

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**

**DRAFT COPY**

***UNIVERSITY OF GOUR BANGA***

***DETAILED SYLLABUS STRUCTURE***  
***IN***  
***PHYSICAL EDUCATION AND SPORT***

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**

Syllabus of 3-Year Degree / 4-Year Honours in Physical Education and Sports under Curriculum & Credit Framework for Under Graduate Programme  
 (CCFUP) as per NEP- 2020 w.e.f. 2023-2024

**SEMISTER 1**

Course Type	Code	Name of the Course	Credit
Major/DS Course (Core)	PEDMJ-1	Foundation and History of Physical Education and Sports (Theory)	4
	PEDMJ -2	Fundamental Exercises, Formal Activities and Minor Games (Practical) a) Fundamental Exercises b) Marching c) Minor Games	4
Interdisciplinary/ Multidisciplinary (IDC/MDC)	MDC 1	Health and Fitness (Theory) (For the students other than Physical Education and Sports)	3
Minor Core (MnC)	PEDMN-1	Introduction of Physical Education and Sports(Theory) & Fundamental Exercise and Marching (Practical) (For the students other than Physical Education and Sports)	3+1=4
Skill Enhancement Course (SEC)	SEC-1	Exercise and Sports for Elementary Students	3

**SEMISTER 2**

Course Type	Code	Name of the Course	Credit
Major/DS Course (Core)	PEDMJ -3	Fitness and Wellness(Theory)	4
	PEDMJ -4	Rhythmic Activities (Practical) a) Aerobics b) Lazium c) Callisthenic (With and without Apparatus)	4
Interdisciplinary/ Multidisciplinary (IDC/MDC)	MDC - 2	Yoga Education (Theory) (For the students other than Physical Education and Sports)	3
MinorCore (MnC)	PEDMN - 2	Health and Fitness (Theory) & Recreational Games & Aerobics (Pr) (For the students other than Physical Education and Sports)	3+1
Skill Enhancement Course (SEC)	SEC-2	Gymnastics& Self Defense (Jodu, Karate, Taikundu&Wosu – Any one)(Practical)	3

**SEMISTER 3**

Course Type	Code	Name of the Course	Credit
Major/DS Course (Core)	PEDMJ -5	Management of Physical Education and Sports(Theory)	4
	PEDMJ -6	Track Events and Ball Games(Practical) a) Track Events b) Ball Games -1: Football, Handball, and Netball(Any two)	4
Interdisciplinary/ Multidisciplinary (IDC/MDC)	MDC - 3	Physical Education and Sports Management(Theory) (For the students other than Physical Education and Sports Major)	3
Minor Core (MnC)	PEDMN - 3	Management of Physical Education and Sports (Theory) & Indigenous Sports(Practical) (For the students other than Physical Education and Sports Major)	3+1
Skill Enhancement Course (SEC)	SEC-2	Indian Games (Kho Kho and Kabaddi)(Practical)	3

**SEMISTER 4**

Course Type	Code	Name of the Course	Credit
Major/DS Course (Core)	PEDMJ - 7	Basic Human Anatomy and Physiology (Theory)	4
	PEDMJ - 8	Yoga Education (Theory)	4
	PEDMJ - 9	Yoga Vyayama (Practical)	
Minor Core (MnC)	PEDMN - 4	Yoga Education (Theory) &Yoga Vyayama(Practical) (For the students other than Physical Education and Sports Major)	3+1

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**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 1(Major)**

**Course Title: Foundation and History of Physical Education and Sports**  
**Course Type: Major (Code: PEDMJ-1), Credit: 4**  
**Full Marks- 50 (Theory: 40 & Internal Assessment: 10), Examination Duration - Two Hours**

**Objectives:**

1. Students may understand the historical development and the concept of Physical Education, Exercise and Sports
2. Students may learn the Biological, Psychological and Sociological foundation of this subject

**Outcomes:**

1. Students may know the strong background of Physical Education, Exercise and Sports.
2. This subject may generate vibration for further development of Physical Education, Exercise and Sports.

Unit	Contents
	<b>Concept of Physical Education and Sports (Lecturer Hours- 15)</b>
<b>UNIT- 1</b>	<ol style="list-style-type: none"> <li>1 Meaning, Definition and Scope of Physical Education and Sports</li> <li>2 Concept of Play, Games and Sports</li> <li>3 Aim, Objectives and Importance of Physical Education and Sports</li> <li>4 Misconceptions and Modern concept of Physical Education and Sports</li> </ol>
	<b>Foundation &amp; Principles of Physical Education and Sports (Lecturer Hours- 15)</b>
<b>UNIT- 2</b>	<ol style="list-style-type: none"> <li>1 <b>Biological foundation:</b> Meaning and Principles of growth and development. Factors affecting growth and development. Differences between growth and development.</li> <li>2 <b>Body type:</b> Meaning of body type, Classification of Sheldon Body type, Age: Chronological age, Anatomical age, Physiological age and Mental age. Relation between age and sex different in relation to physical activity.</li> <li>3 <b>Psychological Foundation-</b> Meaning and definition of Sports Psychology. Importance of Sports Psychology.</li> <li>4 <b>Sociological Foundation:</b> Meaning and concept of Socialization. Socialization to Physical Education and Sports. Role of Games and Sports in National and International integration. Sports ethics.</li> </ol>
	<b>Historical Development of Physical Education and Sports (Lecturer Hours- 15)</b>
<b>UNIT- 3</b>	<ol style="list-style-type: none"> <li>1 Historical Development of Physical Education and Sports in India- Ancient Period, Contribution of Y.M.C.A; Akhadash and Vyayamshalas in India for development Physical Education and Sports.</li> <li>2 Historical development of Physical Education and Sports in India of Pre-Independence &amp; Post-Independence period.</li> <li>3 National Sports Awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Dhyan Chand Award for Lifetime achievement and Molana Abul Kamal Azad Trophy. Khel Prothasahal Puraskar.</li> <li>4 Contribution of Eminent Physical Educationist:               <ol style="list-style-type: none"> <li>(i) Johann Berihard Basedow, (ii) Jhann Christoph Friedrich Guts Muths, (iii)HC Buck, (iv) James Bukanun, (v) Major Dhan Chand, (vi) P M Joseph, (vii)RobindranathTegor.</li> </ol> </li> </ol>
	<b>Olympic Movement, Commonwealth and Asian Games (Lecturer Hours- 15)</b>
<b>UNIT- 4</b>	<ol style="list-style-type: none"> <li>1. Ancient Olympic Games</li> <li>2. Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes, Olympic Village, Opening Ceremony, Victory and Closing Ceremony</li> <li>3. Historical background of Commonwealth and Asian Games.</li> <li>4. Successes of India in Olympic, Commonwealth and Asian Games in the last Decade.</li> </ol>

**References/Suggested Readings:**

- 1 Adams, William. C. Foundation of Physical Education Exercises and Sports Sciences. Philadelphia: Lea and Febigor, 1991. 4
- 2 Bokil, V. P. Foundation of Education, Pune: Pune University, 1970.
- 3 Bucher, C. A. & West, D. A. Foundations of physical education & sports. st. Louis: Times mirror Mosby college publishing, 10th ed., 1987.
- 4 Deshpande, S. H. (2014), Physical Education in Ancient India. Amravati: Degree college of Physical education.
- 5 Kamlesh M. L., Physical Education facts and foundations, Haryana: P. B. Publication (Pvt.), 1988.
- 6 Kamlesh M. L., Principles and History of Physical Education and Sports., Delhi: Friends Publication (India) New, 2004.
- 7 Kamlesh ML (2013). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.
- 8 Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports .McGraw Hill Companies, Inc., New York, USA

**Question Pattern for Evaluation**

<b>End Semester Examination –Descriptive type</b>			<b>Internal Marks*</b>	<b>Total Marks</b>
<b>Number of question to be answered</b>			<b>*(Attendance + Assignment**)</b>	
02 Marks Question	05 Marks Question	10 Marks Question	**Classroom Test, Project Work, Assignments & Presentations.	
5 out of 7	4 out of 6	1 out of 2	<b>10</b>	<b>50</b>
5*2=10	4*5=20	10*1=10	<b>40</b>	

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 1(Major)**

**Course Title: Fundamental Exercises, Formal Activities and Minor Games**  
**Course Type: Major (Code: PEDMJ-2), Credit: 4**  
**Full Marks- 50 (Practical: 40 & Internal Assessment: 10), Examination Duration - Four Hours**

**Objectives:**

1. Students may understand the Fundamental Exercise of different body's parts, and implication to different Sports.
2. Students may learn the Marching and different types of Minor Games.

