

Gobinda Prasad Mahavidyalaya

Amarkan, Bankura

Department Of Physical Education

1. FOUNDATION AND HISTORY OF PHYSICAL EDUCATION:

UNIT-I: INTRODUCTION

- 1.1 Definition, Meaning and Scope of Physical Education.
- 1.2 Aim and Objectives of Physical Education
- 1.3 Misconceptions about Physical Education and Modern concept of Physical Education.
- 1.4 Need and Importance of Physical Education in present days.

UNIT-II: HISTORY OF PHYSICAL EDUCATION

- 2.1 Historical Development of Physical Education and Sports in India Pre-Independence & after Independence periods.
- 2.2 Historical background of Asian Games, Commonwealth Games and SAF Games.
- 2.3 National Sports Awards- Arjuna Award, Dronacharya Award, Dhyan Chand Award
- 2.4 Famous personalities in the field of Physical Education – Plato, Aristotle, James Buchanan, P.M. Joseph.

UNIT-III: OLYMPIC MOVEMENT

- 3.1 Olympic Movement in India
- 3.2 Ancient Olympic Games
- 3.3. Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath and Olympic Village, Opening Ceremony and Closing Ceremony.
- 3.4 Similarities and Dissimilarities between Ancient Olympic Games and Modern Olympic Games.

UNIT -IV: BIOLOGICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATION

- 4.1 Biological Foundation- Meaning and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development.
- 4.2 Meaning of Body types, Classification of Sheldon's Body types, Age and Sex differences in relation to physical activities.
- 4.3 Psychological Foundation- Concept of learning, Learning Curve, Laws of learning, Types of learning, factors affecting learning, learning outcomes.
- 4.4 Sociological Foundation- Concept of socialization, Socialization through Physical Education and Sports, Role of Games and Sports in National and International Integration, Sports Ethics.

PRACTICAL

- 1. Learn and demonstrate the steps of Suryanamaskar. Aerobics and Calisthenics exercises

2. Marching- Fall in attention, Stand at ease, Stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time March, Forward March.

2. ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE AND SPORTS.

UNIT-I: INTRODUCTION

1. Meaning and Definition of Anatomy & Physiology.
2. Cell- Definition, Meaning, Structure and Function
3. Tissue - Definition, Meaning, Type and Function
4. Definition and Concept of different Organs and Systems in relation with Physical Activity.
5. Need and Importance of Anatomy, Physiology and Physiology of Exercise in the field of Physical Education and Sports.

UNIT-II: SKELETAL SYSTEM AND MUSCULAR SYSTEM

1. Meaning and definition of Skeletal System and Muscular System
2. Types of bones, name of the bones of the human body.
3. Types of joint, Fundamental movements and movement around Ankle, Knee, Hip, Shoulder, Elbow and Wrist.
4. Definition of muscle, its types, Structure and function of muscle.
5. Types of Muscular contraction and concept of All or none law, Reciprocal Innervation and Inhibition.
6. Meaning and definition of Posture, Postural Deformities: Cause, Sign and Symptoms, disadvantage and their Remedies.

UNIT-III: RESPIRATORY SYSTEM AND CIRCULATORY SYSTEM

1. Meaning of Respiration and Blood Circulation.
2. Different organs associated with Respiration and Mechanism of Respiration.
3. Concept of Oxygen debt, Second wind, Vital capacity and pulmonary ventilation, VO_2 Max.
5. Blood: Functions of Blood and its compositions.
4. Heart: Location, Structure and Function of Heart, Mechanism of Blood Circulation.
6. Concept of Stroke Volume, Cardiac Output, Blood Pressure, Blood Group and Coagulation of Blood.

UNIT- IV: PHYSIOLOGY OF EXERCISE AND SPORTS

1. Physiology of Exercise and Sports – Meaning and Definition
2. Warming up, cooling down and Conditioning.
3. Effects of Exercise (Immediate effects) on Muscular System.
4. Effects of Exercise (Immediate effects) on Respiratory System.
5. Effects of Exercise (Immediate effects) on Circulatory System.

INTERNAL MARKS: (Practical)

1. Measurement of Blood Pressure
2. Measurement of Vital Capacity
3. Measurement of Heart Rate – At Resting condition
4. Measurement of Pulse Rate– At Resting condition
5. Measurement of Physical Efficiency Index (PEI)
6. Measurement of Limb Length

3. TRACK & FIELD AND ITS RULES REGULATIONS

UNIT-I: TRACK MARKING

1. Concept of Different types of Track
2. Characteristics of Standard Track
3. Lay out procedure of Complete Track and Field Event arena.
4. Lay out and Marking Procedure of Standard Track.
5. Lay out and Marking Procedure of Non Standard Track.
6. Calculation of Stagger Distance.

