Air, Water, Sound, Soil	6.First Aid		Harvard
		ERV, FRC, Dead Space.	pollution -	Practical and		step test.
		4.Digestive System –	causes effects and control.	management of sports injury: Sprain,		7.
		Organ and process of	5.Mental Health	mjury. Spram,		G 1.50
		digestion.				Speed: 50
						mt. dash.:

5.Nervous System -	- Problems of	Dislocation,	(Examinee
Brain: different parts,	maladjustment, minor	Fracture,	will write
structure and functions,	mental disorders - their	Wounds,	all the
	causes and precautions.	Muscle	administrati
Spinal cord, Reflex		cramps,	on of
action.	6.Safety Education	Bandage,	
6.Endocrine System-	- Safety at home, school,		fitness
Endocrine glands,	college, playground,	Artificial	testing
Functions and Locations	conege, playground,	respiration	procedures
of Pituitary, Thyroid and	streets. Prevention and	50 Lecture	in the
Adrenal Glands.	Control of Communicable		Practical
Endocrine functions of	Diseases - Malaria,		Note Book
Endocrine functions of	Cholera, Common Cold,		with their
Pancreas.	Coughs, Influenza.		raspactiva
			respective
Group - D: Dietetics	7.First Aid- Sprain,		objectives,
and Hygiene 7.Basic	Muscle pull, Dislocation,		essential
Nutrients- Proteins,	Fracture, Cramps,		equipment,
Carbohydrates, Fats,	01 1 337 1 1		procedure
Minerals, Vitamins and	Shock, Wounds and		and .
water.	bleeding, Snake bites,		scoring.
	Drowning, Electric		15
8.Diet - Balance diet,	Shock, Burns and		Lectures
Athletic diet, pre- game	Artificial Respiration		Lectures
meal, during game	Thantolal Rospitation		
	30 Lecture		
meal and post-game			
meal.	iv) Group - D: Exercise		
	Physiology Muscular		

	9.Malnutrition- Causes	System- Various types of		
	and effects; Mid-day	muscles, Structure of		
	meal and milk	muscles, Effects of		
	programmes.	exercises on muscle,		
		Muscular Contraction -		
	10.Drinks- water, tea, coffee.	Isometric, Isotonic,		
	conee.	Isokinetic Exercises,		
	11.Drug abuse- Alcohol	Motor unit.		
	and tobacco - adverse effects on	9.Effect of exercises on Circulatory system, Blood		
	performance and	pressure.		
	health. General idea of doping.	10.Effect of exercises on Respiratory system,		
	12.Importance of	Oxygen debt.		
	hygienic living- Personal hygiene: Care of skin,	11.Measurement of Cardiovascular endurance		
	hair, ear, throat, teeth	and Muscular		
	eyes, nose feet, etc.	endurance.		
	Healthy habit	12.Fatigue: Types, causes,		
	50 Lectures	sites, signs and symptoms		
		and remedies.		
		20 Lecture		

ACADEMIC CALENDAR AND LESSON PLAN FOR THE SESSION 2018 – 2019 PHYSICAL EDUCATION

DURATION	LECTURERS	SEM -I	SECOND YEAR		THIRD YEAR	
		Semester - I	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4
		Core Courses (CC)				(B)
		DSC-1A (CC-1)				
		C1T: Foundation and History	i)Management of Physical	i) Track and	i) Group - A:	ii)Game
		of Physical Education	Education and Sports 1.	Field	Therapeutic-Aspects	situation
FIRST TERM		Credits 04	Management of Sports	ii) Gymnastics	of Physical Activity1.	15 Lectures
FIRST TERIVI		Unit	and Games in Schools,	Track and field:	Exercise and	
JULY		Oint	Colleges and	100 M run,400	Hypokinetic diseases	
то	GIRIJA BASU	I: Introduction	Universities.	M run, 1500 M run, Putting the	- Osteoporosis,	
SEPTEMBER		1.1. Meaning, definition	2. Types Tournaments.	Chot Disays	obesity,	
(FOR 3TAIR EXAMINATI		and scope	Merits and demerits of various tournaments.	Shot, Discus throw, Javelin	Hypertension, Diabetes,	
ON			. arrous tourisminus.	throw, High	Diadottos,	

