



GOUR MAHAVIDYALAYA

Accredited By NAAC (2nd Cycle) B+



DEPARTMENT OF PHYSICAL EDUCATION

CURRICULUM PLAN (2019-2020 TO 2023-2024)

Name of the Teachers : -

- 1. Apurba Kumar Sinha*
- 2. Aniruddha Singh Permar*
- 3. Joyita Singha*


Signature of the Principal

Principal
Gour Mahavidyalaya
Mangalber, Matha

ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL- CBCS- SEMESTER- I
CURRICULUM PLAN- 2019-2020

TEACHER NAME : APURBA KUMAR SINHA

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	DC-I- History of Physical Education	Historical development of Physical Education and Sports in India- Pre-Independence period.	July -December	4
2.	Unit- III:	DC-I- History of Physical Education	Historical development of Physical Education and Sports in India-Post-Independence period.	July-December	4
3.	Unit- III:	DC-I- History of Physical Education	Asian Games, Modern Olympic Games.	July -December	4
4.	Unit- III:	DC-I- History of Physical Education	National Sports Awards	July -December	4
5.		DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Calisthenics and Aerobic activities.	July -December	2


CURRICULUM PLAN - 2019-2020 - CBCS-SEMESTER- I

TEACHER NAME : ANIRUDDHA SINGH PERMAR

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	DC-I- History of Physical Education	Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.	July -December	4
2.	Unit- II:	DC-I- History of Physical Education	Age- Chronological age, anatomical age, physiological age and mental age.	July-December	4
3.	Unit- II:	DC-I- History of Physical Education	Sociological Foundation- Definition of Sociology, Society and Socialization.	July - December	4
4.	Unit- IV	DC-I- History of Physical Education	Physical Education & Sports as a socialization force YOGA Education.	July - December	4
5.		DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Calisthenics and Aerobic activities.	July - December	2



Apurba Kumar Sinha
Aniruddha Singh Permar


Principal
GOUR MAHAVIDYALAYA
Mangatbari, Malda.


ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER-I
CURRICULUM PLAN - 2019-2020

TEACHER NAME : JOYITA SINGHA

Sl.No.	Unit	Paper Name	Sub-Unit	Month	Classes
1.	Unit- I:	DC-I- History of Physical Education	Meaning and definition of Physical Education	July -December	4
2.	Unit- I:	DC-I- History of Physical Education	Aim and objectives of Physical Education	July-December	4
3.	Unit- I:	DC-I- History of Physical Education	Modern concept of Physical Education.	July - December	4
4.	Unit- I:	DC-I- History of Physical Education.	Importance of Physical Education.	July - December	4
5.		DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities.	July - December	2



Joyita Singha


 Principal
 GOUR MAHAVIDYALAYA
 Mangalbari, Malda.

EVEN SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- II
CURRICULUM PLAN- 2020-2021


TEACHER NAME : APURBA KUMAR SINHA					
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	Management of Physical Education and Sports	Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge)	JANUARY - JUNE	4
2.	Unit- II:	Management of Physical Education and Sports	Procedure of drawing fixture.	JANUARY - JUNE	4
3.	Unit- II:	Management of Physical Education and Sports	Method of organising Annual Athletic Meet and Play Day. Method of organising of Intramural and Extramural competition.	JANUARY - JUNE	4
4.	Unit- II:	Management of Physical Education and Sports	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2
5.		FIELD PRACTICAL			

CURRICULUM PLAN- 2020-2021 CBCS-SEMESTER- II

TEACHER NAME : ANIRUDDHA SINGH PERMAR					
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit-I:	Management of Physical Education and Sports	Concept and definition of Sports Management. Important of Sports Management.	JANUARY - JUNE	4
2.	Unit- I	Management of Physical Education and Sports	Purpose of Sports Management. Principles of Sports Management.	JANUARY - JUNE	4
3.	Unit- III	Management of Physical Education and Sports	Method of calculation of Standard Track & Field events (any one). Care and maintenance of play ground.	JANUARY - JUNE	4
4.	Unit- III	Management of Physical Education and Sports	Importance, care and maintenance of sports equipments. Time Table: Meaning and importance of time table.	JANUARY - JUNE	4
5.		FIELD PRACTICAL	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2



Apurba Kumar Sinha
Aniruddha Singh Permar.

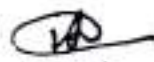

Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.