UNIT-II: FIELD MARKING AND COMBINED EVENT

1. Lay out and Marking Procedure of Throwing Sector: Shot Put, Discus Throw, Javelin Throw.
2. Lay out and Marking Procedure of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump.
3. Combined Events- Heptathlon, Decathlon.

UNIT-III: RULES REGULATIONS OF TRACK AND FIELD EVENTS

1. List of Track and Field Events with their Specifications.
2. Rules Regulation regarding Start, Finish, Hurdles Race and Relay Race
3. Rules Regulation regarding Jumping Event: Long Jump, High Jump, Triple Jump
4. Rules Regulation Regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw

UNIT-IV: ORGANIZATIONAL PART OF TRACK AND FIELD

1. List of Officials and Their Responsibilities.
2. Responsibilities of the Athletes related to participation in competition.
3. Organizational setups-opening and closing ceremony.
4. Step to be followed to organize Institutional Annual Athletic Meet.

PRACTICAL PART:

1.1 TRACK EVENTS:

- 1.1.1 Starting Technique: Standing Start, Crouch Start and its Variations. Use of Block.
- 1.1.2 Acceleration with Proper Running Techniques, Special emphasis on Arm Action, Knee Action and stride length.
- 1.1.3 Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.

1.2 FIELD EVENTS:

- 1.2.1 Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.
- 1.2.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle Style) and Landing.
- 1.2.3 Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (O'Brien Technique)
- 1.2.4 Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery Techniques.
- 1.2.5 Javelin Throw: Grip, Carry, Release and Recovery Techniques

4. YOGASANA AND GYMNASTICS

UNIT- I: YOGASANA

1. Standing Position:

- 1.1 ArdhaChandrasana 1.2 ArdhaChakrasana 1.3 Padahasthasana 1.4 Bhrikshasana 1.5 Natarajasana

3. Supine Lying Position:

- 3.1 Halasana 3.2 Matsyasana 3.3 Setubandhasana 3.4 Naukasana 3.5 Karnapidasana

5. Inverted Position

- 5.1 Sarvangasana 5.2 Shirshasana 5.3. Bhujangasana 5.4 Bhakasana 5.5 Kopotrasana

2. Sitting Position:

- 2.1 Paschimothanasana 2.2 Gomukhasana 2.3 Ustrasana 2.4 Supta Vajrasana 2.5 Vakrasana

4. Prone Lying Position

- 4.1 Bhujangasana 4.2 Salabhasana 4.3 Dhanurasana 4.4 Bhikasana 4.5 Mayurasana

UNIT- II: PRANAYAMA

1. Concept and Practice of Puraka, Antara, Kumbhaka and Rechaka 2. Anulom Bilom 3. Bhramari

UNIT- III: KRIYA

1. Kapalbhati

UNIT- IV: GYMNASTICS

1. Roll in Acro Skill 1.1 Forward Roll 1.2 Backward Roll 1.3 Dive Roll 1.4 Hand Stand Followed by Roll 3. Basic Acro Skill 3.1 Round Off 3.2 Cartwheel 3.3 Front Walkover 3.4 Hand Spring 3.5 Head Spring 3.6 Neck Spring 3.7 Summersault.

2. Static Pose in Gymnastics

- 2.1 T- Balance 2.2 Frog Balance 2.3 Forward Split 2.4 Arching/ Bridge.

5. HEALTH, FITNESS AND WELLNESS

UNIT I: INTRODUCTION

- 1.1 Meaning and Definition of Health & Health Education
- 1.2 Aims, Objectives & Principles of Health Education.
- 1.3 Need & Importance of Health Education, Factors influencing Health
- 1.4 Health Agencies: World Health Organisation (WHO) United Nations Educational Scientific & Cultural Organisation (UNESCO) United Nations International Children's Emergency Fund (UNICEF) Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) Ministry of Health & Family Welfare (MHFW) .

UNIT II: DIETETICS & NUTRITION

- 2.1 Concept of Diet, Preparation of Diet Chart for Active people, Semi-active people and sedentary people in relation with gender and age.
- 2.2 Factors affecting Diet, Balance Diet, Athletic Diet, Principle of preparation of Balance Diet.
- 2.3 Meaning & Definition of Nutrition & Food, Basic Nutrients: Protein, Carbohydrate, Fat, Mineral, Water & Vitamin.
- 2.4 Mid-Day Meal: Aim and objectives, Composition of Mid-Day Meal.
- 2.5 Malnutrition: Concept, Definition, Causes, Effects and Remedies.

