

*SYLLABUS DRISTRIBUTION*

---

# Department of Physical Education

**Hiralal Bhakat College**



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

**2022-2023**

# SYLLABUS DISTRIBUTION

*SEM-I Physical Education (2022-2023)*

*Course Code/Course Title*

**CC-1A/:Foundation and History of Physical Education**

## **Recommended Topics:**

### **Introduction:**

1. Meaning and definition of Physical Education
2. Aim and objectives of Physical Education
3. Modern concept of Physical Education
4. Importance of Physical Education

### **Biological and Sociological Foundations of Physical Education**

5. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
6. Age- Chronological age, anatomical age, physiological age and mental age.
7. Sociological Foundation-Meaning and definition of Sociology, Society and Socialization.
8. Role of games and sports in National and International integration

### **History of Physical Education**

9. Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period.
10. Olympic Movement- Ancient Olympic Games and Modern Olympic Games.
11. Brief historical background of Asian Games and Commonwealth Games
12. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award

### **Yoga Education**

13. Meaning and definition of the term Yoga, types, aim, objectives and importance of Yoga.
14. History of Yoga
15. Astanga Yoga
16. Hatha Yoga

### **Field Practical**

17. Learn and demonstrate the technique of Suryanamaskar
18. Development of physical fitness through Callisthenics and Aerobic activities

## **MODULE-I**

<b>SL NO</b>	<b>Foundation and History of Physical Education</b>	<b>TEACHER NAME</b>
1	Meaning and definition of Physical Education	Tapan Mandal
2	Aim and objectives of Physical Education	
3	Modern concept of Physical Education	

## ***SYLLABUS DRISTRIBUTION***

4	Importance of Physical Education	
5	Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development	
6	Age- Chronological age, anatomical age, physiological age and mental age	
7	<b>Sociological Foundation-Meaning and definition of Sociology, Society and Socialization</b>	
8	Role of games and sports in National and International integration	
9	Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period	

### **MODULE-II**

SL NO	<b>Foundation and History of Physical Education</b>	TEACHER NAME
1	<b>Sociological Foundation-Meaning and definition of Sociology, Society and Socialization</b>	Sudam Mondal
2	Role of games and sports in National and International integration	
3	Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period	
4	Olympic Movement- Ancient Olympic Games and Modern Olympic Games.	
5	Brief historical background of Asian Games and Commonwealth Games	
6	National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award	
7	Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga.	
8	History of Yoga	
9	Astanga Yoga	

# ***SYLLABUS DRISTRIBUTION***

***Sem-III, Physical Education (2022-2023)***  
***Course Code/ Course Title***  
***CC1C-3/Anatomy, Physiology and Exercise Physiology***

## **Recommended Topics:**

### **Introduction:**

1. Meaning and definition of Anatomy, Physiology and Exercise Physiology
2. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education
3. Human Cell- Structure and function
4. Tissue- Types and functions

### **Musculo-skeletal System**

5. Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female
6. Muscular System- Type, location, function and structure of muscle
7. Types of muscular contraction
8. Effect of exercise on muscular system

### **CirculatorySystem**

9. Blood-Composition and function
10. Heart-Structure and functions. Mechanism of blood circulation through heart
11. Blood Pressure, Athletic Heart and Bradycardia
12. Effect of exercise on circulatory system

### **RespiratorySystem**

13. Structure and function of Respiratory organs
14. Mechanism of Respiration
15. Vital Capacity, O<sub>2</sub> Debt and Second Wind
16. Effect of exercise on respiratory system

### **LABPRACTICAL**

17. Assessments of BMI and WHR
18. Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two)

## **MODULE-I**

<b>SL NO</b>	<b><i>Anatomy, Physiology and Exercise Physiology</i></b>	<b>TEACHER NAME</b>
1	Structure and function of Respiratory organs	Tapan Mandal
2	Mechanism of Respiration	
3	Blood Pressure, Athletic Heart and Bradycardia	

## ***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	Blood-Composition and function	
8	Heart-Structure and functions. Mechanism of blood circulation through heart	
9	Blood Pressure, Athletic Heart and Bradycardia	

### **MODULE-II**

<b>SL NO</b>	<b><i>Anatomy, Physiology and Exercise Physiology</i></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 Bradycardia	
4	Effect of exercise on circulatory system	
5	Effect of exercise on muscular system	
6	Types of muscular contraction	
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	

# ***SYLLABUS DRISTRIBUTION***

***Sem-III, Physical Education (2022-2023)***

***Course Code/ Course Title***

***SEC-1/TrackandField***

## **Recommended Topics:**

### **Track Events:**

1. Starting Techniques: Standing start and Crouch start (its variations) use of Block
2. Accelerationwithproperrunningtechniques'
3. Finishingtechnique:RunThrough,ForwardLungingandShoulderShrug
4. Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, andFinishing

### **Field events (any two)**

5. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) andLanding.
6. Highjump:ApproachRun,Take-off,BarClearance(Straddle)andLanding.Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance andRecovery(PerryO'BrienTechnique).
7. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release andRecovery(Rotationinthecircle).
8. JavelinThrow:Grip,Carry,ReleaseandRecovery(3/5Impulsestride).