SYSYTEM)	of Physical Education.	3.Lay-out of Play-fields	jump, Long	Cardiovascular
&		and Basic Rules: (a)	jump, Triple	diseases.
JULY	1.2. Aim and objectives of		jump.	
	Physical Education.	Kabaddi (b) Kho-Kho (c)	2.Gymnastics:	2.Exercise therapy
то	1.2 Missansantian and	Volleyball (d) Badminton	Forward Roll &	- Corrective,
DECEMBER	1.3. Misconception and	(e) Football (f) Hockey	Backward Roll -	isotonic, isometric,
(FOR CBCS	Modern concept of Physical	(g) Cricket (h) Basketball		resistance exercises.
SYSTEM,	Education.	(i) Track and Field events.	Cartwheel ,Dive	Yogasanas as a
SEM -I)		4.Care and maintenance	roll/T	therapy, Massage
	1.4. Need and	of Sports equipments.	Balance/Hand	therapy, 3.Basic
	Importance of Physical	Various types of turfs	Stand/Hand	Principles:
		J1	Spring/ Neck	Electrotherapy,
	Education in modern society	and Pitch preparation.	Spring/ -	hydrotherapy,
				cryotherapy and
	Unit	30 Lectures	25 Lectures	thermotherapy.
				4.Basic Principles of
	II: Biological and Sociological			Rehabilitation
	Foundations of Physical			
	Education			: Modalities and
	2.1. Bi			Relaxation
				techniques.
	ological Foundation			teeninques.
	Meaning and definition of			
	growth and development.			
	Factors affecting growth and			25 Lectures
	development. Differences of			
	growth and development.			
	0-0 and at		1	

Dain sinter of anomals and
Principles of growth and
development.
2.2. Age-Chronological age,
anatomical age, physiological
age and mental age.
2.3. Sociological Foundation
-Meaning and definition of
Sociology, Society,
Socialization in Physical
Education and Sports, Sports
Ethic.
2.4. Role of games and sports
in National and International
integration.
Unit-
Ont-
III: History of Ph
ysical Education
3.1 Historical development of
Physical Education and Sports
in India-Pre-Independence
period and Post-Independence
period.

Г	
	3.2 Olympic Movement-
	Ancient Olympic Games and
	Modern Olympic Games.
	3.3 Brief historical background
	of Asian Games and
	Commonwealth Games.
	3.4 National Sports Awards
	-Arjuna Award, Rajiv Gandhi
	Khel Ratna Award,
	Dronacharya Award,
	Dhyanahand Award
	Dhyanchand Award
	Unit IV. Voca Education
	.Unit IV: Yoga Education
	4.1 Meaning and definition of
	the term Yoga, types, aim,
	objectives and important of
	Yoga.
	4.2 History of Yoga.
	4.3 Astanga Yoga
	4.4 Hatha Yoga
	C1P: Field Practical

		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 2. Learn and demonstrate the technique of Suryanamaskar. 3. Development of physical fitness through Callisthenics and Aerobic activities 48 Lectures				
DURATION	LECTURERS	-	SECOND YE	AR	THIRD YEA	R
		-	PAPER 2	PAPER 3	PAPER 4 (A)	PAPER 4 (B)
SECOND TERM OCTUBER TO DECEMBER	GIRIJA BASU	-	ii) Sports Training and Mechanics 5. Sports Training: Meaning, definition, principles. Conditioning, Warming-up and cooling down.	iii) Indian Games iv) Major Game 3. Indian Games: Kabaddi, Kho- Kho. 4.Major Games: Volleyball,	ii) Group - B: Physical Activity and Lifestyles1.Physical activities, health and wellness-modem concepts. 2.Health and fitness- active life style.	iii)Officiatin g of games and spots 15 Lectures

(FOR 3TAIR	6.Physical Fitness:	Football,	3.Physical activity
EXAMINATI	Meaning, definition,	Cricket,	and childhood -
ON	components, benefits.	Hockey,	growth and
SYSYTEM)	Health related physical fitness and performance related physical	Basketball, Badminton (Women):	development. 4.Physical activity and women-pre-
	fitness components.	Fundamental skills	pubertal, adolescent and post-
	7.Load: Meaning, definition, types, sign and symptoms factors and principles. Over load- its causes and remedies. 8.Training methods : Circuit, Interval, Fartlek, Cross-country, Weight Training. 9.Mechanical Principles Applied to Sports : Motion- Types and Laws of Motion, Anatomical Lever, Equilibrium-its types and	25 Lectures	adolescent periods, pregnancy, Limitations of female in athletics. 5.Physical activity for the aged, exercise and physiology of aging, Loss of functional capacity with age, risks of exercise among the aged. 6.Physical activity for the disabled. Types of disability, programme for the disabled persons.

			factors, Centre of Gravity		25 Lectures	
			20 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, Importantance 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)Administ ration of Fitness Testing Procedures Strength : Medicine ball put, Standing broad jump / Vertical jump, Push up/Pull up. 6.