UNIT III: WELLNESS & HYGIENE

- 3.1 Meaning, Definition & Modern Concept of Wellness

3.2 Healthy habits, Hygienic living – Care of Skin, Eyes, Hair, Nose, Teeth.

3.3 Healthy Environment in the Educational Institutions, Playground, Auditorium and Gymnasium

3.4. Causes, symptoms, prevention & control of communicable diseases: Malaria, Dengue, Chicken pox, Corona, Non-Communicable diseases- Diabetes, Obesity and Hypertension.

UNIT IV: FIRST-AID MANAGEMENT

4.1 First-Aid- Meaning, Abbreviation, Definition, Aims, Importance and Golden rules of First-aid 4.2 Types of Bandages and their uses. 4.3 Concept of Sports Injuries, causes and prevention of Sports Injuries. 4.4 Sports Injuries- Sprain, Strain, wound (Puncture, Surgical, Rapture, Bites), Dislocation (Simple, Compound, Complex) and Fracture (Greenstick, Hairline, Oblique, Segmental)

PRACTICAL :

1. Measurement of Body Mass Index 2. Measurement of Body Fat – Biceps, Triceps, Sub Scapular and Supra Iliac sites (Skinfold Calipers Method) 3. Measurement of PEI 4. Measurement of BMR (Basal Metabolic Rate) 5. Determination of Caloric Value of Food 6. First Aid – i) Use of Triangular Bandage, Roller Bandages, Tube Bandages, Adhesive bandages, Liquid Bandages ii) Concept and Practice of Slings with Bandage - Arm Sling, Collar & Cuff Sling iii) Practice of Bandaging - Simple Spiral, Reverse Spiral, Figure of Eight, Spica. iv) Practice of knot – Square knot & Reef Knot v) Practice of Bandaging on Finger (Hand), Wrist, Elbow, Knee, Ankle, Head vi) Triangular Bandage, Sling (Arm and Collar sling), Roller Bandage

6.BALL GAME AND RACKET GAME

UNIT-1 BALL GAME

1.1 FOOTBALL

1.1.1 Kicking : Instep kick, Inside kick, Lofted kick (Half volley and Full volley) in-swing and out-swing kicks. 1.1.2 Receiving : With Sole of the foot, Inside and Outside of the foot, with Thigh and Chest. 1.1.3 Dribbling : Inside dribbling, Outside dribbling and Zig-zag dribbling. 1.1.4 Heading: Standing and Jumping and Throw-in: In Standing and in Running Condition 1.1.5 Goal keeping – Static and Dynamics Condition 1.1.6 Game practice with application of rules and regulations.

1.2 HANDBALL

1.2.1 Gripping/Catching/Receiving Technique/ Ball Control 1.2.2 Passing Techniques: Shoulder Pass, Chest Pass, Under Hand Pass, Over Head Pass, Bounce Pass, Reverse Pass. 1.2.3 Goal shooting: Side shot, Jump shot, Bounce shot, Dive shot, Reverse shot. 1.2.4 Dribbling : High and Low. 1.2.5 Blocking and Goal keeping. 1.2.6 Game practice with application of rules and regulations

1.3 VOLLEYBALL

1.3.1. Service: Under arm service, Over Head service, Side arm service, Floating service 1.3.2. Pass: Under Arm Pass, Over Head Pass 1.3.3 Spiking and Blocking
1.3.4 Concept of Rotation and Substitution (Players and Libero), Game practice with application of rules and regulations.

1.4 NETBALL

1.4.1 Catching: One hand, Two hands with feet grounded and flight. 1.4.2 Throwing (Different passes and their uses): One hand passes - Shoulder pass, High shoulder pass, Under arm pass, Bounce pass, Lob pass, Two hand Passes – Push pass , Over head pass and Bounce pass. 1.4.3. Foot work: Landing on one foot, Landing on two feet, Pivot, Running pass. 1.4.4. Shooting : One hand Shot, Forward step shot, and Backward step shot. 1.4.5. Techniques of free dodge and sprint, Sudden sprint, Sprint and Stop, Sprinting with change of speed. 1.4.6. Defending: Marking the player, Marking the ball, Blocking inside the circle, Blocking outside the circle, Defending the circle edge against the passing. 1.4.7 Intercepting: Pass and Shot 1.4.8 Game practice with application of rules and regulations

1.5 CRICKET

1.5.1 Batting skill: The basic elements - The grip, The stance & The back lift. 1.5.2 Basic shots and techniques: The front foot defense, Front foot drive off and on side, Back foot defense, Back foot drive off and on side, Pull shot, Square Cut shot. 1.5.3 Bowling skills: Grip, Approach Run, Delivery Style and Follow Through, Out-swing, In-swing, Leg spin, Off spin.

