

Modules of Classes and Examinations, 2018-19

B.A (General) in Physical Education

Semester-I

Hiralal Bhakat College, Nalhati

Core Course : CC-IA/: Foundation and History of Physical Education

- 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	14/9/2018	26/11/2018
Time	11am	11am
Syllabus	<ol style="list-style-type: none">1. Meaning and defination of Physical Education2. Aim and objectives of Physical Education3. Modern concept of Physical Education4. Importance of Physical Education5. 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.	<ol style="list-style-type: none">1. Meaning and defination of Physical Education2. Aim and objectives of Physical Education3. Modern concept of Physical Education4. Importance of Physical Education5. 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 integration9. Historical development of

		<p>Physical Education and Sports in India- Pre-Independence period and Post-Independence period.</p> <p>10. Olympic Movement- Ancient Olympic Games and Modern Olympic Games.</p> <p>11. Brief historical background of Asian Games and Commonwealth Games</p> <p>12. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award</p>
Teachers	TM,BG,SG	TM,BG,SG
Number Of Classes	60 (tentative)	120 (tentative)

#Component 3 (C₃)

- Whole Syllabus of CC 1A
- Theory (**Foundation and History of Physical Education**) = 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
 Field 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-III

Hiralal Bhakat College, Nalhati

Core Course : CC-1C/: Anatomy, Physiology and Exercise Physiology

- 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	26/11/2018	14/09/2018
Time	11am	11am
Syllabus	<ol style="list-style-type: none">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.5. Skeletal System- Structure of Skeletal System. Classification and location of bones and	<ol style="list-style-type: none">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.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.9. Blood- Composition and function.

	joints. Anatomical differences between male and female. 6. Muscular System- Type, location, function and structure of muscle.	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.
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 1C ➤ Theory (Anatomy, Physiology and Exercise Physiology) = 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 Laboratory 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 Class and Examinations 2018-2019

B.A (General) in physical education

PART –III(1+1+1)

- Total 100 Marks
- 65Marks(Theory) for Semester-end-Examination# (will be organized by University)
- 10 Marks for Class Test/ Assignment (will be organized by College in general and Department in Particular)

Internal Assessment	Component 1 (C₁)	Component 2 (C₂)
Weightage	5 Marks	5 Marks
Number of Questions	Two	Two
Date	10/01/2019	12/04/2019
Time	11 am	1 pm
Syllabus	<ol style="list-style-type: none"> 1. Meaning and definition of Sports Training. 2. Aim and Characteristics of Sports Training 3. Principles of Sports Training. 4. Meaning and Definition of load and adaptation. 5. Type and Components training load. 6. 6.Causes and symptoms of over load. 7. Principles of load 8. Relationship between load and adaptation. 9. Continuous training methods . 10. Slow Continuous method 11. Variable Pace method 12. Interval training method 13. Extensive Interval training method. 14. Circuit training method 15. Meaning, Definition and types of Periodisation. 16. Aims and contents of different periods 17. Meaning and definition of physiotherapy 18. Need for the knowledge of Physiotherapy in the 	<ol style="list-style-type: none"> 1. Meaning and definition of Sports Training. 2. Aim and Characteristics of Sports Training. 3. Principles of Sports Training. 4. Meaning and Definition of load and adaptation. 5. Type and Components training load. 6. Causes and symptoms of over load 7. Principles of load. 8. Relationship between load and adaptation 9. Continuous training methods. 10. Slow Continuous method. 11. Variable Pace method. 12. Interval training method. 13. Extensive Interval training method. 14. Circuit training method. 15. Meaning, Definition and types of Periodisation. 16. Aims and contents of different periods. 17. Meaning and definition of physiotherapy. 18. Need for the knowledge of Physiotherapy in the field of Physical Education and Sports. 19. Contrast bath 20. Hot Pack 21. Wax bath 22. TENS

	field of Physical Education and Sports.	23. Ultra-sound wave 24. Meaning, definition and type of massage 25. Principles and Contradictions of massage 26. Meaning, Definition, Types, Symptoms and Treatment of common sports injuries 27. Sprain 28. Strain 29. Fracture 30. Dislocation 31. Immediate care of Injuries 32. Meaning, Definition and Type of recreation 33. Importance of recreation in modern society 34. Recreation providing agencies 35. Adapted Physical 36. Meaning, Definition and Objectives of Adapted Physical Education
Name of Teacher(s)	TM,BG,SG	TM,BG,SG
Number of Classes	32 (Tentative)	64 (Tentative)

Signature of H.O.D

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



Signature of Principal/T.I.C

Teacher-in-Charge
 Hiralal Bhakat College
 Naihati, Birbhum