**Outcomes:**

1. Students may know to brutes for different exercises.
2. This subject may generate vibration for further development of Physical Education, Exercise and Sports

Unit	Contents
<b>UNIT- 1</b>	<b>Fundamental Exercises (Pr. Hours- 30)</b>
	<ol style="list-style-type: none"> <li>1. Neck and Shoulder exercise</li> <li>2. Arms and Chest exercise</li> <li>3. Abdominal and Back exercises</li> <li>4. Hip and legs exercise</li> </ol> <p style="text-align: center;"><b>Note: Five exercise of each body parts</b></p>
<b>UNIT- 2</b>	<b>Marching (Pr. Hours- 30)</b>
	<ol style="list-style-type: none"> <li>1. Fall in Attention, Stand at Ease, Eyes Right-Eyes Front (Dressing), &amp; Turning Right, Left and About.</li> <li>2. Marching: Arm – Leg Coordination, Marching, Mark Time</li> <li>3. Quick March, Halt, About Turn while Marching, Marching with Salute</li> <li>4. Break Off, Disperse and Dismissal</li> </ol>
<b>UNIT- 3</b>	<b>Minor Games(Pr. Hours- 30)</b>
	Total number of Games is 20

**References/Suggested Readings:**

1. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
1. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
2. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
3. Sharma, N.P.(2009), Sports History, KSK Publisher & Distributors, New Delhi – 110002

**Question Pattern for Evaluation**

End Semester Examination	Internal Marks*	Final Practical Marks	Total Marks
Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.	<b>10</b>	<b>40</b>	<b>50</b>
<b>*(Attendance + Assignment)</b>			

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**SEMISTER 1/Interdisciplinary/ Multidisciplinary**

**Course Title: Health and Fitness**  
**Course Type: Interdisciplinary/ Multidisciplinary (IDC/MDC) (Code: MDC-1), Credit: 3**  
**Full Marks- 50 (Theory: 40 & Internal Assessment: 10), Examination Duration - Two Hours**

**Objectives:**

1. Students may understand the historical development and the concept of Health & Fitness
2. Students may learn the Relationship among Physical Fitness, Health and Physical Education & Sports

**Outcomes:**

3. Students may know the strong background of Physical Fitness, Health and Physical Education & Sports
4. This subject may generate vibration for further development of Physical Fitness, Health and Sports

Unit	Contents
	<b>Introduction(L. Hours- 10)</b>
<b>UNIT- 1</b>	<ol style="list-style-type: none"> <li>1 Health and Fitness - Definition, Meaning and Concept</li> <li>2 Dimensions of Health and Fitness. Factors affecting health and fitness</li> <li>3 Importance of health and fitness Education</li> <li>4 Determinants of healthy behavior</li> </ol>
	<b>Nutritional value of Health and fitness(L. Hours- 10)</b>
<b>UNIT- 2</b>	<ol style="list-style-type: none"> <li>1 Diet and Nutrition for Health &amp;Fitness.</li> <li>2 Malnutrition, under-nutrition and over-nutrition</li> <li>3 Processed foods and unhealthy eating habits.</li> <li>4 Essential components of a balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins &amp; minerals.</li> </ol>
	<b>Mental Health and Fitness(L. Hours- 10)</b>
<b>UNIT- 3</b>	<ol style="list-style-type: none"> <li>1 Mental Health- Definition and meaning. Relationship between mental health and fitness</li> <li>2 Factors affecting mental health.</li> <li>3 Management of Stress, anxiety, and depression</li> <li>4 Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counseling and rehabilitation.</li> </ol>
	<b>Physical Fitness and Health(L. Hours- 10)</b>
<b>UNIT- 4</b>	<ol style="list-style-type: none"> <li>1 Physical Fitness- Definition and Meaning. Relationship between Physical Fitness and Health.</li> <li>2 Types of Physical Fitness and benefits of Health.</li> <li>3 Physical activity, Lifestyle management and Hypokinetic diseases prevention.</li> <li>4 Weight management and the role of Yoga, Asanas, and Meditation in maintaining health and wellness.</li> </ol>

**References:**

1. Difiore, J.(1998). Complete guide to postnatal fitness. London: A& C Black,.
2. Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
3. Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
4. Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.

**Question Pattern for Evaluation**

<b>End Semester Examination –Descriptive type</b>			<b>Internal Marks*</b> *(Attendance + Assignment**)	<b>Total Marks</b>
<b>Number of question to be answered</b>				
02 Marks Question	05 Marks Question	10 Marks Question	**Classroom Test, Project Work, Assignments & Presentations.	<b>50</b>
5 out of 7	4 out of 6	1 out of 2		
5*2=10	4*5=20	10*1=10		
<b>Total</b>				

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**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 1(Minor)**

**Course Title: Introduction of Physical Education and Sports (Theory) & Fundamental Exercise and Marching (Practical)**

**Course Type: Minor (Code: PEDMN-1), Credit: 4**

**Full Marks- 50 (Theory: 25& Internal Assessment: 10, Practical: 15), Examination Duration - Two Hours/ Four Hours**

**Objectives:**

1. Students may understand the historical development and the concept of Physical Education, Exercise and Sports
2. Students may learn the Biological, Psychological and Sociological foundation of this subject

**Outcomes:**

1. Students may know the strong background of Physical Education, Exercise and Sports
2. This subject may further development of Physical Education, Exercise and Sports

Unit	Contents
<b>UNIT- 1</b>	<b>Concept of Physical Education and Sports (L. Hours- 15)</b>
	1 Meaning, Definition and Scope of Physical Education and Sports
	2 Concept of Play, Games and Sports
	3 Aim, Objectives and Importance of Physical Education and Sports
	4 Misconceptions and Modern concept of Physical Education and Sports
<b>UNIT- 2</b>	<b>Foundation &amp; Principles of Physical Education and Sports(L. Hours- 15)</b>
	1 Biological foundation: Meaning and Principles of growth and development. Factors affecting growth and development. Differences of growth and development.
	2 Body type: Meaning of body type, Classification of Sheldon Body type, Age: Chronological age, Anatomical age, and Mental age.
	3 Psychological Foundation- Meaning and definition of Sports Psychology. Importance of Sports Psychology.
	4 Sociological Foundation: Meaning and concept of Socialization. Role of Games and Sports in National and International integration.
<b>UNIT- 3</b>	<b>Historical Development of Physical Education and Sports(L. Hours- 15)</b>
	1 Historical Development of Physical Education and Sports in India- Ancient Period,
	2 Contribution of Akharada and Vyamshalas in India for development Physical Education and Sports
	3 Historical development of Physical Education and Sports in India of Pre-Independence period and Post-Independence period
	(i) National Sports Awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award. Contribution of Eminent Physical Educationist: Johann Berihard Basedow, Jhann Christoph Friedrich Guts Muths. H.C Buck, James Bukanun
<b>UNIT- 4</b>	<b>Olympic Movement, Commonwealth and Asian Games(L. Hours- 15)</b>
	1. Ancient Olympic Games
	2. Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes, Olympic Village, Opening, Victory and Closing Ceremony
	3. Historical background of Commonwealth and Asian Games
	4. Successes of India in Olympic, Commonwealth and Asian Games in the last Decade.

**FUNDAMENTAL EXERCISE AND MARCHING (Practical)**

Fundamental Exercise (Pr. Hours- 30)	Marching (Pr. Hours- 30)
<ol style="list-style-type: none"> <li>1. Neck and Shoulder exercise</li> <li>2. Arms and Chest exercise</li> <li>3. Abdominal and Back exercises</li> <li>4. Hip and legs exercise</li> </ol>	<ol style="list-style-type: none"> <li>1. Fall in Attention, Stand at Ease, Eyes Right- Eyes Front (Dressing), &amp; Turning Right, Left and About.</li> <li>2. Marching: Arm – Leg Coordination, Marching, Mark Time</li> <li>3. Quick March, Halt, About Turn while Marching, Marching with Salute</li> <li>4. Break Off, Disperse and Dismissal</li> </ol>

**Note: Five exercise of each body parts**

**References/Suggested Readings:**

- 1 Adams, William. C. Foundation of Physical Education Exercises and Sports Sciences. Philadelphia: Lea and Febigor, 1991. 4
- 2 Bhatia, K. K., & Narang, C. L. Philosophical & Sociological Bases of Education. Ludhiana: Prakash Bros.,1984.
- 3 Kamlesh M. L., Physical Education facts and foundations., Haryana: P. B. Publication (Pvt.), 1988.
- 4 Kamlesh M. L., Principles and History of Physical Education and Sports., Delhi: Friends Publication (India) New, 2004.
- 5 Kamlesh, M. L., Sociological Foundation of Physical Education., Delhi: Metropolitan Book co. Pvt. Ltd., 2002.
- 6 Mohan, V. M. (1969), Principles of physical education., Delhi: Metropolitan Book Depo.
- 7 William, J. F. (1964), The principles of physical education., Philadelphia: W. B. Saunders Co.