UNIT- 2 RACKET GAME

2.1 BADMINTON

2.1.1. Racket parts, Racket grips, Shuttle grip 2.1.2 Service: Short service, Long service, Long high service 2.1.3. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash. 2.1.4. Game practice with application of rules and regulations.

2.2 TABLE TENNIS

2.2.1. Basic Knowledge: Grip of Racket, Shake hand grip, Pen hold grip. 2.2.2. Stance- Alternate & Parallel Stance. 2.2.3. Push and Service: Backhand, Forehand. 2.2.4. Chop: Backhand, Forehand. 2.2.5. Receive: Push and chop with Backhand and Forehand. 2.2.6. Game practice with application of rules and regulation

7. TEST, MEASUREMENT & EVALUATION

UNIT-I: INTRODUCTION

1.1 Meaning, Definition and importance of Test, Measurement and Evaluation in Physical Education & Sports, Relationship among Test, Measurement and Evaluation. 1.2 Type of Tests- Standard test and Teacher made test, Subjective test and Objective test. 1.3 Criteria for selecting tests: Scientific authenticity (Reliability, Validity, Objectivity and Norms) and Administrative feasibility.

UNIT-II: PHYSICAL FITNESS TEST AND MEASUREMENT

2.1 AAHPER Youth Physical Fitness Test. 2.2 Harvard Step Test. 2.3 Cooper 12 Minute Walking – Running Test. 2.4 Philips J.C.R Test 2.5 Yo-Yo Endurance Test.

UNIT-III: MOTOR FITNESS TEST

3.1 Indiana Motor Fitness Test. 3.2 Oregon Motor Fitness Test. 3.3 Kraus Weber Minimum Muscular Fitness Test. 3.4 Newton Motor Ability Test 3.5 Tuttle Pulse Ratio Test.

UNIT-IV : MEASUREMENTS OF SPORTS SKILLS

4.1 McDonald Soccer Skill Test. 4.2 Russell-Lange Volleyball Test. 4.3 Lockhart and McPherson Badminton skill Test. 4.4 Johnson Basketball Test 4.5 S.A.I. Hockey Test

8. SPORTS TRAINING

UNIT I: INTRODUCTION

1.1. Meaning, Definition and nature of Sports Training 1.2. Aims , Objectives Sports Training 1.3. Principles of Sports Training 1.4. Importance of Sports Training .

UNIT II: LOAD & ADAPTATION

2.1 Meaning and Definition of Load & Adaptation 2.2 Type & Components of Training load 2.3 Principles of Load 2.4 Causes, Symptoms & Control of Over Load

UNIT III: TRAINING TECHNIQUES

3.1 Strength - Means, types and methods of strength development. (Weight training, Plyometric training) 3.2 Speed - Means, types and methods of speed development (In out method,

Acceleration Race method). 3.3 Endurance - Means, types and methods of endurance development (Continuous, Interval, Fartlek method) 3.4 Flexibility - Means, types and methods of flexibility development. (Ballistic method) 3.5 Circuit Training Method.

UNIT IV: TRAINING PROGRAMMING

4.1 Meaning and Definition & Types of Periodization 4.2 Aims & Content of Periods Preparatory, Competition & Transitional 4.3 Preparation of single and double periodization Programme for athletes.

9. INDIGENOUS & MINOR GAME AND EXCURSION- CAMPING PROGRAM

UNIT – 1 INDIGENOUS GAMES

1.1 KABADDI

1.1.1 Skills and Raiding: Touching with hands, Use of Leg, toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line, crossing the bonus line. 1.1.2 Skills of Holding the Raider: Various formation; catching from particular position, different catches, catching formation and techniques. 1.1.3 Additional Skills in Raiding: Escaping from various holds, techniques of escaping from chain formation offence. 1.1.4 Game practice with application of rules and regulations.

