

# *SYLLABUS DISTRIBUTION*

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## **Department of Physical Education**

**Hiralal Bhakat College**



***DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS DISTRIBUTION ON EVEN SEMESTER***

**2019 - 2020**

**DEPARTMENT OF PHYSICAL EDUCATION**

# ***SYLLABUS DRISTRIBUTION***

***SEM-II Physical Education (2019-2020)***  
***Course Code/Course Title***  
***CC-1B/:Management of Physical Education and Sports***

**Recommended Topics:**

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 organizing 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.
13. Meaning and definition of leadership.
14. Qualities of good leader in Physical Education.
15. Principles of leadership activities.
16. Hierarchy of Leadership in School, College and University level.
17. Track and Field events (any one).
18. Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).

**MODULE-I**

<b>SL NO</b>	<b>Management of Physical Education and Sports</b>	<b>TEACHER NAME</b>
1	Concept, definition and dimension of Health.	Tapan Mandal
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.	

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6	Non-communicable Diseases-Obesity, Diabetes and AIDS.	
7	First aid-Meaning, definition , importance and golden rules of First-aid.	
8	Concept of sports injuries-Sprain, Strain Fracture and Dislocation.	
9	Management of sports injuries through the application of Hydro-therapy and Thermo-therapy.	

### **MODULE-II**

<b>SL NO</b>	<b>Management of Physical Education and Sports</b>	<b>TEACHER NAME</b>
1	Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals.	Sudam Mondal
2	Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and FlatFoot.	
3	Physical Fitness- Meaning, definition and Importance of Physical Fitness.	
4	Components of Physical Fitness- Health and Performance related Physical Fitness.	
5	Concept of Wellness. Relationship between Physical activities and Wellness.	
6	Ageing-Physical activities and its importance.	
7	Management of sports injuries through the application of Exercise and Massage therapy.	
8	First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral ,Figure of Eight, Spica.	
9	Practical knowledge on Hydro-therapy and Thermo-therapy.	

# ***SYLLABUS DRISTRIBUTION***

***Sem-IV, Physical Education 2021 -2022 )***  
***Course Code/ Course Title***  
***CCID/Health Education, Physical Fitness and Wellness***

**Recommended Topics:**

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 corrective exercise of Kyphosis, Lordosis, Scoliosis ,Knock Knees and Flat Foot.
9. Physical Fitness- Meaning, definition and Importance of 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.
13. First aid-Meaning, definition ,importance and golden rules of First-aid.
14. Concept of sports injuries-Sprain, Strain, Fracture and Dislocation.
15. Management of sports injuries through the application of Hydro-therapy and Thermo-therapy.
16. Management of sports injuries through the application of Exercise and Massage therapy.
17. First-aid Practical- Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral,Figure of Eight,Spica.
18. Practical knowledge on Hydro-therapy and Thermo-therapy.

**MODULE-I**

<b>SL NO</b>	<b>Health Education, Physical Fitness and Wellness</b>	<b>TEACHER NAME</b>
1	Structure and function of Respiratory organs	Tapan Mandal
2	Mechanism of Respiration	
3	Blood Pressure, Athletic Heart and Brady cardia	

## ***SYLLABUS DRISTRIBUTION***

4	Effect of exercise on circulatory system	
5	Assessments of BMI and WHR	
6	Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two)	
7	Meaning and definition of Anatomy, Physiology and Exercise Physiology	
8	Importance of Anatomy, Physiology and Exercise Physiology in Physical Education	
9	Human Cell-Structure and function	

### **MODULE-II**

<b>SL NO</b>	<b>Health Education, Physical Fitness and Wellness</b>	<b>TEACHE R NAME</b>
1	Blood-Composition and function	Sudam Mondal
2	Heart-Structure and functions. Mechanism of blood circulation through heart	
3	Blood Pressure, Athletic Heart and Brady cardia	
4	Effect of exercise on circulatory system	
5	Effect of exercise on muscular system	
6	Types of muscular contraction	
7	Tissue-Types and functions	
8	Skeletal System- Structure of Skeletal System. Classification and location of bones and joints .Anatomical differences between male and female	
9	joints.Anatomical differencesbetween maleandfemale	