**Question Pattern for Evaluation**

End Semester Examination –Descriptive type			Internal Marks* <small>*(Attendance + Assignment)</small>	Total Marks
Number of questions to be answered		Final Practical Examination		
02 Marks Question	05 Marks Question	Total	10	50
Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.				
5 out of 7	3 out of 5	25		
5*2=10	3*5=15	15		

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**SEMISTER 1**

**Skill Enhancement Course (SEC)**

<b>Course Title: Exercise and Sports for Elementary Students</b>	
<b>Course Type: Skill Enhancement Course (SEC) (Code: SEC-1), Credit: 3</b>	
<b>Full Marks- 50 (Practical: 40 &amp; Internal Assessment: 10), Examination Duration - Four Hours</b>	
<b>Objectives:</b>	
<ol style="list-style-type: none"> <li>1. Students may understand the concept of Exercise and Sports for Elementary Students</li> <li>2. Students may learn the Relationship among Sports&amp; Exercise.</li> </ol>	
<b>Outcomes:</b>	
<ol style="list-style-type: none"> <li>1. Students may know the role of Exercise&amp; Sports of elementary school.</li> <li>2. This subject may generate vibration for further development of Exercise and Sports.</li> </ol>	
Unit	Contents
<b>UNIT- 1</b>	<b>Exercise for Elementary Students (Pr. Hours- 20)</b>
	<ol style="list-style-type: none"> <li>1. Rhymes Exercise</li> <li>2. Mimicking Exercise and</li> <li>3. Partner Exercise</li> </ol>
<b>UNIT- 2</b>	<b>Recreational Games for Elementary Students (Pr. Hours- 20)</b>
	<ol style="list-style-type: none"> <li>1 Recreational Games- Individual</li> <li>2 Recreational Games- Group</li> <li>3 Recreational Games- with Teacher / Parents</li> </ol>
<b>UNIT- 3</b>	<b>Sports for Elementary Students (Pr. Hours- 20)</b>
	<ol style="list-style-type: none"> <li>1 Fundamental Movement Sports</li> <li>2 Low Level Individual Sports</li> <li>3 Low Level Group Sports</li> </ol>
<b>References/Suggested Readings:</b>	

**Question Pattern for Evaluation**

End Semester Examination	Internal Marks*	Final Practical Marks	Total Marks
Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.	<b>10</b>	<b>40</b>	<b>50</b>
<b>*(Attendance + Assignment)</b>			

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**SEMISTER 2 (Major)**

<b>Course Title: Fitness and Wellness in Physical Education</b>		
<b>Course Type: Major (Code: PEDMJ-3), Credit: 4</b>		
<b>Full Marks- 50 (Theory: 40 &amp; Internal Assessment: 10), Examination Duration - Two Hours</b>		
<b>Objectives:</b>		
<ol style="list-style-type: none"> <li>1. Students may understand the historical development and the concept of Physical Education, Exercise and Sports</li> <li>2. Students may learn the Biological, Psychological and Sociological foundation of this subject</li> </ol>		
<b>Outcomes:</b>		
<ol style="list-style-type: none"> <li>1. Students may know the strong background of Physical Education, Exercise and Sports.</li> <li>2. This subject may generate vibration for further development of Physical Education, Exercise and Sports.</li> </ol>		
Unit	Contents	
<b>UNIT- 1</b>	<b>Concept of Physical Education and Fitness (L. Hours- 10)</b>	
	<ol style="list-style-type: none"> <li>1 Definition, Aims and objectives of Fitness and Wellness</li> <li>2 Importance and Scope of Fitness and Wellness</li> <li>3 Modern concept of Physical fitness and Wellness</li> <li>4 Physical Education and its Relevance in Inter Disciplinary Context.</li> </ol>	
	<b>Fitness, Wellness and Lifestyle(L. Hours- 10)</b>	
	<ol style="list-style-type: none"> <li>1 Fitness – Types of Fitness and Components of Fitness</li> <li>2 Understanding of Wellness.</li> <li>3 Modern Lifestyle and Hypokinetic Diseases – Prevention and Management.</li> <li>4 Physical Activity and Health Benefits.</li> </ol>	
	<b>Principles of Exercise Program(L. Hours- 10)</b>	
<b>UNIT- 3</b>	<ol style="list-style-type: none"> <li>1 Means &amp; method of Fitness development – Aerobic and Anaerobic Exercises</li> <li>2 Exercises and Heart rate zones for various aerobic exercise intensities.</li> <li>3 Concept of free weight Vs Machine, Sets and Repetition etc</li> <li>4 Concept of designing different fitness training program for different age group.</li> </ol>	
	<b>Safety Education and Fitness Promotion (L. Hours- 10)</b>	
<b>UNIT- 4</b>	<ol style="list-style-type: none"> <li>1 Health and Safety in Daily Life.</li> <li>2 First-Aid and Emergency Care.</li> <li>3 Common Injuries and their Management.</li> <li>4 Modern Life Style and Hypo-kinetic Disease –Prevention and Management.</li> </ol>	
	<b>References:</b>	
	<ol style="list-style-type: none"> <li>1. Difiore, J.(1998). Complete guide to postnatal fitness. London: A&amp; C Black,.</li> <li>2. Giam, C.K &amp;The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.</li> <li>3. Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.</li> <li>4. Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.</li> </ol>	

**Question Pattern for Evaluation**

<b>End Semester Examination –Descriptive type</b>			<b>Internal Marks*</b>	<b>Total Marks</b>
<b>Number of question to be answered</b>				
02 Marks Question	05 Marks Question	10 Marks Question	*(Attendance + Assignment**) **Classroom Test, Project Work, Assignments & Presentations.	<b>50</b>
5 out of 7	4 out of 6	1 out of 2		



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**SEMISTER 2 (Major)**

**Course Title: Rhythmic Activities**

**Course Type: Major (Code: PEDMJ-4), Credit: 4**

**Full Marks- 50 (Practical: 40 & Internal Assessment: 10), Examination Duration - Four Hours**

**Objectives:**

1. Students may understand the Rhythmic Activities of different body's parts, and implication to different Sports. The objective is to teach the growth and emergence of the subject.
2. The paper will also teach the students' abilities and forms of traditional exercises practiced in India. It includes various historical topics which will be useful for students to apply in the real contemporary world.
3. Students may learn the Rhythmic Activities

**Outcomes:**

1. Students may know to brutes for different exercises with rhythmic.
2. This subject may generate vibration for further development of Physical Education, Exercise and Sports

Unit	Contents
<b>UNIT- 1</b>	<b>Aerobics (Pr. Hours- 20)</b>
	<b>Introduction of Aerobics:</b> <ol style="list-style-type: none"> <li>1. Rhythmic Aerobic- Dance</li> <li>2. Low impact Aerobics</li> <li>3. High Impact Aerobics</li> <li>4. Aerobics Kick boxing</li> <li>5. Postures – warm up and cool down</li> <li>6. Threshold Zone – Being successful in exercise and adaptation to aerobic workout.</li> </ol>
<b>UNIT- 2</b>	<b>Laziume (Pr. Hours- 20)</b>
	<b>Gati Lezuim</b> - AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do Pherawaaz, Chaupheraaz, Kadamtaal, Pavitra, Uchhapavitra, Kadampavitra. <b>HundistaniLezuim</b> – Char Awaaz, Ek Jagah, AantilLagaav, Pavitra, Do Rukh, Chau Rukh, ChauRukh, Charukhbethak, Momiya.
<b>UNIT- 3</b>	<b>Wand (Pr. Hours- 20)</b>
	<b>Fundamentals skills:</b> <ol style="list-style-type: none"> <li>a) Apparatus/ Light apparatus Grip</li> <li>b) Attention with apparatus/ Light apparatus</li> <li>c) Stand – at – ease with apparatus/ light apparatus</li> <li>d) Exercise with verbal command, drum, whistle and music – Two/ Four/Eight/and sixteen count.</li> <li>e) Standing Exercise</li> <li>f) Jumping Exercise</li> <li>g) Moving Exercise</li> </ol>
<b>UNIT- 4</b>	<b>Combination of above all</b>
	<b>Callisthenic (With and without Apparatus) (Pr. Hours- 20)</b>
	<ol style="list-style-type: none"> <li>a) Attention, Preparation, Four and Eight count exercises involving different body parts done to command/music</li> <li>b) Standing Exercise</li> <li>c) Jumping Exercise</li> </ol>
	<b>Moving Exercise and Combination of above all</b>