1.2 KHO- KHO

1.2.1 Skills in Chasing: Sit on the box (parallel & Bullet toe methods), Get up from the box (proximal & Distal foot method), Give Kho (Simple, early, late and judgment), Pole turn, pole drive, Trapping, Hammering, Rectification of foul. 1.2.2 Skills in Running: Chain play, Ring play, Ring play and chain & ring mixed play. 1.2.3 Game Practice with Applications of Rules and regulations.

UNIT – 2 MINOR GAMES AND INDIAN TRADITIONAL GAMES

2.1 Meaning of Different Terminology- Minor Game, Recreational Game, Traditional Game Lead up Activity, Folk games. 2.2 Need, Importance and benefit of Minor games in present society as well as Physical Education Curriculum. 2.3 Practice of any Five Minor Games and any 6-8 Indian Traditional Games in accordance with the available facilities, local tradition and climatic condition.

UNIT – 3 EXCURSIONS CUM CAMPING PROGRAM

Minimum 3 days (excluding traveling date) Lead up Camping Program to nearby feasible place

10. RECREATION, PHYSICAL ACTIVITY AND PHYSICAL FITNESS

UNIT-I : INTRODUCTION TO RECREATION

- 1.1.– Meaning, Types and Nature of Recreation 1.2. - Aims and objectives of Recreation, Principle of Recreation 1.3. – Need and importance of recreation for healthy life. 1.4. – Recreation as a social phenomenon

UNIT-II : PHYSICAL EDUCATION, RECREATION AND RECREATIONAL AGENCIES

- 2.1. – Concept of Physical Education, Physical Activity, Recreation and types of Recreational Activities 2.2. –Benefit of Recreational activities and recent changes in the recreational activities 2.3. - Responsibilities of a recreational manager 2.4. - Arrangement of recreation centers and Recreation providing agencies

UNIT-III : CAMPING PROGRAM

- 3.1. - Concept and meaning of camp, aims, objectives and importance of camping programme 3.2. - Organization and types of camp 3.3. - Agencies promoting camp and criteria of selection and lay-out of camp site. 3.4. - Educative value of camp.

UNIT-III : PHYSICAL FITNESS

- 3.1 Physical Fitness- Meaning, definition and importance of Physical Fitness. 3.2 Components of Physical Fitness- Health and performance related Physical Fitness. 3.3 Importance of Physical Fitness in modern perspective.

PRACTICAL PART:

1. Practice of Rhythmic Exercise – Aerobics exercises / Callisthenic Exercises (With Music) 2. Practice of Suryanamaskar 3. Practice of Bratachari – Satya Brata & Gyanobrata 4. Practice of five Recreational Game in a group as facilities available and interest of the student. 5. One day cycle expedition or Hiking programme.

11. FIRST AID AND PERSONAL HYGIENE

UNIT-I : INTRODUCTION TO FIRST AID

- 1.1.– Meaning and Definition of First Aid 1.2. - Aims and objectives of First Aid 1.3. – Need and Importance of First Aid in Present day. 1.4. – Golden Rules of First Aid

UNIT-II : CONCEPT OF SPORTS INJURIES AND OTHER OCCURRENCE AND FIRST AID

- 2.1. – Sports Injuries and their First Aid – Sprain, Strain, Fracture, Dislocation, wound and Bleeding 2.2. – Other Occurrence and First Aid – Electric Shock, Snake Bite, Drown, Heart

Attack, Burn and Sugar fall (hypoglycemia) 2.3. – Immediate care of injuries – P.R.I.C.E. 2.4. – Concept of Postural Deformities and their First Aid – Lordosis, Kyphosis, Scoliosis, Bow Leg, Knock Knee, Flat Foot

UNIT-III : HYGIENE, PERSONAL HYGIENE, MENTAL HYGIENE

3.1. – Meaning and Concept of Hygiene, Personal Hygiene and Mental Hygiene 3.2. – Importance of Hygiene for healthy life, desirable hygienic habits. 3.3. – Personal Hygiene: - Care of Skin, Eye, Teeth, Ear and Hair, Sports hygiene. 3.4. – Mental Hygiene and its procedure

PRACTICAL PART:

1. Use of Triangular Bandage, Roller Bandages, Tube Bandages, Adhesive bandages, Liquid Bandages 2. Concept and Practice of Slings with Bandage - Arm Sling, Collar & Cuff Sling 3. Practice of Bandaging - Simple Spiral, Reverse Spiral, Figure of Eight, Spica. 4. Practice of knot – Square knot & Reef Knot 5. Practice of Bandaging on Finger (Hand), Wrist, Elbow, Knee, Ankle, Head

12. SPORTS PSYCHOLOGY

1UNIT –I: INTRODUCTION

Meaning, Definition, nature and scope of General and Sports Psychology. 1.2 Need for knowledge of Sports Psychology in the field of Physical Education and Coaching. 1.3 Role of Sports Psychology in the Growth and Development of body and mind. 1.4 Meaning and nature of Stress and Anxiety, types of Stress and Anxiety, Stress and Anxiety Management and effects of Stress and Anxiety on Sports performance.