## **MODULE-I**

<b>SL NO</b>	<b>TrackandField</b>	<b>TEACHE R NAME</b>
1	Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) andLanding	Tapan Mandal
2	High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing	
3	Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry 'O'BrienTechnique)	
4	Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle)	
5	Javelin Throw: Grip, Carry, Release and Recover (3/5Impulsestride)	

## ***SYLLABUS DRISTRIBUTION***

6	Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, andFinishing	
---	--	--

### **MODULE-II**

<b>SL NO</b>	<b>TrackandField</b>	<b>TEACHE R NAME</b>
1	Starting Techniques: Standing start and Crouch start (its variations) use of Block	Sudam Mondal
2	Acceleration with proper running techniques	
3	Finishing technique :Run Through, Forward Lunging and Shoulder Shrug	

# SYLLABUS DISTRIBUTION

*SEM-V Physical Education(2022-2023)*

*Course Code /Course Title*

*DSE1/Sports Training*

**Recommended Topics:**

**Introduction**

1. Meaning and definition of Sports Training.
2. Aim and characteristics of Sports Training.
3. Principles of Sports Training.
4. Importance of Sports Training.

**Principle of Training and Conditioning**

5. Warming up and Cooling down- Meaning, types and methods.
6. Conditioning-Concept of Conditioning and its principles.
7. Training Methods-Circuit Training, Interval Training, Weight Training.
8. Periodisation-Meaning, types, aim and contents of different periods.

**Training Load and Adaptation**

9. Training Load-Meaning, definition, types and factors of training load.
10. Components of training load.
11. Over Load- Meaning, causes, symptoms and tackling of over load.
12. Adaptation-Meaning and conditions of adaptation.

**Training Techniques**

13. Strength- Means and methods of strength development.
14. Speed-Means and methods of speed development.
15. Endurance- Means and methods of endurance development.
16. Flexibility-Means and methods of flexibility development.

**Field Practical:**

17. Practical Experience of Weight Training and Circuit Training (anyone).
18. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility(anytwo).

**MODULE-I**

SL NO	Sports Training	TEACHER NAME
1	Meaning and definition of Sports Training	Tapan Mandal
2	Aim and characteristics of Sports Training.	
3	Principles of Sports Training.	
4	Importance of Sports Training.	
5	Warming up and Cooling down- Meaning, types and methods.	
6	Conditioning-Concept of Conditioning and its principles.	
7	Training Methods-Circuit Training, Interval Training, Weight Training.	
8	Periodisation-Meaning, types, aim and contents of different periods.	
9	Training Load-Meaning, definition, types and factors of training load.	



# ***SYLLABUS DRISTRIBUTION***

---

## **MODULE-II**

<b>SL NO</b>	<b>Sports Training</b>	<b>TEACHER NAME</b>
1	Strength- Means and methods of strength development.	Sudam Monda
2	Speed-Means and methods of speed development.	
3	Endurance- Means and methods of endurance development.	
4	Components of training load.	
5	Over Load- Meaning, causes, symptoms and tackling of over load.	
6	Adaptation-Meaning and conditions of adaptation.	
7	Flexibility-Means and methods of flexibility development.	
8	Practical Experience of Weight Training and Circuit Training (anyone).	
9	Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility (anytwo).	

