Modules of Classes and Examinations, 2019-20

B.A (General) in Physical Education

Semester-I

Hiralal Bhakat Colllege, Nalhati

Core Course : CC-1A/: 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 Attendence

Attendence: 50% & above but below 60% - 2 Marks Attendence: 60% & above but below 75% - 3 Marks Attendence: 75% & above but below 90% - 4 Marks Attendence: 90% & Above - 5 Marks

Internal	Component 1 (C1)	Component 2 (C ₂)
Assessment	5 Marka	5 Martin
Weightage Number of	5 Marks Two	5 Marks Two
Questions	1 w0	1 wo
Date	07/11/2019	03/12/2019
Time	11am	11am
Syllabus	1. Meaning and	1. Meaning and defination of
	defination of Physical	Physical Education
	Education	2. Aim and objectives of
	2. Aim and objectives	Physical Education
	of Physical	3. Modern concept of Physical
	Education	Education
	3. Modern concept of	4. Importance of Physical
	Physical Education	Education
	4. Importance of	5. Biological Foundation-
	Physical Education	Meaning and definition of
	5. Biological	growth and development.
	Foundation- Meaning	Factors affecting growth and
	and definition of	development. Differences of
	growth and	growth and development.
	development. Factors	Principles of growth and
	affecting growth and	development.
	development.	6. Age- Chronological age,
	Differences of growth	anatomical age, physiological
	and development.	age and mental age.
	Principles of growth	7. Sociological Foundation-
	and development.	Meaning and definition of
	6. Age- Chronological	Sociology, Society and
	age, anatomical age,	Socialization.
	physiological age and	8. Role of games and sports in
	mental age.	National and International
	6	integration

		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
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, 2019-20

B.A (General) in Physical Education

Semester-III

Hiralal Bhakat Colllege, 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 Attendence

Attendence: 50% & above but below 60% - 2 Marks Attendence: 60% & above but below 75% - 3 Marks Attendence: 75% & above but below 90% - 4 Marks

Attendence: 90% & Above - 5 Marks

Internal	Component 1 (C ₁)	Component 2 (C ₂)
Assessment		
Weightage	5 Marks	5 Marks
Number of	Two	Two
Questions		
Date	15/12/2019	16/12/2019
Time	11am	11am
Syllabus	1. Meaning and	
	definition of	1. Meaning and definition of
	anatomy, physiology	anatomy, physiology and exercise
	and exercise	physiology.
	physiology.	2. Importance of Anatomy,
	2. Importance of	Physiology and Exercise
	Anatomy,	Physiology in Physical Education.
	Physiology and	3. Human Cell- Structure and
	Exercise Physiology	function.
	in Physical	4. Tissue- Types and functions.
	Education.	5. Skeletal System- Structure of
	3. Human Cell-	Skeletal System. Classification and
	Structure and	location of bones and joints.
	function.	Anatomical differences between
	4. Tissue- Types and	male and female.
	functions.	6. Muscular System- Type, location,
	5. Skeletal System-	function and structure of muscle.
	Structure of Skeletal	7. Types of muscular contraction.
	System.	8. Effect of exercise on muscular
	Classification and	system.
	location of bones and	9. Blood- Composition and function.
	joints. Anatomical	10. Heart- Structure and functions.
	differences between	Mechanism of blood circulation
	male and female.	through heart.
	6. Muscular System-	11. Blood Pressure, Athletic Heart and
	Type, location,	Bradycardia.

	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)
[#] Component 3	3 (C ₃)	
> Whol	e Syllabus of CC 1C	
Answe Answe	ry (Anatomy, Physiology and Exerc er 05 questions out of 08 carrying 02 er 02 questions out of 04 carrying 05 er 02 questions out of 04 carrying 10	marks each = $05 \times 02 = 10$ marks marks each = $02 \times 05 = 10$ marks
Labora Viva- v	al (lab Practical) = 20 Marks tory Note Book: 05 Marks voce: 05 Marks nent: 40 Marks (This 40 marks will b	be transformed into 10 Marks)
 A proje 	ect File (Laboratory Note Book), con	nprising one exercise each is to be submitted.

Modules of Classes and Examinations, 2019-20

B.A (General) in Physical Education

Semester-V

Hiralal Bhakat Colllege, 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 Attendence

Attendence: 50% & above but below 60% - 2 Marks Attendence: 60% & above but below 75% - 3 Marks Attendence: 75% & above but below 90% - 4 Marks Attendence: 90% & Above - 5 Marks

Internal	Component 1 (C ₁)	Component 2 (C ₂)
Assessment		
Weightage	5 Marks	5 Marks
Number of	Two	Two
Questions		
Date	21/12/2019	22/12/2019
Time	11am	11am
Syllabus	1. Concept of test,	1. Concept of test, measurement &
	measurement &	Evaluation.
	Evaluation.	2. Criteria of good test.
	2. Criteria of good test.	3. Principles of Evaluation.
	3. Principles of Evaluation.	4. Importance of Test, Measurement
	4. Importance of Test,	and Evaluation in Physical Education
	Measurement and	and Sports.
	Evaluation in Physical	5. Body Mass Index (BMI)- Concept
	Education and Sports.	and method of measurement.
	5. Body Mass Index (BMI)-	6. Body Fat- Concept and method of
	Concept and method of	measurement.
	measurement.	7. Lean Body Mass (LBM)- Concept
	Body Fat- Concept and method of measurement.	and method of measurement.
		⁹ Sometatives Concept and method
	Lean Body Mass (LBM)- Concept and method of	8. Somatotype- Concept and method
	measurement.	of measurement.
		9. Kraus-Weber Muscular Strength
		Test
		10. AAHPER Youth Fitness Test
		11. Queens College Step Test

		12. Harvard Step Test
		13. Lockhart and McPherson
		Badminton Skill Test
Teachers	TM,BG,SG	TM,BG,SG
Number Of	60 (tentative)	120 (tentative)
Classes		

[#]Component 3 (C₃)

- ➢ Whole Syllabus of DSE 1
- > Theory (**Test measurements and evaluation in physical education**) = 40 Marks Answer 05 questions out of 08 carrying 02 marks each = $05 \ge 02 = 10$ marks Answer 02 questions out of 04 carrying 05 marks each = $02 \ge 05 = 10$ marks Answer 02 questions out of 04 carrying 10 marks each = $02 \ge 10$ marks
- Practical (Lab&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)
- > A project File (Laboratory Note Book), comprising one exercise each is to be submitted.

Signature of H.O.D

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

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Signature of Principal/T.I.C

Teacher- in- Char Hiralal Bhaket Col Nalhati, Birbhum