UNIT-II: LEARNING AND PERSONALITY CONCEPTS

2.1 Meaning, Definition and principles of Learning. 2.2 Theories of Learning Transfer of Learning. 2.3 Meaning of Personality, factors affecting Personality. Theories of Personality. 2.4 Development of Personality, Relationship of Personality with Sports Performance.

UNIT- III: MOTIVATION AND EMOTIONS

3.1 Meaning, Definition and types of Emotion, 3.2 Importance of emotion in the field of Physical Education and Sports. 3.3 Meaning, Definition and types of Motivation. 3.4 Development of Motivation, Role of Motivation in Sports performance.

UNIT –IV: PSYCHO-SOCIAL ASPECT OF SPORTS

4.1 Psycho-Social aspect of man in relation to Physical Education and Sports. 4.2 Heredity and Environment – meaning, definition and role in the field of Sports. 4.3 Meaning and definition of

Interest, role of Interest in Sports performance. 4.4 Meaning definition of arousal and aggression and their role in Sports performance.

13. MANAGEMENT OF SPORTS AND PHYSICAL EDUCATION

UNIT-I: INTRODUCTION

1.1 Meaning, Definition and concept of Sports Management. 1.2 The purpose and scope of Sports Management, Principles of Sports Management. 1.3 Qualities and Competencies required for the Sports Management. 1.4 Event Management in Physical Education, Equipment and Ground Maintenance. UNIT-II: LEADERSHIP IN SPORTS AND PHYSICAL EDUCATION

2.1 Meaning, Definition and Elements of Leadership. 2.2 Forms of Leadership: Autocratic, Laissez-faire, Democratic, Benevolent Dictator. 2.3 Qualities of Administrative Leader. 2.4 Principles of Leadership activities.

UNIT-III: MANAGEMENT OF SPORTS AND TOURNAMENTS

3.1 Sports Management in School, College, and University. Importance and method of organizing Intramural and Extramural programs. 3.2 Concept of Planning for management, Factors affecting planning. 3.3 Meaning, Definition, Importance and types of Tournaments. 3.4 Procedure of Drawing Fixture, merits and demerits of Knock-out and League Tournaments. 3.4 Procedure of Drawing Fixture, merit and demerit of Knock-out and League Tournaments.

UNIT-IV: FINANCIAL MANAGEMENT

4.1 Financial Management in Physical Education and Sports in School, College and University. 4.2 Objective and scope of Financial Planning. 4.3 Budget, criteria of good Budget. 4.4 Importance of good Budget

14. ADAPTED PHYSICAL EDUCATION AND COMPUTER APPLICATION IN PHYSICAL EDUCATION

1. UNIT-I: INTRODUCTION TO ADAPTED PHYSICAL EDUCATION AND SPORTS

1. Meaning, Definition and Objectives of Adapted Physical Education. 2. Otherwise Equally Ability: Meaning, Definition and Type 3. Otherwise Equally Ability and Health Related Condition 4. Physical exercise program for different type of Otherwise Equally Abled Person 5. Risk factors and preventive measures of Physical Exercise Program for Otherwise Equally Abled. 6. Otherwise Equally Ability and Sports – Para Olympics

UNIT-II: COMPUTER APPLICATION IN PHYSICAL EDUCATION

1. Computer and its accessories, Function of various accessories. 2. Concept of Hardware, Software, Operating System and Anti Virus 3. Function of Key Board – Ctrl Key, Shift Key, Cap Lock, Enter, Delete, Backspace, Arrow Key, Esc Key 4. Function of Mouse – Right Click, Left Click, Single Click, Double Click, Scrolling. 5. Need of Computer Application and internet browsing in Physical Education at modern society. 6. MS Word – Concept and use 6.1 New File Create, File save, File Open, File Rename, File Delete 6.2 Copy, Paste, Cut, Clipart, word art, Insert table & Image

7. MS Excel – Concept and Use 7.1 Details concept of Spread Sheet – Raw, Column, Sheet 7.2 Input of Graph, Formula, Table

8. MS Power Point – Concept and use 8.1 New Slide Create, Slide Format, Slide delete, Slide rearrange 8.2 Slide Design, Slide Animation, Slide show

9. Concept of Network, Internet, Wi-Fi, E-mail, Web Page

PRACTICAL PART:

1. Turn on and Shut down of Computer and Monitor.

2. MS Word : (i) Formatting Text – Font Style, Font Size, Colour, Bold, Italic, Underline, Sub/ Super Script, Alignment. (ii) Insert of Page numbering, Word art, Clip Art, Print option.

