

## Modules of Classes and Examinations, 2021-22

### 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 (C <sub>1</sub> )	Component 2 (C <sub>2</sub> )
Weightage	5 Marks	5 Marks
Number of Questions	Two	Two
Date	05/04/2021	05/04/2021
Time	11am	11am
Syllabus	<ol style="list-style-type: none"><li>1. Concept and definition of Sports Management.</li><li>2. Important of Sports Management.</li><li>3. Purpose of Sports Management.</li><li>4. Principles of Sports Management.</li><li>5. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge).</li><li>6. Procedure of drawing fixture.</li></ol>	<ol style="list-style-type: none"><li>1. Concept and definition of Sports Management.</li><li>2. Important of Sports Management.</li><li>3. Purpose of Sports Management.</li><li>4. Principles of Sports Management.</li><li>5. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge).</li><li>6. Procedure of drawing fixture.</li><li>7. Method of organising Annual Athletic Meet and Play Day.</li><li>8. Method of organising of Intramural and Extramural competition.</li><li>9. Method of calculation of Standard Athletic Track marking.</li><li>10. Care and maintenance of play ground and gymnasium.</li><li>11. Importance, care and maintenance</li></ol>

		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 (C<sub>3</sub>)</p> <ul style="list-style-type: none"> <li>➤ Whole Syllabus of CC 1B</li> <li>➤ Theory (<b>Management of Physical Education and Sports</b>) = 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</li> <li>➤ 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)</li> <li>➤ A project File (Laboratory Note Book), comprising one exercise each is to be submitted.</li> </ul>		

**Modules of Classes and Examinations, 2020-21**

**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

<b>Internal Assessment</b>	<b>Component 1 (C<sub>1</sub>)</b>	<b>Component 2 (C<sub>2</sub>)</b>
Weightage	5 Marks	5 Marks
Number of Questions	Two	Two
Date	07/04/2021	07/04/2021
Time	11am	11m
Syllabus	<ol style="list-style-type: none"> <li>1. Concept, definition and dimension of Health.</li> <li>2. Definition, aim, objectives and principles of Health Education.</li> <li>3. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).</li> <li>4. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record.</li> <li>5. Communicable Diseases- Malaria, Dengue and Chicken Pox.</li> <li>6. Non-</li> </ol>	<ol style="list-style-type: none"> <li>1. Concept, definition and dimension of Health.</li> <li>2. Definition, aim, objectives and principles of Health Education.</li> <li>3. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).</li> <li>4. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record.</li> <li>5. Communicable Diseases- Malaria, Dengue and Chicken Pox.</li> <li>6. Non-communicable Diseases- Obesity, Diabetes and AIDS.</li> <li>7. Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals.</li> <li>8. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.</li> <li>9. Physical Fitness- Meaning, definition and Importance of</li> </ol>

	communicable Diseases- Obesity, Diabetes and AIDS.	Physical Fitness. 10. Components of Physical Fitness- Health and Performance related Physical Fitness. 11. Concept of Wellness. Relationship between Physical activities and Wellness. 12. Ageing- Physical activities and its importance.
Teachers	TM,BG,SG	TM,BG,SG
Number Of Classes	60 (tentative)	120 (tentative)

#Component 3 (C<sub>3</sub>)

- 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.

## Modules of Classes and Examinations, 2020-21

### B.A (General) in Physical Education

#### Semester-VI

#### Hiralal Bhakat College, Nalhati

#### Core Course : *DSE 2/* Psychology in 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 (C <sub>1</sub> )	Component 2 (C <sub>2</sub> )
Weightage	5 Marks	5 Marks
Number of Questions	Two	Two
Date	10/04/2021	10/04/2021
Time	11am	11am
Syllabus	<ol style="list-style-type: none"><li>1. Meaning and definition Psychology.</li><li>2. Importance and scope of Psychology.</li><li>3. Meaning and definition Sports Psychology.</li><li>4. Need for knowledge of Sports Psychology in the field of Physical Education.</li><li>5. Meaning and definition of learning.</li><li>6. Theories of learning and Laws of learning.</li></ol>	<ol style="list-style-type: none"><li>1. Meaning and definition Psychology.</li><li>2. Importance and scope of Psychology.</li><li>3. Meaning and definition Sports Psychology.</li><li>4. Need for knowledge of Sports Psychology in the field of Physical Education.</li><li>5. Meaning and definition of learning.</li><li>6. Theories of learning and Laws of learning.</li><li>7. Learning curve: Meaning and Types.</li><li>8. Transfer of learning- Meaning, definition type and factors affecting transfer of learning.</li><li>9. Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports.</li><li>10. Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports.</li><li>11. Personality- Meaning, definition and type Personality traits.</li></ol>

		12. Role of physical activities in the development of personality.
Teachers	TM,BG,SG	TM,BG,SG
Number Of Classes	60 (tentative)	120 (tentative)

#Component 3 (C<sub>3</sub>)

- Whole Syllabus of DSE 2
- Theory (**Psychology in 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 (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.

HOD  
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