

Modules of Classes and Examinations, 2020-21

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	05/10/2020	05/10/2020
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 integration

		<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 (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, 2020-21

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	07/10/2020	07/10/2020
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 joints. Anatomical differences between male and female.6. Muscular System- Type, location,	<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.10. Heart- Structure and functions. Mechanism of blood circulation through heart.11. Blood Pressure, Athletic Heart and 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 (C₃)

- 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 Classes and Examinations, 2020-21

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 ₁)	Component 2 (C ₂)
Weightage	5 Marks	5 Marks
Number of Questions	Two	Two
Date	10/10/2020	10/10/2020
Time	11am	11am
Syllabus	<ol style="list-style-type: none">1. Concept of test, measurement & Evaluation.2. Criteria of good test.3. Principles of Evaluation.4. Importance of Test, Measurement and Evaluation in Physical Education and Sports.5. Body Mass Index (BMI)- Concept and method of measurement.6. Body Fat- Concept and method of measurement.7. Lean Body Mass (LBM)- Concept and method of measurement.	<ol style="list-style-type: none">1. Concept of test, measurement & Evaluation.2. Criteria of good test.3. Principles of Evaluation.4. Importance of Test, Measurement and Evaluation in Physical Education and Sports.5. Body Mass Index (BMI)- Concept and method of measurement.6. Body Fat- Concept and method of measurement.7. Lean Body Mass (LBM)- Concept and method of measurement.8. Somatotype- Concept and method of measurement.9. Kraus-Weber Muscular Strength Test10. AAHPER Youth Fitness Test11. Queens College Step Test12. Harvard Step Test13. Lockhart and McPherson Badminton Skill Test

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 DSE 1 ➤ Theory (Test measurements and evaluation in 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 (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. 		



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