3. MS Excel : (i) Addition, Subtraction, Multiplication, Division - row and Column wise, Calculate Average & Percentage. (ii) Input the same number, alternative number, continuous number in spread sheet, input and Editing Graph and Table, Concept of inserting various formulas.

4. MS Power Point : (i) New Slide Creating, Slide deleting, Slide rearrangement, Slide Formatting, Slide Design (ii) Insert table, image, clip art, word art at the slide, slide animation, Slide show.

5. Internet & Email (i) Web Browsing, Downloading image/ File, save file from web, create new email account.

15. COMPLETE FITNESS AND THERAPEUTIC VALUE OF PHYSICAL EDUCATION

UNIT- I: COMPLETE FITNESS

1.1 Meaning and Concept of Complete Fitness and wellness. 1.2 Need, Components and significance of Complete Fitness. 1.3 Factors affecting Complete Fitness. 1.4 Special emphasis on Physical Fitness: Meaning, definition and modern concept of Physical Fitness.

1.5 Physical Fitness Components and their developmental Training methods: Health-Related

and Skill-related Physical Fitness. 1.6 Means of Fitness development – Aerobic and Anaerobic Exercise, Target Heart Rate, Warming Up, Conditioning, Cooling Down.

UNIT- II: INTRODUCTION OF THERAPY

2.1 Meaning, definition, Aim and Scope of Therapy 2.2 Types of Therapy 2.3 Explanation of the Term – Physiotherapy, Exercise-Therapy, Massage-Therapy and Yoga Therapy

UNIT- III: THERAPEUTIC ASPECTS OF PHYSICAL EXERCISE

3.1 Therapeutic value of Exercise: Definition, Principles and Importance of Therapeutic Exercises . 3.2 Classification, Effects and uses of Therapeutic exercise – Passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

UNIT – IV: PHYSIOTHERAPY: METHODS AND TECHNIQUES

4.1 Physiotherapy and its use in the treatment and rehabilitation in sports injuries. 4.2 Electrotherapy : Meaning, Technique and safety precaution - Short-wave Diathermy, Electric Muscle Stimulation 4.3 Hydrotherapy: Meaning, Technique and safety precaution – Whirlpool, Contrast bath 4.4 Thermotherapy: Meaning, Technique and safety precaution – Hot Pack, Wax Bath 4.5 Cryotherapy: Meaning, Technique and safety precaution – Ice Pack, Cold Compress 4.6 Massage Therapy : Types, Techniques, Indications and Contra indications.

Practical

1. Calculation of Body Mass Index (BMI)
2. Skinfold Measurement
3. Measurement of Fitness Components –
Muscular Strength – (Minimal Strength) – TEST - Leg-Raise
(Leg Strength) – TEST – Standing Broad Jump
Muscular Endurance- (Abdominal Muscle) – TEST - Sit-ups
Cardiovascular Endurance – TEST- Harvard Step Test or Run and Walk Test
Flexibility – (Lower Back Flexibility) – TEST - Sit and Reach Test
Standing Balance - TEST – Stork Stand Test
4. Measurement of Pulse Rate / Heart Rate at Radial Artery and Carotid Artery
5. Measurement of Vital capacity by spirometer.

16. HEALTH EDUCATION AND SAFETY EDUCATION

1.1 Meaning and Definition of Health & Health Education

1.2 Dimension of Health

1.3 Aims , Objectives of Health Education

1.4 Need & Importance of Health Education.

Health Scheme And Health Services

2.1 Health Agencies – (i) WHO (ii) UNESCO (iii) UNICEF

2.2 National Health Scheme - Rashtriya Bal Swasthya Karyakram (RBSK), Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), Rashtriya Swasthya Bima Yojana, Integrated Child Development Service

2.3 School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record

2.4 Personal Hygiene : Care of Eyes, Ear, Nose, Skin, Mouth and Teeth

UNIT III: HEALTH PROBLEM IN INDIA

3.1 Causes, Prevention and Control of Communicable Diseases: Malaria, Dengue, Corona virus.

3.2 Causes, Prevention and Control Non-Communicable Diseases: Heart Attack, Asthma,

arthritis 3.3 Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity,

Diabetes 3.4 Nutritional Disorders: 3.4.1. Nutrients and their Functions and Daily Requirements