# SYLLABUS DRISTRIBUTION

*Sem-IV, Physical Education (2019-2020)*

*Course Code/ Course Title*

**SEC-2/Gymnastics and Yoga**

## **Recommended Topics:**

1. Forward Roll
2. T-Balance
3. Forward Roll with Split leg
4. Backward Roll
5. Cart-Wheel
6. Dive and Forward Roll
7. Hand Spring
8. Head Spring
9. Neck Spring
10. Hand Stand and Forward Roll
11. Summersault
12. Ardha chandrasana
13. Brikshasana
14. Padahastasana
15. Ardhakurmasana
16. Paschimottanasana
17. Gomukhasana
18. Setubandhasana
19. Halasana
20. Matsyasana
21. Bhujangasana
22. Salvasana
23. Dhanurasana
24. Sarbangasana
25. Shirsasana
26. Bhagrasana
27. Kapalbhathi
28. Bhramri
29. AnulamVilom

## **MODULE-I**

<b>SL NO</b>	<b>Gymnastics and Yoga</b>	<b>TEACHE R NAME</b>
1	Forward Roll, T-Balance, Forward Roll with Split leg, Backward Roll, Cart-Wheel, Dive and Forward Roll, Hand Spring, Head Spring, Neck Spring, Hand Stand and Forward Roll, Summersault	Tapan Mandal
2	Kapalbhathi, Bhramri, AnulamVilom	

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## **MODULE-II**

<b>SL NO</b>	<b>Gymnastics and Yoga</b>	<b>TEACHE R NAME</b>
1	Ardhachandrasana, Brikshasana, Padahastanasana, Ardhakurmasana, Paschimottanasana, Gomukhasana, Setubandhasana, Halasana, Matsyasana, Bhujangasana, Salvasana, Dhanurasana, Sarbangasana, Shirsasana, Bhagrasana	Sudam Mondal

# SYLLABUS DISTRIBUTION

**SEM-VI Physical Education (2019-2020)**  
**Course Code /Course Title**  
**DSE2 /Psychology in Physical Education and Sports**

**Recommended Topics:**

1. Meaning and definition Psychology.
2. Importance and scope of Psychology.
3. Meaning and definition Sports Psychology.
4. Need for knowledge of Sports Psychology in the field of Physical Education
5. Meaning and definition of learning.
6. Theories of learning and Laws of learning.
7. Learning curve: Meaning and Types.
8. Transfer of learning- Meaning, definition type and factors affecting transfer of learning.
9. Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports.
10. Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports.
11. Personality- Meaning, definition and type Personality traits.
12. Role of physical activities in the development of personality
13. Stress- Meaning, definition and types of Stress.
14. Causes of Stress.
15. Anxiety-Meaning, definition and types of Anxiety.
16. Management of Stress and Anxiety through physical activity and sports
17. Assessment of Personalit, Stres sand Anxiety(anyone)
18. Measurement of Reaction Time ,Depth Perception and Mirror Drawing (anyone)

## MODULE-I

SL NO	Psychology in Physical Education and Sports	TEACHER NAME
1	Meaning and definition Psychology.	Tapan Mandal
2	Importance and scope of Psychology.	
3	Meaning and definition Sports Psychology.	
4	Need for knowledge of Sports Psychology in the field of Physical Education.	
5	Meaning and definition of learning.	
6	Theories of learning and Laws of learning.	
7	Stress- Meaning, definition and types of Stress.	
8	Causes of Stress.	



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9	Anxiety-Meaning, definition and types of Anxiety.	
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## MODULE-II

SL NO	Psychology in Physical Education and Sports	TEACHER NAME
1	Learning curve: Meaning and Types.	Sudam Mondal
2	Transfer of learning- Meaning, definition type and factors affecting transfer of learning.	
3	Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports.	
4	Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports.	
5	Personality- Meaning, definition and type Personality traits.	
6	Role of physical activities in the development of personality.	
7	Management of Stress and Anxiety through physical activity and sports.	
8	Assessment of Personality, Stress and Anxiety(any one)	
9	Measurement of Reaction Time ,Depth Perception and Mirror Drawing (anyone).	