SYSTEM,	2.	1. Tournaments: Meaning	institutions, offices,	Mayurasana,	Endurance
SEM -II)		nd definition, and types of	playground, auditorium.	Bakasana,	
,	to	ournaments (Knock-out,		Paschimatyasan	: Muscular
		, ,	3.Environment Hygiene	a, Kapakbhati,	- Sit-up,
		eague, Combination,	Titaletta - Wandtlattan	Anulom-	Squat-
	Cl	hallenge).	- Lighting, Ventilation,		thrust;
		2. Dune a desert of deserting	Water supply,	vilom.	Cardio-
		2. Procedure of drawing	Waste disposal.	CE: A:1	respiratory:
	113	xture.	vi doto disposari	6.First Aid	
	2.3	3. Method of	4.Environmental Pollution	Practical and	Cooper
				management of	Test and
	Oı	rganizing, Annual Athletic	- Air, Water, Sound, Soil	sports injury:	Harvard
	M	leet and Play Day.	pollution -	Sprain,	step test.
		436.1.16	causes effects and control.	Dislocation,	7.
	2.4	4. Method of organizing	causes effects and control.	Fracture,	'
	of	Intramural and Extramural	5.Mental Health	Wounds,	Speed: 50
		ompetition.	·	Muscle cramps,	mt. dash.:
			- Problems of	Bandage,	(Examinee
	Uı	nit-III: Facilities and	maladjustment, minor		will write
	Eq	quipment	mental disorders - their	Artificial	all the
			causes and precautions.	respiration	administrati
		1 Method of calculation of	6.Safety Education	50 Lecture	on of
		tandard Athletic Track	o.baicty Laucation		C.
	ma	arking.	- Safety at home, school,		fitness
	3	2 Care and maintenance of	college, playground,		testing
		ay ground and gymnasium.			procedures
	l pro	ay ground and gynniasium.	streets. Prevention and		in the
	3.3	3 Importance, care and	Control of Communicable		Practical
		•	Diseases - Malaria,		Note Book
	ma	aintenance of			with their

	T	I	1
sports equipment	Cholera, Common Cold,		respective
	Coughs, Influenza.		objectives,
•			essential
2 4 Time Table, Magning	7.First Aid- Sprain,		equipment,
3.4 Time Table: Meaning,	Muscle pull, Dislocation,		procedure
importance and factors	Fracture, Cramps,		and
affecting	Shock, Wounds and		scoring.
school Physical Education	bleeding, Snake bites,		15
school Filysical Education	Drowning, Electric		
Time Table.			Lectures
Time Table.	Shock, Burns and		
Unit-IV: Leadership	Artificial Respiration		
4.1 Meaning and definition of	30 Lecture		
leadership.	30 Lecture		
readership.	iv) Group - D: Exercise		
4.2 Qualities of good leader in	Physiology Muscular		
Physical Education.	System- Various types of		
Thysical Education.	muscles, Structure of		
4.3Types of Leadership.	muscles, Structure of		
	muscles, Effects of		
4.4 Principles of leadership	exercises on muscle,		
activities	Muscular Contraction -		
DSC1BP: Practical	Isametria Isatania		
	Isometric, Isotonic,		
1Lay out knowledge and	Isokinetic Exercises,		
Officiating ability	Motor unit.		
Of Track and field events	9.Effect of exercises on		
Of Track and field events	Circulatory system, Blood		
	pressure.		
	_		

2.Lay out knowledge and	10.Effect of exercises on		
Officiating ability of	Respiratory system,		
Games: Football, Kabaddi,	Oxygen debt.		
Kho-Kho, Volleyball, Hand	11.Measurement of		
Ball, Net Ball, Throw Ball, Badminton and Table Tennis.	Cardiovascular endurance and Muscular endurance.		
3.Gymnastic and Yoga Scoring	12.Fatigue: Types, causes, sites, signs and symptoms and remedies.		
48 Lectures	20 Lecture		