3.4.2. Health disorders for deficiency of Protein, Vitamins and Minerals

Safety Education

4.1 Meaning and definition of Safety and Safety Education

4.2 Relation between Health and Safety

4.3 Need and importance of safety Education in daily life

4.4 Safety measures in Home, Street, Play Ground

Practical

1. Measurement of Height

2. Measurement of Weight

3. Measurement of BMI (Body Mass Index)

4. Measurement of BMR (Basal Metabolic Rate)

5. Measurement of Blood Pressure

6. Measurement of Resting Heart Rate

7. Measurement of Peak Expiratory Flow

8. Determination of Caloric Value of Food

Department Of Physical Education

PROGRAMME OUTCOMES:

Knowledge of subject:- students will get the knowledge about physical education and sports its historical background. Students will acquire knowledge from ancient to modern sports history in india.

PO 2. Changing concept of physical education: - Understanding the other subject's physical education try to achieve itself and its effects on society in various ways. Also through physical education one can related with the world games and sports. In the age of modern technology. It also improve world society.

PO 3. Knowledge of human anatomy and disease: - Through physical education students will be able to inform about human anatomy and also various treatment during physical disturbances.

PO 4 Leadership: The orientation in organization of health and sports promoting physical Activities develops appropriate leadership capabilities in the students.

PO 5Skilled Manager: Capable of identifying or mobilizing appropriate resources required for organizing fruitful training and coaching programme for athletes of various sports.

PO 6. Impact of physical education: - Through the various method of training, participate of various activity students develop their physical ability, mental ability, leadership quality, personality, disciplined well-wisher which makes them a good citizen.

PO 7 Digitally Literate:Capable of using computer for keeping the health related data base of the trainees. Formulating appropriate training programme for individuals as per their need. Capable of employing modern library search tools to locate, retrieve, and evaluate Physical Education& Sports related information.

PO8Ethical Awareness and Reasoning:Avoiding unethical behavior and promoting fair play. Discouraging the use of drugs for performance enhancement. Promoting sports for the development of all round personality of the participants.

PO 9Lifelong Learners: Capable of self-paced and self-directed learning aimed at personal development.

PO 10 Respect for Diversity:An empathy with other's views and needs as well as respect for

their elder's opinion, race or religion and also able to value different cultures and traditions.

PO 11 Cooperation and Team Work: Ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group and or a team in the interests of a common cause and work efficiently as a player.

DEPARTMENT OF PHYSICAL EDUCATION

PROGRAMME SPECIFIC OUTCOMES

PSO 1. Students are come to know the physical education is education through physical activities for the Development of the total personality of the child to its fullness and perfection in physical, mental, social, Emotional, spiritual and educational.

PSO 2. Development of knowledge in sports medicine, sports training, sports psychology, sports Nutrition, sports , sports management, sports physio-therapy sports economics and sports Coaching etc.

PSO 3. Progression on motor components that is speed, strength, endurance, agility, flexibility, balance and coordination.

PSO 4. Structural development of human anatomical posture.

PSO 5. Effect of exercise on benefited of physiological system that is muscular system, circulatory system, respiratory system, digestive system, nervous system, and endocrine system.

PSO 6. The process of developing on psychological character that is motivation, attitude, personality, behavior, efficiency, duty and discipline, idealism, character, concentration and honesty etc.

PSO 7. Change the concept of misconception of physical education.

PSO 8. Health fitness wellness is benefited of regular physical activities.

PSO 9. The student will be oriented with the basic knowledge of computer applications.

PSO 10. The learners will be able to identify the fundamental concepts, theories and principles of human body training related to sports performance.

PSO 11. The student will be able to value the knowledge and skills required to preserve community health and well-being.

PSO 12. The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education.

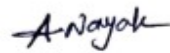
PSO 13. He shall gain knowledge regarding management of Physical Education and Sports at different level.

PSO 14. He would understand various laws of learning and their relevance in teaching learning process.

PSO 15. Student will describe and perform various style of yoga and postures used in each

PSO 16. The student athletes skill , fundamental and techniques will be developed and demonstrated for intercollegiate competition.

PSO 17. The student will improved knowledge of rules ,skill and strategies of particular games and sports.



Department-in-charge
Physical Education
Gobinda Prasad Mahavidyalaya
Amarkan, Bankura