**Question Pattern for Evaluation**

End Semester Examination	Internal Marks*	Final Practical Marks	Total Marks
Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.	<b>10</b>	<b>40</b>	<b>50</b>
<b>*(Attendance + Assignment)</b>			

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**

**SEMISTER 2/Interdisciplinary/ Multidisciplinary**

<b>Course Title: Yoga Education</b>		
<b>Course Type: Interdisciplinary/ Multidisciplinary (IDC/MDC) (Code: MdC-2), Credit: 3</b>		
<b>Full Marks- 50 (Theory: 40 &amp; Internal Assessment: 10), Examination Duration - Two Hours</b>		
<b>Objectives:</b>		
<ol style="list-style-type: none"> <li>1. Students may understand the historical development and the concept of Yoga Education</li> <li>2. Students may learn the Biological, Psychological and Sociological foundation of this subject</li> </ol>		
<b>Outcomes:</b>		
<ol style="list-style-type: none"> <li>1. Students may know the strong background of <b>Yoga Education</b>, Exercise and Sports.</li> <li>2. This subject may generate vibration for further development of <b>Yoga Education</b>, Exercise and Sports.</li> </ol>		
Unit	Contents	
<b>UNIT- 1</b>	<b>Introduction to Yoga and Yogic Practices (L. Hours- 10)</b>	
	<ol style="list-style-type: none"> <li>1. Concept and Principles of Yoga&amp;Definition, Aim, Objectives, and Classification of Yoga, Importance of Yoga</li> <li>2. Classical Approach to Yoga Practices: Kriyas, Yama, Niyama, Asana, and Pranayama</li> <li>3. Bandha, Mudra &amp; Dhyana as per Yogic Texts and Research-Based Principles of Yoga</li> <li>4. General guidelines for performing yoga practices</li> </ol>	
<b>UNIT- 2</b>	<b>Ancient systems of Indian Philosophy and Yoga System (L. Hours- 10)</b>	
	<ol style="list-style-type: none"> <li>1. Ancient Systems of Indian Philosophy - Shad-Darshanas</li> <li>2. Jainism, Buddhism, Ajnana, Ajivika, Charvaka and Lokayata</li> <li>3. Yoga and Sankhya philosophy and their relationship</li> </ol>	
<b>UNIT- 3</b>	<b>Historical Aspect of Yoga(L. Hours- 10)</b>	
	<ol style="list-style-type: none"> <li>1. Historical Aspect of the Yoga Philosophy.</li> <li>2. Ancient Period/Indus Valley Civilization, Vedic Period, Pre-classical Era, Classical Era, Post-classical Period, Modern Period</li> <li>3. Yoga as reflected in Bhagwat Gita</li> </ol>	
<b>UNIT- 4</b>	<b>Introduction to Yogic (L. Hours- 10)</b>	
	<ol style="list-style-type: none"> <li>1. Significance of Yogic Texts in the Context of Schools of Yoga</li> <li>2. Patanjali Yoga Shastra: Ashtanga Yoga and Kriya Yoga in Sadhana Pada</li> <li>3. Hatha Yogic Texts: Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita</li> <li>4. Complementarities Between Patanjali Yoga and Hatha Yoga, Meditational Process in Patanjali Yoga Sutras.</li> </ol>	
	<b>Yoga and Health (L. Hours- 10)</b>	
	<ol style="list-style-type: none"> <li>1. Need of yoga for positive health for the modern man</li> <li>2. Concept of health and disease: medical and yogic perspectives, Concept of disease</li> <li>3. Concept of Panch Kosh for an integrated and positive health</li> <li>4. Utilitarian value of yoga in modern age</li> </ol>	
<b>References:</b>		
<ol style="list-style-type: none"> <li>1. Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.</li> <li>2. Gharote, M. L. &amp;Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala: Kaixydamoe.</li> <li>3. Rajjan, S. M. (1985). Yoga strentheningofrelexation for sports man. New Delhi:Allied Publishers.</li> <li>4. Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.</li> <li>5. Shekar,K. C. (2003). Yoga for health. Delhi: KhelSahitya Kendra.</li> </ol>		

**Question Pattern for Evaluation**

<b>End Semester Examination –Descriptive type</b>			<b>Internal Marks*</b> *(Attendance + Assignment**)	<b>Total Marks</b>
<b>Number of question to be answered</b>				
02 Marks Question	05 Marks Question	10 Marks Question	**Classroom Test, Project Work, Assignments & Presentations.	<b>40</b>
5 out of 7	4 out of 6	1 out of 2		
5*2=10	4*5=20	10*1=10		
		<b>10</b>		

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 2 (Minor)**

<b>Course Title: Fitness and Wellness (Th)&amp;Recreational Games &amp; Aerobics (Pr.)</b>		
<b>Course Type: Minor (Code: PEDMN-2), Credit: 4</b>		
<b>Full Marks- 50 (Theory: 25&amp; Internal Assessment: 10, Practical: 15), Examination Duration – Two/ Four Hours</b>		
<b>Objectives:</b>		
1. Students may understand the historical development and the concept of Health and Fitness ,Recreational Games & Aerobics and Sports		
2. Students may learn the Health and Fitness ,Recreational Games & Aerobics and Sports foundation of this subject		
<b>Outcomes:</b>		
3. Students may know the strong background of Health and Fitness ,Recreational Games & Aerobics and Sports		
4. This subject may further development of Health and Fitness ,Recreational Games & Aerobics and Sports		
Unit	Contents	
<b>UNIT- 1</b>	<b>Concept of Physical Education and Fitness</b>	
	1 Definition, Aims and objectives of Fitness and Wellness	
	2 Importance and Scope of fitness and wellness	
	3 Modern concept of Physical fitness and Wellness	
	4 Physical Education and its Relevance in Inter Disciplinary Context.	
<b>UNIT- 2</b>	<b>Fitness, Wellness and Lifestyle</b>	
	1 Fitness – Types of Fitness and Components of Fitness	
	2 Understanding of Wellness	
	3 Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management	
	4 Physical Activity and Health Benefits	
<b>UNIT- 3</b>	<b>Principles of Exercise Program</b>	
	1 Means of Fitness development – aerobic and anaerobic exercises	
	2 Exercises and Heart rate Zones for various aerobic exercise intensities	
	3 Concept of free weight Vs Machine, Sets and Repetition etc	
	4 Concept of designing different fitness training program for different age group.	
<b>UNIT- 4</b>	<b>Safety Education and Fitness Promotion</b>	
	1 Health and Safety in Daily Life	
	2 First Aid and Emergency Care	
	3 Common Injuries and their Management	
	4 Modern Life Style and Hypo-kinetic Disease –Prevention and Management	
<b>Practical</b>		
<b>Recreational Games</b>	<b>Aerobics</b>	
Recreational Activities Indoor, outdoor activities and water activities Cultural activities literary activities Nature and outing Social events Adventure activities. Agencies providing Recreation. Camping and leadership. <b>Organizing a Leadership Camp.</b>	Introduction of Aerobics: (1) Rhythmic Aerobic- Dance, (2) Low impact aerobics, (3) high Impact Aerobics, (4) Aerobics Kick boxing, (5) Postures – warm up and cool down & (6) THR Zone – Being successful in exercise and adaptation to aerobic workout.	

**Question Pattern for Evaluation**

<b>End Semester Examination –Descriptive type</b>			<b>Final Practical Examination</b>	<b>Internal Marks*</b> <small>*(Attendance + Assignment)</small>	<b>Total Marks</b>
<b>Number of questions to be answered</b>		<b>Total</b>			
02 Marks Question	05 Marks Question	<b>Total</b>	Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.	<b>10</b>	<b>50</b>
5 out of 7	3 out of 5	<b>25</b>			
<b>5*2=10</b>	<b>3*5=15</b>		<b>15</b>		

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**

**SEMISTER 2/Skill Enhancement Course (SEC)**

**Course Title: Gymnastics & Self Defense (Jodu, Karate, Taekwondo & Wushu – Any one)**

**Course Type: Skill Enhancement Course (SEC) (Code: SEC-1), Credit: 3**

**Full Marks- 50 (Practical: 40 & Internal Assessment: 10)**

**Objectives:**

1. Students may understand the historical development and the concept of Gymnastics & Self Defense (Jodu, Karate, Taekwondo & Wushu – Any one )
2. Students may learn the Relationship among Gymnastics & Self Defense (Jodu, Karate, Taekwondo & Wushu)

**Outcomes:**

1. Students may know the strong background of Gymnastics & Self Defense (Jodu, Karate, Taekwondo & Wushu)
2. This subject may generate vibration for further development of Gymnastics & Self Defense (Jodu, Karate, Taekwondo & Wushu)

