

GOUR MAHAVIDYALAYA



DEPARTMENT OF PHYSICAL EDUCATION

P.O. MANGALBARI, DIST – MALDA. Pin – 732142 (W.B.)

PHONE NO. 03512-60547 FAX - 03512-60547

E-mail- gour_maha@yahoo.co.in

Website: gourmaha.ac.in

To Whom It May Concern

This is to certify that the mentioned texts of the syllabi of the Department of Physical Education, Gour Mahavidyalaya as prescribed by the University of Gour Banga tallies with the following core values:-

Human Values: -

- 1.Modern concept of Physical Education.
2. Sociological Foundation- Sociology, Society and Socialization.
3. Physical Education & Sports as a socialization force.
4. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award.
5. Leadership.
- 6.Health Education.
- 7.Physical activities and Wellness.
- 8.First aid. Tests, Measurements and Evaluation in Physical Education .
9. Historical development of Physical Education and Sports in India- Pre-Independence period and Post- Independence period.

Ethics:

- 1.Gymnastics and Yoga.
- 2.Sports Management & Management of sports injuries
- 3.Tournaments,
- 4.Time table.
- 5.School Health Program- Health Service, Health Instruction, Health Supervision, Health Record.
6. Rules and Regulations.
7. Rules and their interpretations and duties of the officials.
8. First-aid

Gender:

- 1.Biological Foundation.
2. growth and development.
3. Age- Chronological age, anatomical age, physiological age and mental age.
4. Anatomical differences between male and female.
5. Ageing- Physical activities and its importance.

Environment:

- 1.Social, and cultural factors affect the physical fitness and wellness of a person.
- 2.Educational Tour, Leadership Camp, Communicable Diseases. Nutritional requirements for daily living.



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Human Values: -			
Sl No	Topic	Unit	Semester
1.	Aim and objectives of Physical Education. Modern concept of Physical Education.	I	I
2.	Sociological Foundation- Sociology, Society and Socialization	II	I
3.	Physical Education & Sports as a socialization force.	II	I
4.	National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award.	III	I
5.	Leadership.	IV	II
6.	Health Education	I	IV
7.	Physical activities and Wellness.	III	IV
8.	First aid	IV	IV
9.	Historical development of Physical Education and Sports in India- Pre-Independence period and Post- Independence period.	I	III
10.	Tests, Measurements and Evaluation in Physical Education	I	V
11.	Sports Skill Test	IV	V
Ethics:			
Sl No	Topic	Unit	Semester
1.	Gymnastics and Yoga.	IV	I
2.	Sports Management & Management of sports injuries		
3.	Tournaments,	II	II
4.	Time table	III	II
5.	School Health Program- Health Service, Health Instruction, Health Supervision, Health Record.	I	IV
6.	Rules and Regulations.	Practical	I to V
7.	Rules and their interpretations and duties of the officials	practical	I to V
8.	First-aid	IV	V



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Gender:			
Sl No	Topic	Unit	Semester
1.	Biological Foundation.	II	I
2.	growth and development	II	I
3.	Age- Chronological age, anatomical age, physiological age and mental age.	II	I
4.	Anatomical differences between male and female	II	III
5.	Ageing- Physical activities and its importance	III	IV

Environment:			
Sl No	Topic	Unit	Semester
1.	1.Social, and cultural factors affect the physical fitness and wellness of a person.	III	IV
2.	Educational Tour, Leadership Camp,.	Project	VI
3.	Communicable Diseases	II	IV
4.	Nutritional requirements for daily living	II	IV





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Action taken on the Cross-Cutting Issues

Physical education is an important education that allows students to become healthy by engaging in some physical activities. It helps students learn beyond classrooms or academics. Through physical education, they not only excel academically but also professionally.

It helps students learn beyond classrooms or academics. Through physical education, they not only excel academically but also professionally. Nowadays, schools thoroughly emphasise students' overall well-being. Regular involvement in physical activities allows students to become fit both mentally and physically.

THEORY CLASS





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THEORY CLASS



CLASS TEST





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YOGA CLASS



INTRAMURAL COMPETITION



PROJECT WORK (EDUCATIONAL TOUR CUM LEADERSHIP CAMP)



Anirudha Singh
Ajayta Singha
Signature of the Teachers