### *SEM-VI Physical Education (2019-2020)*

#### *Course Code /Course Title*

#### *GE2 / Health Education and Tests & Measurements in Physical Education*

#### **Recommended Topics:**

1. Concept, definition and dimension of Health.
2. Definition, aim, objective and principles of Health Education.
3. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization(UNESCO).
4. Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals.
5. First aid-Meaning, definition, importance and golden rules of First-aid.
6. Concept of sports injuries-Sprain, Strain, Fracture and Dislocation.
7. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat

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- Foot.
8. Hypo-kinetic Diseases and Physical Activities-Obesity and Diabetes.
  9. Body Mass Index(BMI)-Concept and method of measurement.
  10. Body Fat-Concept and method of measurement.
  11. Lean Body Mass(LBM)-Concept and method of measurement.
  12. Somatotype-Concept and method of Assessment.
  13. Kraus-Weber Muscular Strength Test
  14. AAHPER Youth Fitness Test
  15. Queens College Step Test
  16. Harvard Step Test

## MODULE-I

SL NO	<i>Health Education and Tests &amp; Measurements in Physical Education</i>	TEACHER NAME
1	Concept, definition and dimension of Health.	Tapan Mandal
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	Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals.	
5	First aid-Meaning, definition, importance and golden rules of First-aid.	
6	Somato type-Concept and method of Assessment	
7	Kraus-Weber Muscular Strength Test	
8	AAHPER Youth Fitness Test	

## MODULE-II

SL NO	<i>Health Education and Tests &amp; Measurements in Physical Education</i>	TEACHER NAME
1	Concept of sports injuries-Sprain, Strain, Fracture and Dislocation.	Sudam Mondal
2	Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.	
3	Hypo-kinetic Diseases and Physical Activities-Obesity and Diabetes.	
4	Body Mass Index(BMI)-Concept and method of measurement.	
5	BodyFat-Concept and method of measurement.	
6	Lean Body Mass(LBM)-Concept and method of measurement.	

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7	Queens College Step Test	
8	Harvard Step Test	

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*SEM-VI Physical Education (2019-2020)*

*Course Code /Course Title*

*SEC-4/ Ball Games (Any two)*

## **Recommended Topics:**

1. Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick.
2. Trapping: Trapping-the Rolling ball, and the Bouncing ball with sole of the foot.
3. Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot.
4. Heading: In standing, running and jumping condition.
5. Throw-in: Standig throw-in and Running throw-in.
6. Feinting: With the lower limb and upper part of the body.
7. Tackling: Simple Tackling, Slide Tackling.
8. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting.
9. Game practice with application of Rules and Regulations.
10. Service: Under arm service, Side arm service, Tennis service, Floating service.
11. Pass: Under arm pass, Over head pass.
12. Spiking and Blocking.
13. Game practice with application of Rules and Regulations.

## **MODULE-I**

<b>SL NO</b>	<b>Ball Games (Any two)</b>	<b>TEACHER NAME</b>
1	Service :Under arm service ,Side arm service, Tennis service, Floating service.	Tapan Mandal
2	Pass: Under arm pass, Overhead pass.	
3	Spiking and Blocking	
4	Game practice with application of Rules and Regulations.	
5	Feinting: With the lower limb and upper part of the body.	
6	Tackling: Simple Tackling, Slide Tackling.	

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## MODULE-II

SL NO	Ball Games (Any two)	TEACHER NAME
1	Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick.	Sudam Mondal
2	Trapping: Trapping-the Rolling ball, and the Bouncing ball with sole of the foot.	
3	Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot.	
4	Heading: In standing, running and jumping condition.	
5	Throw-in: Standing throw-in and Running throw-in.	
6	Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting.	
7	Game practice with application of Rules and Regulations.	



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