**Contents**

**Gymnastics (Pr. Hours- 30 H)**

**Compulsory;**

1. Forward Roll
2. T-Balance
3. Backward Roll
4. Forward Roll with Split leg
5. Cart-Wheel [Note: Perform the above Gymnastic skills continuously in the same sequence]

**Optional (any two);**

6. Hand Spring
7. Head Spring
8. Neck Spring
9. Hand Stand and Forward Roll
10. Somersault

**Judo (Pr. Hours- 30 H)**

- 1 Rei (Salutation)- Ritsurei (Salutation in Standing position), Zarai (Salutation in Siting position)
- 2 Kumi Kata (Methods of holding Judo cosume), Shisei (Posture in Judo)
- 3 Kuzushi( Act of disturbing the opponent posture), Tsukuri and Kake (Preparatory action for attack)
- 4 Ukemi (Break Fall)- Urhiro Ukemi (Rear Break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae Mawari Ukemi (Front Rolling Fall)
- 5 Shin Tai (Advance or retreat foot movement) – Suri-Ashi (Gliding foot), Twugi- Ashi (Following footsteps), Ayumi-ashi (Waling steps).
- 6 Tai Sabaki (Management of the body), Nage Waze (Throwing Techniques), - Hiza Guruma (Knee wheel), SesaeTwurikomi- ashi (Drawing Ankle Throw), De Ashihari (Advance foot sweep), O Goshi (Major Loinm), SeoiNage (Shoulder Throw).
- 7 Katamawaze (Grappling Techniques) – Kesagatame (Scaff hold), Kata Gatame (Shoulder Solh), Kami Shihogatama (locking of upper four Quarters), Method of escaping from each hold.
- 8 Rules and their interpretations and duties of officials

**Karate (Pr. Hours- 30 H)**

- 1 Players Stances – Walking, hand positions, front-learning, side-fighting.
- 2 Hand Techniques- Punches (from of a punch, straight pouch, and reserve pouch), Blocks (eight basic).
- 3 Leg Techniques – Snap kicks, starching straight leg, thrust kicks, side kicks round house.
- 4 Forms – The first cause Katas.
- 5 Self Defense – Against paunches, grabs and strikes, against basic weapons (Knife, club sticks)
- 6 Sparring – One step for middle punch, high punches and groin pouch. (Defender by appropriate and block from eight basic blocks).
- 7 Rules and their interpretations and duties of officials.

**Taekwondo (Pr. Hours- 30 H)**

- 1 Players Stances – Walking, extending walking, L stance, cat stance.
- 2 Fundamental skills – Sitting stance punch, single punch, double punch and triple punch.
- 3 Pouching Skill from Sparring Position- front-fit pouch, rear fist pouch, double pouch and four combination pouch.
- 4 Foot Techniques (Balgisul) – Standing kick (Soseochagi), front kick (AP chagi), Arc Kick (BandalChagi), Side kick (Yeop Chagi), Turning Kick (DollyoChagi), Back Kick (Twit Chagi), Reverse turning Kick (BandaDollyoChagi), Jump Kick (TwimyoChagi).
- 5 Poomsae (Forms) – Jang, Yi Jang ,SamJang,Sa Jang, O Jang, Yook Jang ,Chil Jang,Pal Jang, (Fundamantal Movement – eye control, concentration of spirit, speed control, strength control , flexibility , balance, variety in techniques)
- 6 Sparring (Kyorugi) – One Step sparring ( handtechniques,foot techniques, self-defense techniques , combination kicks ) Free sparring.
- 7 Board Breaking (Kyokpa) – eye control, balance, power control, speed,point of attack .
- 8 Rules and their interpretations and duties of officials.

**Wushu (Pr. Hours- 30 H)**

**Question Pattern for Evaluation**

End Semester Examination	Internal Marks*	Final Practical Marks	Total Marks
Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.	<b>10</b>	<b>40</b>	<b>50</b>

**\*(Attendance + Assignment)**

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 3 (Major)**

<b>Course Title: Management of Physical Education and Sports</b>		
<b>Course Type: Major (Code: PEDMJ-5), Credit: 4</b>		
<b>Full Marks- 50 (Theory: 40 &amp; Internal Assessment: 10)</b>		
<b>Objectives:</b>		
<ol style="list-style-type: none"> <li>1. Students may understand the historical development and the concept of <b>Management of Physical Education and Sports</b></li> <li>2. Students may learn the <b>Management of Physical Education and Sports</b> of this subject</li> </ol>		
<b>Outcomes:</b>		
<ol style="list-style-type: none"> <li>1. Students may know the strong background of Management of Physical Education and Sports.</li> <li>2. This subject may generate vibration for further development of Management of Physical Education and Sports</li> </ol>		
<b>Unit</b>	<b>Contents</b>	
<b>UNIT- 1</b>	<b>Introduction</b>	
	<ol style="list-style-type: none"> <li>1 Concept and definition of Sports Management.</li> <li>2 Important of Sports Management.</li> <li>3 Purpose of Sports Management.</li> <li>4 Principles of Sports Management</li> </ol>	
	<b>Tournaments</b>	
	<ol style="list-style-type: none"> <li>1 Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge).</li> <li>2 Procedure of drawing fixture.</li> <li>3 Method of organizing Annual Athletic Meet and Play Day.</li> <li>4 Method of organizing of Intramural and Extramural competition.</li> </ol>	
	<b>Facilities and Equipments</b>	
<b>UNIT- 3</b>	<ol style="list-style-type: none"> <li>1 Method of calculation of Standard Track &amp; Field events.</li> <li>2 Care and maintenance of playground.</li> <li>3 Care and maintenance of sports equipments.</li> <li>4 Time Table: Meaning and importance of time table.</li> </ol>	
	<b>Leadership</b>	
	<ol style="list-style-type: none"> <li>1 Meaning and definition of leadership.</li> <li>2 Qualities of good leader in Physical Education.</li> <li>3 Principles of leadership activities.</li> <li>4 Leadership Camp in School, College and University level.</li> </ol>	
	<b>References/Suggested Readings:</b>	
	<ol style="list-style-type: none"> <li>1. Broyles, F. J. &amp; Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.</li> <li>2. Nada, S.M. sports management, Friend Publication, New Delhi.</li> <li>3. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.</li> <li>4. Kozman, H.C. Cassidy, R. &amp; Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.</li> <li>5. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.</li> <li>6. Sharma, V.M. &amp; Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.</li> <li>7. Thomas, J. P. (1967). Organization &amp; administration of Physical Education. Madras: Gyanodayal Press.</li> <li>8. Tirunarayanan, C. &amp; Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.</li> <li>9. Voltmer, E. F. &amp; Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.</li> <li>10. Singh, A. et al. (2010) Essential of Physical Education. Kalyani Publishers.</li> <li>11. Kar, S &amp; Santra. D.C. (2018): Snatak Saririksha Porichaya (Vol.-1), Santra Publication, Kolkata.</li> </ol>	

**Question Pattern for Evaluation**

<b>End Semester Examination – Descriptive type</b>			<b>Total</b>	<b>Internal Marks*</b> *(Attendance + Assignment**) **Classroom Test, Project Work, Assignments & Presentations.	<b>Total Marks</b>
<b>Number of question to be answered</b>					
02 Marks Question	05 Marks Question	10 Marks Question	<b>40</b>	<b>10</b>	<b>50</b>
5 out of 7	4 out of 6	1 out of 2			
5*2=10	4*5=20	10*1=10			

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**

**SEMISTER 3 (Major)**

**Course Title: Track Events and Ball Games-1**

**Course Type: Major (Code: PEDMJ-6), Credit: 4**

**Full Marks- 50 (Practical: 40 & Internal Assessment: 10)**

**Objectives:**

1. Students may understand the Fundamental track events and some ball games.
2. Students may learn the Track Events and Ball Games

**Outcomes:**

1. Students may know to brutes for different exercises on the Track Events and Ball Games
2. This subject may generate vibration for further development of Physical Education, Exercise and Sports

**Contents**

**Track Events (Pr. Hours- 30)**

- 1 Procedure and methods of Track Marking (200m&400m)
- 2 Sprints races (100m, 200m&400m). Fundamental Skills on starting, Running, Finishing.
- 3 Long distance running: Correct running style (Middle Distance Races -800m and 1500m and LongDistance Races - 5000m, 10000m, Marathon Run and Cross-country Run).
- 4 Relay Race & Hurdle Race (4x100mRelay, 4x400mRelay, 100m Hurdle, 110m Hurdle)
- 5 Relays: Style of baton exchange (Visual and non-visual)
- 6 Officiating, rules and regulation of related events.

