

**Modules of Classes and Examinations, 2019-20**

**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

<b>Internal Assessment</b>	<b>Component 1 (C1)</b>	<b>Component 2 (C2)</b>
Weightage	5 Marks	5 Marks
Number of Questions	Two	Two
Date	07/11/2019	03/12/2019
Time	11am	11am
Syllabus	<ol style="list-style-type: none"> <li>1. Meaning and defination of Physical Education</li> <li>2. Aim and objectives of Physical Education</li> <li>3. Modern concept of Physical Education</li> <li>4. Importance of Physical Education</li> <li>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.</li> <li>6. Age- Chronological age, anatomical age, physiological age and mental age.</li> </ol>	<ol style="list-style-type: none"> <li>1. Meaning and defination of Physical Education</li> <li>2. Aim and objectives of Physical Education</li> <li>3. Modern concept of Physical Education</li> <li>4. Importance of Physical Education</li> <li>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.</li> <li>6. Age- Chronological age, anatomical age, physiological age and mental age.</li> <li>7. Sociological Foundation- Meaning and definition of Sociology, Society and Socialization.</li> <li>8. Role of games and sports in National and International integration</li> </ol>

		<p>9. Historical development of 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 (C<sub>3</sub>)

- 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, 2019-20

### 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 <sub>1</sub> )	Component 2 (C <sub>2</sub> )
Weightage	5 Marks	5 Marks
Number of Questions	Two	Two
Date	15/12/2019	16/12/2019
Time	11am	11am
Syllabus	<ol style="list-style-type: none"><li>1. Meaning and definition of anatomy, physiology and exercise physiology.</li><li>2. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.</li><li>3. Human Cell- Structure and function.</li><li>4. Tissue- Types and functions.</li><li>5. Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female.</li><li>6. Muscular System- Type, location,</li></ol>	<ol style="list-style-type: none"><li>1. Meaning and definition of anatomy, physiology and exercise physiology.</li><li>2. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.</li><li>3. Human Cell- Structure and function.</li><li>4. Tissue- Types and functions.</li><li>5. Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female.</li><li>6. Muscular System- Type, location, function and structure of muscle.</li><li>7. Types of muscular contraction.</li><li>8. Effect of exercise on muscular system.</li><li>9. Blood- Composition and function.</li><li>10. Heart- Structure and functions. Mechanism of blood circulation through heart.</li><li>11. Blood Pressure, Athletic Heart and Bradycardia.</li></ol>

	function and structure of muscle.	12. Effect of exercise on circulatory system.
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 1C</li> <li>➤ Theory (<b>Anatomy, Physiology and Exercise Physiology</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 (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)</li> <li>➤ A project File (Laboratory Note Book), comprising one exercise each is to be submitted.</li> </ul>		

## Modules of Classes and Examinations, 2019-20

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

#### Semester-V

#### Hiralal Bhakat College, Nalhati

#### Core Course :DSE 1 Measurements and Evaluation in 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 <sub>1</sub> )	Component 2 (C <sub>2</sub> )
Weightage	5 Marks	5 Marks
Number of Questions	Two	Two
Date	21/12/2019	22/12/2019
Time	11am	11am
Syllabus	<ol style="list-style-type: none"><li>1. Concept of test, measurement &amp; Evaluation.</li><li>2. Criteria of good test.</li><li>3. Principles of Evaluation.</li><li>4. Importance of Test, Measurement and Evaluation in Physical Education and Sports.</li><li>5. Body Mass Index (BMI)- Concept and method of measurement.</li><li>6. Body Fat- Concept and method of measurement.</li><li>7. Lean Body Mass (LBM)- Concept and method of measurement.</li></ol>	<ol style="list-style-type: none"><li>1. Concept of test, measurement &amp; Evaluation.</li><li>2. Criteria of good test.</li><li>3. Principles of Evaluation.</li><li>4. Importance of Test, Measurement and Evaluation in Physical Education and Sports.</li><li>5. Body Mass Index (BMI)- Concept and method of measurement.</li><li>6. Body Fat- Concept and method of measurement.</li><li>7. Lean Body Mass (LBM)- Concept and method of measurement.</li><li>8. Somatotype- Concept and method of measurement.</li><li>9. Kraus-Weber Muscular Strength Test</li><li>10. AAHPER Youth Fitness Test</li><li>11. Queens College Step Test</li></ol>

		12. Harvard Step Test 13. Lockhart and McPherson Badminton Skill Test
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 DSE 1</li> <li>➤ Theory (<b>Test measurements and evaluation in physical education</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 (Lab&amp;Field Practical) = 20 Marks Laboratory 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>		

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

