


ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- I (NEP)
CURRICULUM PLAN - 2023-2024

TEACHER NAME : ANIRUDDHA SINGH PERMAR

S. No.	Unit	Paper Name	Sub- Unit	Month	Classes
	Unit- III:	Historical Development of Physical Education and Sports	Historical Development of Physical Education and Sports in India- Ancient Period and Medieval Period, Contribution of Y.M.C.A; Akhadash and Vyayamshalas in India for development Physical Education and Sports	July -December	4
	Unit- III:	Historical Development of Physical Education and Sports	Historical development of Physical Education and Sports in India of Pre-Independence & Post-Independence period 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.	July -December	4
	Unit- IV:	Historical Development of Physical Education and Sports	Contribution of Eminent Physical Educationist: (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) Robindranath Tigor.	July -December	4
	Unit- IV:	Historical Development of Physical Education and Sports	Ancient Olympic Games 2. Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes; Olympic Village, Opening, Victory and Closing Ceremony	July -December	4
		Historical Development of Physical Education and Sports	Historical background of Commonwealth and Asian Games Successes of India in Olympic, Commonwealth and Asian Games in the last Decade.	July -December	
		PRACTICAL. FORMAL AND RHYTHMIC ACTIVITIES	FORMAL AND RHYTHMIC ACTIVITIES	July -December	2



Aniruddha Singh Permar


 Principal
 GOUR MAHAVIDYALAYA
 Mangalbari, Malda.


ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION - GENERAL -CBCS-SEMESTER- I (NEP)
CURRICULUM PLAN - 2023-2024

TEACHER NAME : JOYITA SINGHA

Unit	Paper Name	Sub- Unit	Month	Classes
Unit- I:	Historical Development of Physical Education and Sports	Meaning, Definition and Scope of Physical Education and Sports , Concept of Play, Games and Sports, Career prospect of Physical Education and Sports	July -December	4
Unit- I:	Historical Development of Physical Education and Sports	Aim, Objectives and Importance of Physical Education and Sports Misconceptions and Modern concept of Physical Education and Sports	July -December	4
Unit- II:	Historical Development of Physical Education and Sports	Biological foundation: Meaning and Principles of growth and development. Factors affecting growth and development. Differences of growth and development	July -December	4
Unit- II:	Historical Development of Physical Education and Sports	Body type: 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.	July -December	4
Unit- II:	Historical Development of Physical Education and Sports	Psychological Foundation- Meaning and definition of Sports Psychology. Importance of Sports Psychology. 3 Sociological Foundation: Meaning and concept of Socialization. Socialization to Physical Education and Sports. Role of Games and Sports in National and International integration. Sports ethics.	July -December	4
	PRACTICAL. FORMAL AND RHYTHMIC ACTIVITIES	FORMAL AND RHYTHMIC ACTIVITIES	July -December	2



Joyita Singha



 Principal
GOUR MAHAVIDYALAYA
 Mangalbari, Malda.

ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- III
CURRICULUM PLAN - 2023-2024

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



Aniruddha Singh Permar


Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.

ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- III
CURRICULUM PLAN - 2023-2024

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 & Tissue	July -December	4
4.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Structure and function of Respiratory organs. Mechanism of Respiration.	July -December	4
5.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Vital Capacity, O ₂ Debt and Second Wind. Effect of exercise on respiratory system.	July -December	4
6.		SEC-1 – Track and Field FIELD PRACTICAL	1) Assessments of BMI and WHR. 2) Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).	July -December	2



Joyita Singha



Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.

ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- V
CURRICULUM PLAN - 2022-2023

TEACHER NAME : ANIRUDDHA SINGH PERMAR					
Sl.N o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	Training Techniques	Warming up and cooling down- Meaning, types and methods.	July -December	4
2.	Unit- II:	Training Techniques	Conditioning- Concept of Conditioning and its principles.	July-December	4
3.	Unit- II:	Training Techniques	Training Methods- Circuit Training, Interval Training, Weight Training. Periodisation- Meaning, types, aim and contents of different periods.	July -December	4
4.	Unit- III:	Training Techniques	Training Load- Meaning, definition, types and factors of training load. Components of training load.	July -December	4
	Unit- III:	Training Techniques	Over Load- Meaning, causes, symptoms and tackling of over load. Load adaptation- Meaning and conditions of adaptation.	July -December	4
5.		FIELD PRACTICAL	1. Practical Experience of Weight Training and Circuit Training (any one).2. Measurement of Balance, Sargent Vertical Jump and Flexibility (any two).	July -December.	2



Aniruddha Singh Permar


 Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.