**Football (Pr. Hours- 30)**

- 1 Fundamental Skills – Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick o Trapping-trapping rolling the ball, trapping bouncing ball with sole,
- 2 Dribbling-with instep, inside and outer instep of the foot. Heading-standing, running and jumping.
- 3 Throw-in feintingwith the lower limb and upper part of the body.
- 4 Tackling-Simple tackling, Slide tackling.
- 5 Goal Keeping - Collection of balls, Ball clearance-kicking, throwing and deflecting.
- 6 Rules and their interpretations and duties of officials.

**Handball (Pr. Hours- 30)**

- 1 Fundamental Skills-Catching, Throwing,
- 2 Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot,
- 3 Dribbling-High and Low,
- 4 Attack and Counter attack, Simple Counter attack, Counter attack from two wings and centre
- 5 Blocking, Goal keeping, Defense.
- 6 Rules and their interpretations and duties of officials.

**Netball (Pr. Hours- 30)**

- 1 **Fundamental Skills of Catching:** one handed, two handed, with feet grounded, in flight. Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- 2 **Footwork:** landing on one foot; landing on two feet; pivot; running pass.
- 3 **Shooting:** one hand; two hands; forward step shot; backward step shot.
- 4 **Techniques of getting free:** dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- 5 **Defending:** marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in). Intercepting: pass; shot. The toss-up.
- 6 Role of individual players, rules and their interpretations and duties of officials.

Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.

- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
- Handbook-Rules and Regulation. International Athletic Federation (2010).
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi

**Question Pattern for Evaluation**

End Semester Examination	Internal Marks*	Final Practical Marks	Total Marks
Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.	<b>10</b> <b>*(Attendance + Assignment)</b>	<b>40</b>	<b>50</b>

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**

**SEMISTER 3/Interdisciplinary/ Multidisciplinary**

**Course Title: Physical Education and Sports Management**  
**Course Type: Interdisciplinary/ Multidisciplinary (IDC/MDC) (Code: MDC-3), Credit: 3**  
**Full Marks- 50 (Theory: 40 & Internal Assessment: 10), Examination Duration - Two Hours**

**Objectives:**

1. Students may understand the historical development and the concept of Physical Education and Sports Management
2. Students may learn the Relationship among Physical Education and Sports Management

**Outcomes:**

1. Students may know the strong background of Physical Education and Sports Management
2. This subject may generate vibration for further development o Physical Education and Sports Management

Unit	Contents
<b>UNIT- 1</b>	<b>Introduction (L. Hours- 10)</b>
	1 Concept and definition of Sports Management.
	2 Important of Sports Management.
	3 Purpose of Sports Management.
	4 Principles of Sports Management
<b>UNIT- 2</b>	<b>Tournaments (L. Hours- 10)</b>
	1 Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge).Procedure of drawing fixture.
	2 Method of organizing Annual Athletic Meet and Play Day.
	3 Method of organizing of Intramural and Extramural competition.
	4 Method of organizing of Intramural and Extramural competition.
<b>UNIT- 3</b>	<b>Facilities and Equipments (L. Hours- 10)</b>
	1 Method of calculation of Standard Track & Field events (any one).
	2 Care and maintenance of play ground.
	3 Care and maintenance of sports equipments.
	4 Time Table: Meaning and importance of time table.
<b>UNIT- 4</b>	<b>Leadership. (L. Hours- 10)</b>
	1 Meaning and definition of leadership.
	2 Qualities of good leader in Physical Education.
	3 Principles of leadership activities.
	4 Hierarchy of Leadership in School, College and University level.

**References/Suggested Readings:**

1. Broyles, F. J. &Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2. Nada, S.M. ports management, Friend Publication, New Delhi.
3. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme.St. Lolis: The C.V. Hosby Co.
4. Kozman, H.C. Cassidy, R. & Jackson, C. (1960).Methods in Physical Education. London: W.B. Saunders Co.
5. Pandey, L.K. (1977). Methods in Physical Education.Delhe: Metropolitan Book Depo.
6. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
7. Thomas, J. P.(1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
8. Tirunarayanan, C. &Hariharan, S. (1969). Methods in Physical Education.Karaikudi: South India Press.
9. Voltmer, E. F. &Esslinger, A. A. (1979).The organization and administration of Physical Education. New York: Prentice Hall Inc.
10. Singh, A. et al. (2010) Essential of Physical Education. Kalyayani Publishers.
11. Kar, S & Santra. D.C. (2018): SnatakSaririksikshaPorichaya (Vol.-1), Santra Publication, Kolkata.

**Question Pattern for Evaluation**

<b>End Semester Examination –Descriptive type</b>			<b>Internal Marks*</b> *(Attendance + Assignment**)	<b>Total Marks</b>
<b>Number of question to be answered</b>				
02 Marks Question	05 Marks Question	10 Marks Question	**Classroom Test, Project Work, Assignments & Presentations.	<b>50</b>
5 out of 7	4 out of 6	1 out of 2		
5*2=10	4*5=20	10*1=10		
<b>Total</b>			<b>10</b>	<b>40</b>

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 3 (Minor)**

**Course Title: Management of Physical Education and Sports (Theory)**  
**Indigenous Sports (Practical)**

**Course Type: Minor (Code: PEDMN-3), Credit: 4**

**Full Marks- 50 (Theory: 25& Internal Assessment: 10, Practical: 15)**

**Objectives:**

1. Students may understand the historical development and the concept of Physical Education, Exercise and Sports
2. Students may learn the Biological, Psychological and Sociological foundation of this subject

**Outcomes:**

1. Students may know the strong background of Physical Education, Exercise and Sports
2. This subject may further development of Physical Education, Exercise and Sports

Unit	Contents
<b>UNIT- 1</b>	<b>Introduction (L. Hours- 10)</b>
	<ol style="list-style-type: none"> <li>1. Concept and definition of Sports Management.</li> <li>2. Important of Sports Management.</li> <li>3. Purpose of Sports Management.</li> <li>4. Principles of Sports Management</li> </ol>
<b>UNIT- 2</b>	<b>Tournaments (L. Hours- 10)</b>
	<ol style="list-style-type: none"> <li>1. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge). Procedure of drawing fixture.</li> <li>2. Method of organizing Annual Athletic Meet and Play Day.</li> <li>3. Method of organizing of Intramural and Extramural competition.</li> </ol>
<b>UNIT- 3</b>	<b>Facilities and Equipments (L. Hours- 10)</b>
	<ol style="list-style-type: none"> <li>1. Method of calculation of Standard Track &amp; Field events (any one).</li> <li>2. Care and maintenance of play ground.</li> <li>3. Care and maintenance of sports equipments.</li> <li>4. Time Table: Meaning and importance of time table.</li> </ol>
<b>UNIT- 4</b>	<b>Leadership. (L. Hours- 10)</b>
	<ol style="list-style-type: none"> <li>1. Meaning and definition of leadership.</li> <li>2. Qualities of good leader in Physical Education.</li> <li>3. Principles of leadership activities.</li> <li>4. Hierarchy of Leadership in School, College and University level.</li> </ol>

**Indigenous Sports (Practical)**

Fundamental Exercise(Pr. Hours- 20)	Marching(Pr. Hours- 20)
<ol style="list-style-type: none"> <li>1. Neck and Shoulder exercise</li> <li>2. Arms and Chest exercise</li> <li>3. Abdominal and Back exercises</li> <li>4. Hip and legs exercise</li> </ol>	<ol style="list-style-type: none"> <li>1. Fall in Attention, Stand at Ease, Eyes Right- Eyes Front (Dressing), &amp; Turning Right, Left and About.</li> <li>2. Marching: Arm – Leg Coordination, Marching, Mark Time</li> <li>3. Quick March, Halt, About Turn while Marching, Marching with Salute</li> <li>4. Break Off, Disperse and Dismissal</li> </ol>

**Note: Five exercise of each body parts**

**References/Suggested Readings:**

- 1 Adams, William. C. Foundation of Physical Education Exercises and Sports Sciences. Philadelphia: Lea and Febiger, 1991. 4
- 2 Bhatia, K. K., & Narang, C. L. Philosophical & Sociological Bases of Education. Ludhiana: Prakash Bros.,1984.
- 3 Bokil, V. P. Foundation of Education, Pune: Pune University, 1970.
- 4 Bucher, C. A. & West, D. A. Foundations of physical education & sports. st. Louis: Times mirror Mosby college publishing, 10th ed., 1987.
- 5 Dash, B. N. Principles of Education. Hyderabad: Neelkamal publication, 2003.
- 6 Kamlesh, M. L., Sociological Foundation of Physical Education., Delhi: Metropolitan Book co. Pvt. Ltd., 2002.
- 7 Mohan, V. M. (1969), Principles of physical education., Delhi: Metropolitan Book Depo.