EVEN SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- II
CURRICULUM PLAN- 2020-2021

TEACHER NAME : JOYITA SINGHA					
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit-IV:	Management of Physical Education and Sports	Meaning and definition of leadership.	JANUARY - JUNE	4
2.	Unit- IV	Management of Physical Education and Sports	Qualities of good leader in Physical Education	JANUARY - JUNE	4
3.	Unit- IV	Management of Physical Education and Sports	Principles of leadership activities	JANUARY - JUNE	4
4.	Unit- IV	Management of Physical Education and Sports	Hierarchy of Leadership in School, College and University level.	JANUARY - JUNE	4
5.		FIELD PRACTICAL	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2



Joyita Singha


Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.

ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- I
CURRICULUM PLAN- 2020-2021

TEACHER NAME : APURBA KUMAR SINHA

SLN o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	DC-I- History of Physical Education	Historical development of Physical Education and Sports in India- Pre-independence period.	July -December	4
2.	Unit- III:	DC-I- History of Physical Education	Historical development of Physical Education and Sports in India-Post-Independence period.	July-December	4
3.	Unit- III:	DC-I- History of Physical Education	Asian Games Modern Olympic Games.	July -December	4
4.	Unit- III:	DC-I- History of Physical Education	National Sports Awards	July -December	4
5.		DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities.	July -December	2

CURRICULUM PLAN-2020-2021 CBCS-SEMESTER- I

TEACHER NAME : ANIRUDDHA SINGH PERMAR

SLN o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	DC-I- History of Physical Education	Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.	July -December	4
2.	Unit- II:	DC-I- History of Physical Education	Age- Chronological age, anatomical age, physiological age and mental age.	July-December	4
3.	Unit- II:	DC-I- History of Physical Education	Sociological Foundation- Definition of Sociology, Society and Socialization. Physical Education & Sports as a socialization force	July - December	4
4.	Unit- IV:	DC-I- History of Physical Education	YOGA Education.	July - December	4
5.		DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities.	July - December	2



Apurba Kumar Sinha
Aniruddha Singh Permar


AS
GOUR MAHAVIDYALAYA
Mangalbari, Malda.

ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- I
CURRICULUM PLAN- 2020-2021

TEACHER NAME : JOYITA SINGHA					
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	DC-I- History of Physical Education	Meaning and definition of Physical Education	July - December	4
2.	Unit- I:	DC-I- History of Physical Education	Aim and objectives of Physical Education. Modern concept of Physical Education.	July- December	4
3.	Unit- I:	DC-I- History of Physical Education	Modern concept of Physical Education.	July - December	4
4.	Unit- I:	DC-I- History of Physical Education	Importance of Physical Education.	July - December	4
5.		DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities.	July - December	2



Joyita Singh


 Principal
GOUR MAHAVIDYALAYA
 Mangalbari, Malda.

ODO SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- III
CURRICULUM PLAN- 2020-2021

TEACHER NAME : APURBA KUMAR SINHA

Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Structure and function of Respiratory organs	July-December	4
2.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Mechanism of Respiration.	July-December	4
3.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Vital Capacity ,O ₂ Debt and Second Wind.	July-December	4
4.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Effect of exercise on respiratory system.	July-December	4
5.		SEC-1 – Track and Field FIELD PRACTICAL	. Assessments of BMI and WHR. Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).	July-December	2


CURRICULUM PLAN - 2020-2021 CBCS - SEMESTER- III

TEACHER NAME : ANIRUDDHA SINGH PERMAR

Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology	Blood- Composition and function. Heart- Structure and functions.	July-December	4
2.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology	Blood Pressure, Athletic Heart and Bradycardia	July-December	4
3.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology	Circulatory system	July-December	4
4.	Unit- II:	DC-3 – Anatomy, Physiology and Exercise Physiology	Skeletal System & Muscular System- Type, location, function and structure of muscle. muscular contraction. Effect of exercise on muscular system.	July-December	4
5.	Unit- IV:	SEC-1 – Track and Field FIELD PRACTICAL	. Assessments of BMI and WHR. Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).	July-December	2



Apurba Kumar Sinha
Aniruddha Singh Permar


GOUR MAHAVIDYALAYA
Mangalbari, Malda.

ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- III
CURRICULUM PLAN - 2020-2021

TEACHER NAME : JOYITA SINGHA

Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Meaning and definition of Anatomy, Physiology and Exercise Physiology..	July -December	4
2.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.	July-December	4
3.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Human Cell &	July -December	4
4.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Tissue	July -December	4
5.		SEC-1 – Track and Field FIELD PRACTICAL	. Assessments of BMI and WHR. Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).	July -December	2



Joyita Singha


 GOUR MAHAVIDYALAYA
 Mangalbari, Malda. 8 | Page

EVEN SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION - GENERAL - CBCS-SEMESTER- II
CURRICULUM PLAN - 2020-2021

TEACHER NAME : APURBA KUMAR SINHA

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	Management of Physical Education and Sports	Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge)	JANUARY - JUNE	4
2.	Unit- II:	Management of Physical Education and Sports	Procedure of drawing fixture.	JANUARY - JUNE	4
3.	Unit- II:	Management of Physical Education and Sports	Method of organising Annual Athletic Meet and Play Day. Method of organising of Intramural and Extramural competition.	JANUARY - JUNE	4
4.	Unit- II:	Management of Physical Education and Sports	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2
5.		FIELD PRACTICAL			

CURRICULUM PLAN - 2020-2021 CBCS-SEMESTER- II

TEACHER NAME : ANIRUDDHA SINGH PERMAR

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit-I:	Management of Physical Education and Sports	Concept and definition of Sports Management. Important of Sports Management.	JANUARY - JUNE	4
2.	Unit-I	Management of Physical Education and Sports	Purpose of Sports Management. Principles of Sports Management.	JANUARY - JUNE	4
3.	Unit- III	Management of Physical Education and Sports	Method of calculation of Standard Track & Field events (any one). Care and maintenance of play ground.	JANUARY - JUNE	4
4.	Unit- III	Management of Physical Education and Sports	Importance, care and maintenance of sports equipments. Time Table: Meaning and importance of time table.	JANUARY - JUNE	4
5.		FIELD PRACTICAL	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2



Apurba Kumar Sinha
Aniruddha Singh Permar

[Signature]

Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.


EVEN SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- II
CURRICULUM PLAN - 2020-2021

TEACHER NAME : JOYITA SINGHA

Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit-IV:	Management of Physical Education and Sports	Meaning and definition of leadership.	JANUARY - JUNE	4
2.	Unit- IV	Management of Physical Education and Sports	Qualities of good leader in Physical Education	JANUARY - JUNE	4
3.	Unit- IV	Management of Physical Education and Sports	Principles of leadership activities	JANUARY - JUNE	4
4.	Unit- IV	Management of Physical Education and Sports	Hierarchy of Leadership in School, College and University level.	JANUARY - JUNE	4
5.		FIELD PRACTICAL	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2



Joyita Singha


Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.

EVEN SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- IV
CURRICULUM PLAN - 2020-2021

TEACHER NAME : APURBA KUMAR SINHA

SLN a.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit-IV:	DC-4- Health Education, Physical Fitness and Wellness.	First aid- Meaning, definition, importance and golden rules of First-aid	JANUARY - JUNE	4
2.	Unit-IV:	DC-4- Health Education, Physical Fitness and Wellness.	Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.	JANUARY - JUNE	4
3.	Unit-IV:	DC-4- Health Education, Physical Fitness and Wellness.	Management of sports injuries through the application of Cryo-therapy and Thermo-therapy.	JANUARY - JUNE	4
4.	Unit-IV:	DC-4- Health Education, Physical Fitness and Wellness.	Management of sports injuries through the application of Exercise and Massage therapy.	JANUARY - JUNE	4
5.		DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga .	First-aid Practical & Gymnastics and Yoga	JANUARY - JUNE	2

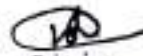
CURRICULUM PLAN - 2020-2021 CBCS- SEMESTER- IV

TEACHER NAME : ANIRUDDHA SINGH PERMAR

SLN a.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	Communicable Diseases Life-style Diseases,	JANUARY - JUNE	4
2.	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	. Nutrition.	JANUARY - JUNE	4
3.	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	Postural deformities	JANUARY - JUNE	4
4.	Unit- III:	DC-4- Health Education, Physical Fitness and Wellness.	Physical Fitness & Components of Physical Fitness.	JANUARY - JUNE	4
5.		DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga .	First-aid Practical & Gymnastics and Yoga	JANUARY - JUNE	2



*Apurba Kumar Sinha
Aniruddha Singh Permar*


Priscy
GOUR MAHAVIDYALAYA
Mangalbari, Malda.


EVEN SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- IV
CURRICULUM PLAN - 2020-2021

TEACHER NAME: JOYITA SINGHA

SUN o.	Unit	Paper Name	Sub-Unit:	Month	Classes
1.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	Concept, definition and dimension of Health.	JANUARY - JUNE	4
2.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	Definition, aims, objectives and principles of Health Education.	JANUARY - JUNE	4
3.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	Health Agencies-	JANUARY - JUNE	4
4.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	School Health Program.	JANUARY - JUNE	4
5.		DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga	First-aid Practical & Gymnastics and Yoga	JANUARY - JUNE	2



Joyita Singha


GOUR MAHAVIDYALAYA
Mangalbari, Malda.

12 | Page