# SYLLABUS DRISTRIBUTION

*SEM-V Physical Education (2022-2023)*

*Course Code /Course Title*

*GE1/ Modern Trends and Practices in Physical Education Exercise Sciences*

*(For the students other than Physical Education)*

## **Recommended Topics:**

### **Introduction**

1. Meaning, definition and importance of physical Education and Sports.
2. Aims, objectives and scope of Physical Education.
3. Types of sports and their utility in physical education.
4. Meaning, definition and importance of Physical fitness and Motor fitness. Difference between physical fitness and motor fitness. Components of Physical fitness.
5. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
6. Meaning and definition of Psychology. Importance of Psychology in Physical Education. Qualities of good leader in Physical Education. Principles of leadership activities.
7. Sociological Foundation- Meaning and definition of Sociology. Social values and their Importance. Socialization Through Sports
8. Role of games and sports in National and International integration.
9. Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period.
10. Ancient Olympic Games.
11. Modern Olympic Games.
12. Asian Games
13. Meaning, definition and importance Exercise and Exercise Physiology.
14. Effects of short and long term exercise on Muscular systems.
15. Effects of short and longterm exercise on Circulatory System.
16. Effects of short and longterm exercise on Respiratory System.

### **MODULE-I**

<b>SL NO</b>	<b><i>Modern Trends and Practices in Physical Education Exercise Sciences (For the students other than Physical Education)</i></b>	<b>TEACHER NAME</b>
1	Meaning, definition and importance of physical Education and Sports.	Tapan Mandal
2	Aims, objectives and scope of Physical Education.	
3	Types of sports and their utility in physical education.	
4	Meaning, definition and importance of Physical fitness and Motor fitness. Difference between physical fitness and motor fitness. Components of Physical fitness.	
5	Asian Games	
6	Ancient Olympic Games	
7	Modern Olympic Games.	

# SYLLABUS DISTRIBUTION

8	Meaning, definition and importance Exercise and Exercise Physiology.	
---	--	--

## MODULE-II

SL NO	<i>Modern Trends and Practices in Physical Education Exercise Sciences (For the students other than Physical Education)</i>	TEACHER NAME
1	Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.	Sudam Mondal
2	Meaning and definition of Psychology. Importance of Psychology in Physical Education. Qualities of good leader in Physical Education. Principles of leadership activities.	
3	Sociological Foundation- Meaning and definition of Sociology. Social values and their Importance. Socialization Through Sports	
4	Role of games and sports in National and International integration.	
5	Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period.	
6	Effects of short and long term exercise on Muscular systems.	
7	Effects of short and long term exercise on Circulatory System.	
8	Effects of short and long term exercise on Respiratory System.	

***SEM-V Physical Education***  
***Course Code /Course Title***  
***SEC-3/ Indian Games and Racket Sports***

**Recommended Topics:**

**Introduction**

1. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line.
2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques.
3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defence.
4. Game practice with application of Rules and Regulations.
5. Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul.
6. Skills in running: Chain Play, Ring play and Chain & Ring mixed play.

## **SYLLABUS DISTRIBUTION**

7. Game practice with application of Rules and Regulations.
8. Basic Knowledge: Various parts of the Racket and Grip.
9. Service: Short service, Long service, Long-high service.
10. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.
11. Game practice with application of Rules and Regulations.
12. Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip).
13. Stance: Alternate & Parallel.
14. Push and Service: Backhand & Forehand.
15. Chop: Backhand & Forehand.
16. Receive: Push and Chop with both Back hand & Forehand.
17. Game practice with application of Rules and Regulations.

### **MODULE-I**

<b>SL NO</b>	<b>Indian Games and Racket Sports</b>	<b>TEACHER NAME</b>
1	Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mulekick, arrow flykick, crossing of baulk line. Crossing of Bonusline.	Tapan Mandal
2	Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques.	
3	Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defence.	
4	Game practice with application of Rules and Regulations.	
5	Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul.	
6	Game practice with application of Rules and Regulations.	
7	Basic Knowledge: Various parts of the Racket and Grip. (Shake Hand & Pen Hold Grip).	
8	Stance: Alternate & Parallel.	
9	Stance: Alternate & Parallel.	

### **MODULE-II**

<b>SL NO</b>	<b>Indian Games and Racket Sports</b>	<b>TEACHER NAME</b>
1	Skills in running: Chain Play, Ring play and Chain & Ring mixed play.	Sudam
2	Game practice with application of Rules and Regulations.	

# SYLLABUS DISTRIBUTION

3	Basic Knowledge: Various parts of the Racket and Grip.	Mondal
4	Service: Short service, Long service, Long-high service.	
5	Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot,Smash.	
6	Game practice with application of Rules and Regulations.	
7	Push and Service: Backhand & Forehand.	
8	Chop: Backhand & Forehand.	
9	Receive: Push and Chop with both Backhand & Forehand.	



Tapan Mandal

HOD, Department of Physical Education.

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



Dr. Nurul Islam

Principal  
Hiralal Bhakat College  
Nalhati, Birbhum.

Principal  
Hiralal Bhakat College  
Nalhati, Birbhum