**Question Pattern for Evaluation**

<b>End Semester Examination –Descriptive type</b>				<b>Internal Marks*</b> *(Attendance + Assignment)	<b>Total Marks</b>
Number of question to be answered		Final Practical Examination			
02 Marks Question	05 Marks Question	<b>Total</b>	Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.		
5 out of 7	3 out of 5	25	15	<b>10</b>	<b>50</b>
<b>5*2=10</b>	<b>3*5=15</b>				



**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 3**

**Skill Enhancement Course (SEC)**

**Course Title: Indian Games (Kho Kho and Kabaddi)**

**Course Type: Skill Enhancement Course (SEC) (Code: SEC-3), Credit: 4**

**Full Marks- 50 (Practical: 40 & Internal Assessment: 10)**

**Objectives:**

1. Students may understand the historical development and the concept of Indian Games
2. Students may learn the Relationship among Indian Games

**Outcomes:**

1. Students may know the strong background of Indian Games
2. This subject may generate vibration for further development of Indian Games

Unit	Contents
	<b>Kho Kho (Pr. Hours - 30)</b>
<b>UNIT- 1</b>	<ol style="list-style-type: none"> <li>1. General skills of the game-Running, chasing, Dodging, Faking etc.</li> <li>2. Skills in chasing Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgment in giving Kho, Rectification of Foul.</li> <li>3. Skills in Running-Zigzag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc,</li> <li>4. Combination of different skills.</li> <li>5. Ground Marking, rules and their interpretations and duties of officials.</li> </ol>
	<b>Kabaddi (Pr. Hours - 30)</b>
<b>UNIT- 2</b>	<ol style="list-style-type: none"> <li>1. Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of</li> <li>2. Bonus line, luring the opponent to catch, Pursuing.</li> <li>3. Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.</li> <li>4. Additional skills in raiding-Bringing the artis in to particular position, escaping from various hold.Techniques of escaping from chain formation, combined formations in offence and defense.</li> <li>5. Ground Marking, rules and their interpretations and duties of officials.</li> </ol>

**Question Pattern for Evaluation**

End Semester Examination	Internal Marks*	Final Practical Marks	Total Marks
Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.	<b>10</b>	<b>40</b>	<b>50</b>
<b>*(Attendance + Assignment)</b>			

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 4 (Major)**

**Course Title: Basic Human Anatomy and Physiology**  
**Course Type: Major (Code: PEDMJ-7), Credit: 4**  
**Full Marks- 50 (Theory: 40 & Internal Assessment: 10), Examination Duration - Two Hours**

**Objectives:**

1. Students may understand the historical development and the concept of Basic Human Anatomy and Physiology
2. Students may learn the Basic Human Anatomy and Physiology

**Outcomes;**

1. Students may know the strong background of Basic Human Anatomy and Physiology
2. This subject may generate vibration for further development of Basic Human Anatomy and Physiology

Unit	Contents
<b>UNIT- 1</b>	<b>Introduction of Anatomy and physiology (Lecturer Hours- 15)</b>
	1. Definition of Anatomy and Physiology and its importance in the field of Physical Education and Sports.
	2. Introduction of Cell –concept, difference between prokaryotic and eukaryotic cell, Concept of protoplasm and cytoplasm.
	3. Different cellular organelles- mitochondria, lysosome, endoplasmic reticulum, Golgi bodies( location, elementary structure and functions only)
	4. Tissue- Different types and functions only. Anatomical and physiological differences between male and female.
<b>UNIT- 2</b>	<b>Muscular - Skeletal System (Lecturer Hours- 15)</b>
	1. Structure of bones and its different types, concept of Axial and Appendicular skeleton, Name of the bones of the skeleton system (only names, detail structure are excluded), Functions of Vertebral column, rib cage, skull.
	2. Elementary concept of joint, ligament and tendon.
	3. Structure, Composition, Properties and functions of skeletal muscles.
	4. Different types of muscle-cardiac, skeletal and smooth there difference and functions. Concept of Red and white muscle
<b>UNIT- 3</b>	<b>Circulatory System &amp; The Respiratory system:(Lecturer Hours- 15)</b>
	1. Constituents of blood and their function –Blood groups and blood transfusion, clotting of blood,.
	2. The structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure. Cardiac output.-elementary concept
	3. The Respiratory passage – the lungs and their structure and exchange of gases in the lungs.
	4. The mechanism of respiration (internal and external respiration) lung capacity, Tidal Volume, Vo <sub>2</sub> Max, Oxygen Debt, Vital Capacity.
<b>UNIT- 4</b>	<b>Nervous systems and The Digestive system (Lecturer Hours- 15)</b>
	1. Structure and functions of the digestive system, Digestive organs.
	2. Digestion process of carbohydrate, protein and fat. Elementary concept of metabolism.
	3. Structure of neurons, Elementary concept of nervous system, function of the Autonomic nervous system and Central nervous system.
	4. Reflex Action-concept and types only.

**References/Suggested Readings:**

1. Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan. years B.P.Ed Curriculum
2. Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
3. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
4. Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
5. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
6. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
7. Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.
8. Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
9. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
10. Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications

**Question Pattern for Evaluation**

<b>End Semester Examination –Descriptive type</b>			<b>Internal Marks*</b> *(Attendance + Assignment)	<b>Total Marks</b>
<b>Number of question to be answered</b>				
02 Marks Question	05 Marks Question	10 Marks Question		
5 out of 7	4 out of 6	1 out of 2	<b>10</b>	<b>50</b>
5*2=10	4*5=20	10*1=10		

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 4 (Major)**

<b>Course Title: Yoga Education</b>	
<b>Course Type: Major (Code: PEDMJ-8), Credit: 4</b>	
<b>Full Marks- 50 (Theory: 40 &amp; Internal Assessment: 10), Examination Duration - Two Hours</b>	
<b>Objectives:</b>	
<ol style="list-style-type: none"> <li>1. Students may understand the Yoga Education</li> <li>2. Students may learn the Yoga; asana and research area on research</li> </ol>	
<b>Outcomes:</b>	
<ol style="list-style-type: none"> <li>1. Students may know to brutes for different yogic exercises.</li> <li>2. This subject may generate vibration for further development of Yoga; asana and research area on research</li> </ol>	
Unit	Contents
<b>UNIT- 1</b>	<b>Introduction (Lecturer Hours- 15)</b>
	<ol style="list-style-type: none"> <li>1. Meaning and Definition of Yoga &amp; aims and Objective of Yoga</li> <li>2. Yoga in Early Upanishads</li> <li>3. The Yoga Sutra: general Consideration</li> <li>4. Need and Importance of Yoga in Physical Education and Sports</li> </ol>
<b>UNIT- 2</b>	<b>Foundation of Yoga (Lecturer Hours- 15)</b>
	<ol style="list-style-type: none"> <li>1. The Astanga: Yama, Niyama, Asana, Pranayama, Pratyahar, Dharna, Dhyana and Samadhi</li> <li>2. Yoga in the Bhagavadgita- Karam Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga</li> </ol>
<b>UNIT- 3</b>	<b>Asana (Lecturer Hours- 15)</b>
	<ol style="list-style-type: none"> <li>1. Effect of Asana and Pranayama on various system of the body</li> <li>2. Classification of Asana with special reference to Physical Education and Sports</li> <li>3. Influence of relaxtive, meditative posture on various system of the body</li> <li>4. Types of Bandhas and Mudras &amp; The types of Kriyas</li> </ol>
<b>UNIT- 4</b>	<b>Yoga Education (Lecturer Hours- 15)</b>
	<ol style="list-style-type: none"> <li>1. Basic, applied and action research in Yoga</li> <li>2. Difference between yogic practices and physical exercises</li> <li>3. Yoga education centers in India and abroad</li> <li>4. Competitions in Yogasanas</li> </ol>
<b>References/Suggested Readings:</b>	
<ol style="list-style-type: none"> <li>1. Brown, F.Y. (2000) How to use Yoga. Delhi: Sports Publication.</li> <li>2. Gharote, M.L. &amp; Ganguly, H. (1988).Teaching Methods for Yogic Practice. Lonawala: Kaixydahmoe.</li> <li>3. Rajjan, S. M. (1985) , Yoga strengthening of relaxation for sports man. New Delhi: Allied Publishers.</li> <li>4. Shankar, G. .(1998). Holistica approach of Yoga. New Delhi: Aditya Publishers. Shekar, K. C.</li> </ol>	

