

Modules of Classes and Examinations, 2018-19

B.A (General) in Physical Education

Semester-II

Hiralal Bhakat College, Nalhati

Core Course : CC-1B/ Management of Physical Education and Sports

- Total 75 marks
- 40 Marks Theory for Semester-end-Examination# (will be organized by University)
- 20 Marks Of Practical for Semester-end-Examination# (will be organized by University)
- 10+5=15 Marks for Internal Assessment (will be organized by College in general and Department in Particular)
- 10 Marks for Class Test/ Assignment/ Seminar
- 5 Marks for Attendance
 - Attendance: 50% & above but below 60% - 2 Marks
 - Attendance: 60% & above but below 75% - 3 Marks
 - Attendance: 75% & above but below 90% - 4 Marks
 - Attendance: 90% & Above - 5 Marks

Internal Assessment	Component 1 (C₁)	Component 2 (C₂)
Weightage	5 Marks	5 Marks
Number of Questions	Two	Two
Date	16/04/2019	07/05/2019
Time	11am	2 PM
Syllabus	<ol style="list-style-type: none"> 1. Concept and definition of Sports Management. 2. Important of Sports Management. 3. Purpose of Sports Management. 4. Principles of Sports Management. 5. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge). 6. Procedure of drawing fixture. 	<ol style="list-style-type: none"> 1. Concept and definition of Sports Management. 2. Important of Sports Management. 3. Purpose of Sports Management. 4. Principles of Sports Management. 5. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge). 6. Procedure of drawing fixture. 7. Method of organising Annual Athletic Meet and Play Day. 8. Method of organising of Intramural and Extramural competition. 9. Method of calculation of Standard Athletic Track marking. 10. Care and maintenance of play ground and gymnasium. 11. Importance, care and maintenance

		of sports equipments. 12. Time Table: Meaning, importance and factors affecting Time Table.
Teachers	TM,BG,SG	TM,BG,SG
Number Of Classes	60 (tentative)	120 (tentative)
<p>#Component 3 (C₃)</p> <ul style="list-style-type: none"> ➤ Whole Syllabus of CC 1B ➤ Theory (Management of Physical Education and Sports) = 40 Marks Answer 05 questions out of 08 carrying 02 marks each = 05 x 02 = 10 marks Answer 02 questions out of 04 carrying 05 marks each = 02 x 05 = 10 marks Answer 02 questions out of 04 carrying 10 marks each = 02 x 10 = 20 marks ➤ Practical (Field Practical) = 20 Marks Practical Note Book: 05 Marks Viva- voce: 05 Marks Experiment: 40 Marks (This 40 marks will be transformed into 10 Marks) ➤ A project File (Laboratory Note Book), comprising one exercise each is to be submitted. 		

Modules of Classes and Examinations, 2018-19

B.A (General) in Physical Education

Semester-IV

Hiralal Bhakat College, Nalhati

Core Course : CC-ID/ Health Education, Physical Fitness and Wellness

- Total 75 marks
- 40 Marks Theory for Semester-end-Examination# (will be organized by University)
- 20 Marks Of Practical for Semester-end-Examination# (will be organized by University)
- 10+5=15 Marks for Internal Assessment (will be organized by College in general and Department in Particular)
- 10 Marks for Class Test/ Assignment/ Seminar
- 5 Marks for Attendance
 - Attendance: 50% & above but below 60% - 2 Marks
 - Attendance: 60% & above but below 75% - 3 Marks
 - Attendance: 75% & above but below 90% - 4 Marks
 - Attendance: 90% & Above - 5 Marks

Internal Assessment	Component 1 (C ₁)	Component 2 (C ₂)
Weightage	5 Marks	5 Marks
Number of Questions	Two	Two
Date	16/04/2019	07/05/2019
Time	11am	11m
Syllabus	<ol style="list-style-type: none"> 1. Concept, definition and dimension of Health. 2. Definition, aim, objectives and principles of Health Education. 3. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO). 4. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record. 	<ol style="list-style-type: none"> 1. Concept, definition and dimension of Health. 2. Definition, aim, objectives and principles of Health Education. 3. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO). 4. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record. 5. Communicable Diseases- Malaria, Dengue and Chicken Pox. 6. Non-communicable Diseases- Obesity, Diabetes and AIDS. 7. Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals. 8. Postural deformities- Causes and

	<p>5. Communicable Diseases- Malaria, Dengue and Chicken Pox.</p> <p>6. Non-communicable Diseases- Obesity, Diabetes and AIDS.</p>	<p>corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.</p> <p>9. Physical Fitness- Meaning, definition and Importance of Physical Fitness.</p> <p>10. Components of Physical Fitness- Health and Performance related Physical Fitness.</p> <p>11. Concept of Wellness. Relationship between Physical activities and Wellness.</p> <p>12. Ageing- Physical activities and its importance.</p>
Teachers	TM,BG,SG	TM,BG,SG
Number Of Classes	60 (tentative)	120 (tentative)
<p>#Component 3 (C₃)</p> <ul style="list-style-type: none"> ➤ Whole Syllabus of CC 1D ➤ Theory (Health Education, Physical Fitness and Wellness) = 40 Marks Answer 05 questions out of 08 carrying 02 marks each = 05 x 02 = 10 marks Answer 02 questions out of 04 carrying 05 marks each = 02 x 05 = 10 marks Answer 02 questions out of 04 carrying 10 marks each = 02 x 10 = 20 marks ➤ Practical (Lab Practical) = 20 Marks Lab Practical Note Book: 05 Marks Viva- voce: 05 Marks Experiment: 40 Marks (This 40 marks will be transformed into 10 Marks) ➤ A project File (Laboratory Note Book), comprising one exercise each is to be submitted. 		

Signature of H.O.D

Head
Department of *Phy. Education*
Hiralal Bhakat College
Nalhati, Birbhum



Signature of Principal/T.I.C

Teacher-in-Charge
Hiralal Bhakat College
Nalhati, Birbhum