**Question Pattern for Evaluation**

End Semester Examination	Internal Marks*	Final Practical Marks	Total Marks
Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.	<b>10</b>	<b>40</b>	<b>50</b>
<b>*(Attendance + Assignment)</b>			

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 4 (Major)**

<b>Course Title: Yoga Vyayama</b>	
<b>Course Type: Major (Code: PEDMJ-9), Credit: 4</b>	
<b>Full Marks- 50 (Practical: 40 &amp; Internal Assessment: 10), Examination Duration - Six Hours</b>	
<b>Objectives:</b>	
<ol style="list-style-type: none"> <li>1. To know the benefit of yoga in daily life</li> <li>2. To understand the utility of regular scheduled vyayama</li> </ol>	
<b>Outcomes:</b>	
<ol style="list-style-type: none"> <li>1. After practicing Yoga vyayama students may feel its flavor on fresh</li> <li>2. They may include it in their daily routine on Yoga Vyayama</li> </ol>	
<b>Unit</b>	<b>Contents</b>
<b>UNIT- 1</b>	<b>Vyayama (Pr- 30H)</b>
	<ol style="list-style-type: none"> <li>1. <b>Suksma Vyayama:</b> Netra-Sakthi Vikasaka (Eye), Kapola-Sakthi Vikasaka (Cheek), Karna-Sakthi Vikasaka (Ear), Griva-Sakthi Vikasaka (Neck)</li> <li>2. <b>Sthula Vyayama:</b> Rekha-Gati, Hrd-Gati, Utkurdana, Urdhva-Gati, Sarvanga-Pust</li> </ol>
<b>UNIT- 2</b>	<b>Asanas (Pr- 30H)</b>
	<ol style="list-style-type: none"> <li>1. <b>Vishramasana (Relaxative Posture):</b> Shavasana, Makarasana</li> <li>2. <b>Dhyanasana (Meditative Posture):</b> Sukhasana, Padmasana, Vajrasana, Sastikasana</li> <li>3. <b>Swasthyasana (Cultural Posture):</b>            Standing Posture: Ardachandrasana, Brikshasana, Padahastasana            Sitting Posture: Ardhakurmasana, Paschimottanasana, Gomukhasana            Supine Posture: Setubandhasana, Halasana, Matsyasana            Prone Posture: Bhujangasana, Salvasana, Dhanurasana</li> </ol>
<b>UNIT- 3</b>	<b>Pranayama and Meditation (Pr- 30H)</b>
	<ol style="list-style-type: none"> <li>1. Pranayama a. Anulom-Vilom b. Bhastrika c. Bhramari</li> <li>2. Meditation a. Sakshi-Bhava b. Maitri-Bhava c. OM-Meditation</li> </ol>
<b>References/Suggested Readings:</b>	
<ol style="list-style-type: none"> <li>1. Brown, F.Y. (2000) How to use Yoga. Delhi: Sports Publication.</li> <li>2. Gharote, M.L. &amp; Ganguly, H. (1988). Teaching Methods for Yogic Practice. Lonawala: Kaixydamoe.</li> <li>3. Rajjan, S. M. (1985), Yoga strengthening of relaxation for sports man. New Delhi: Allied Publishers.</li> <li>Shankar, G. (1998). Holistica approach of Yoga. New Delhi: Aditya Publishers. Shekar, K. C.</li> </ol>	

**Question Pattern for Evaluation**

<b>End Semester Examination</b>	<b>Internal Marks*</b>	<b>Final Practical Marks</b>	<b>Total Marks</b>
Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.	<b>10</b>	<b>40</b>	<b>50</b>
<b>*(Attendance + Assignment)</b>			

**SYLLABUS - PHYSICAL EDUCATION (4 Years)**  
**BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)**  
**UNIVERSITY OF GOUR BANGA**  
**SEMISTER 4 (Minor)**

**Course Title: Yoga Education & Yoga Vyayama**

**Course Type: Minor (Code: PEDMN-4), Credit: 4**

**Full Marks- 50 (Theory: 25& Internal Assessment: 10, Practical: 15)**

**Objectives:**

1. Students may understand the historical development and the concept of Physical Education, Exercise and Sports
2. Students may learn the Biological, Psychological and Sociological foundation of this subject

**Outcomes:**

1. Students may know the strong background of Physical Education, Exercise and Sports
2. This subject may further development of Physical Education, Exercise and Sports

Unit	Contents
	<b>Introduction (Lecturer Hours- 10)</b>
<b>UNIT- 1</b>	<ol style="list-style-type: none"> <li>1. Meaning and Definition of Yoga &amp; Aims and Objective of Yoga</li> <li>2. Yoga in Early Upanishads</li> <li>3. The Yoga Sutra: general Consideration</li> <li>4. Need and Importance of Yoga in Physical Education and Sports</li> </ol>
	<b>Foundation of Yoga (Lecturer Hours- 10)</b>
<b>UNIT- 2</b>	<ol style="list-style-type: none"> <li>1. The Astanga: Yama, Niyama, Asana, Pranayama, Pratyahar, Dharna, Dhyana and Samadhi</li> <li>2. Yoga in the Bhagavadgita- Karam Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga</li> </ol>
	<b>Asana (Lecturer Hours- 10)</b>
<b>UNIT- 3</b>	<ol style="list-style-type: none"> <li>1. Effect of Asana and Pranayama on various system of the body</li> <li>2. Classification of Asana with special reference to Physical Education and Sports</li> <li>3. Influence of relaxtive, meditative posture on various system of the body</li> <li>4. Types of Bandhas and Mudras &amp; The types of Kriyas</li> </ol>
	<b>Yoga Education (Lecturer Hours- 10)</b>
<b>UNIT- 4</b>	<ol style="list-style-type: none"> <li>1. Basic, applied and action research in Yoga</li> <li>2. Difference between yogic practices and physical exercises</li> <li>3. Yoga education centers in India and abroad</li> <li>4. Competitions in Yogasanas</li> </ol>

**References/Suggested Readings:**

1. Brown, F.Y. (2000) How to use Yoga. Delhi: Sports Publication.
2. Gharote, M.L. & Ganguly, H. (1988).Teaching Methods for Yogic Practice. Lonawala: Kaixydamhoe.
3. Rajjan, S. M. (1985) , Yoga strengthening of relaxation for sports man. New Delhi: Allied Publishers.
- Shankar, G. .(1998). Holistica approach of Yoga. New Delhi: Aditya Publishers. Shekar, K. C.

**Yoga Vyayama (Pr. Hours- 30)**

1. **Vyayama – (a) Suksma Vyayama:** Netra-Sakthi Vikasaka (Eye), Kapola-Sakthi Vikasaka (Cheek), Karna-Sakthi Vikasaka (Ear), Griva-Sakthi Vikasaka (Neck) **(b) Sthula Vyayama:** Rekha-Gati, Hrd-Gati, Utkurdana, Urdhva-Gati, Sarvanga-Pusti
2. **Asanas – (a). Vishramasana**(Relaxative Posture): Shavasana, Makarasana  
**(b)Dhyanasana** (Meditative Posture): Sukhasana, Padmasana, Vajrasana, Sastikasana  
**(c) Swasthyasana**(Cutral Posture);  
  - (i) **Standing Posture:**Ardhachandrasana, Brikshasana, Padahastasana
  - (ii) **Sitting Posture:**Ardhakurmasana, Paschimottanasana, Gomukhasana
  - (iii) **Supine Posture:**Setubandhasana, Halasana, Matsyasana
  - (iv) **Prone Posture:**Bhujangasana, Salvasana, Dhanurasana

**3.Pranayama - Anulom-Vilom.**

**References/Suggested Readings:**

1. Brown, F.Y. (2000) How to use Yoga. Delhi: Sports Publication.
2. Gharote, M.L. & Ganguly, H. (1988).Teaching Methods for Yogic Practice. Lonawala: Kaixydamhoe.
3. Rajjan, S. M. (1985) , Yoga strengthening of relaxation for sports man. New Delhi: Allied Publishers.
4. Shankar, G. .(1998). Holistica approach of Yoga. New Delhi: Aditya Publishers. Shekar, K. C.

**Question Pattern for Evaluation**

<b>End Semester Examination –Descriptive type</b>				<b>Internal Marks*</b> <small>*(Attendance + Assignment)</small>	<b>Total Marks</b>
<b>Number of question to be answered</b>		<b>Final Practical Examination</b>			
02 Marks Question	05 Marks Question	<b>Total</b>	Complete Practical area based Examination will be evaluated by External and Internal Examiners. No Question paper for Examination.		
5 out of 7	3 out of 5	<b>25</b>	<b>15</b>	<b>10</b>	<b>50</b>
<b>5*2=10</b>	<b>3*5=15</b>				