

**RAJA NARENDRA LAL KHAN WOMEN'S COLLEGE
(AUTONOMOUS)**

Gope Palace, Midnapore, Paschim Medinipur,
West Bengal, India, 721102.



CBCS CURRICULUM FOR ONE YEAR
UNDER-GRADUATE COURSE
IN
PHYSICAL EDUCATION (GENERIC)

**WITH EFFECT FROM THE ACADEMIC SESSION
2019-2020**

Paper Wise Credit Marks and Class Distribution

Semester	Paper Code	Paper	Marks	Credit	No. of Classess
Sem-I	GE1T	Foundation and History of Physical Education	30	4	20+20+20=60
Sem-I	GE1P	Marching-Yoga and Kho-kho	30	2	20+20+20=60
Sem-II	GE2T	Test, Measurement , Evaluation and Managerial Aspect in Physical Education and Sports	30	4	20+20+20=60
Sem-II	GE2P	Athletics-Gymnastics- Basketball	30	2	20+20+20=60

B.A. Generic in Physical Education (PEDG)

Programme Outcome

- 1. Critical Thinking:** Take informed actions after identify the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid and looking at our ideas and decisions from different perspectives.
- 2. Ethics:** Recognize different value system including your own, understand the moral dimensions of your decisions and accept responsibility for them.
- 3. Effective Citizenship:** Demonstrate empathetic social concern and equity centered national development and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
- 4. Social interaction:** Elicit views of others, mediate disagreement and help reach conclusion in group setting.
- 5. Effective Communication:** Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language and make meaning of the world by connecting people, idea, books, media and technology.
- 6. Environment and Sustainability:** Understand the issues of environment contexts and sustainable development.
- 7. Self-directed and lifelong Learning:** Acquire the ability to engage in independent and life long learning in the broadest context socio-technological changes.

Programme Specific Outcomes (PSO) B.A. Generic Physical Education

1. Students will develop practical, theoretical skills in Physical Education.
2. Students will acquire a job efficiently in diverse field such as B.P.ED, M.P.ED, SSC,NET, SET Ect.
3. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.
4. Students will be prepared to acquire a range of general skill to communicate with society effectively and learn independently.
5. Students are aware of a balanced mind and body development. They also develop social relationship with others, leadership qualities and their own personality improvement.
6. All students learn the various sports training methodology which could be used to develop all the fitness components and sports performance.
7. Students will improve the ability to use appropriate teaching methods for effective teaching and to organize sports and games competition flawlessly.
8. Students understand the progressive development of physical education and Olympics.
9. Understanding of anatomy and physiology helps to learns sports movement correctly and execute them in a perfect way.
10. Students aware of diseases and to lead a healthy life.
11. Students execute the sports movements with accurate and appropriate body mechanics.
12. Students learn different sports game skill by exerts in field by practicaly.

Course Outcome

GE1T – Foundation and History of Physical Education

1. To understand the meaning of physical education
2. To understand the foundation of physical education
3. To learn history of Olympic and physical education
4. To know the contribution of various agencies, awards and scholarship.
5. To become aware of positive health
6. To learn principles and importance of safety
7. To understand the need and importance of Anatomy and Physiology
8. To understand the classification and functions of skeleton
9. To understand the structure and function of heart and lung
10. To know the effect of exercises in different system of body.

GE1P – Marching Yoga and Kho-Kho

1. Student learn practically in field about Marching, where they develop co-ordination between different body parts.
2. Students become familiarized with basic level asanas and pranayama.
3. Students learn about fundamental skill of Kho-Kho.

GE2T – Test, Measurement, Evaluation and Managerial Aspect in Physical Education

1. To learn the meaning, need and importance of test and measurement.
2. To learn the criteria of test selection, classification of test, rating scales and test administration.
3. To learn fitness test and sports skill test.
4. To know the measurement of BMI and Body fat
5. To learn the aim, meaning and principals of sports training
6. To learn different methods of training
7. To learn about load and adaptation in training
8. To learn warming up, cooling down and conditioning
9. To learn about adapted physical education
10. To learn about how to manage sports injuries through therapeutic aspect and

massage therapy

11. To learn about meaning and importance of yoga.
12. To learn about types of yoga with special emphasis to Astanga yoga

GE2P – Athletics Gymnastics and Basketball

1. To know about starting techniques of all track events
2. To learn the rules and their interpretations of long jump, high jump, shot put and discus throw.
3. To know the records of all events in national and international levels.
4. To become familiarized with floor and bar exercises.
5. To learn the fundamentals skills of basketball
6. To learn the rules of the game as a player
7. To learn the measurement and marking of basketball field.

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SYLLABUS OF CBCS SYSTEM OF B.A GENERIC PHYSICAL EDUCATION

GE1T (THEORY PART)

CREDITS:4

FULL MARKS: 30

UNIT-1: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION 10

- 1.1 Meaning and Definition of Physical Education. Aim and Objectives of Physical Education
- 1.2 Misconceptions and Modern Concept of Physical Education. Need and Important of Physical Education in Modern Society.
- 1.3 Historical Development of Physical Education and Sports in India -Post Independence Period. Modern Olympic Movement- Ancient Olympic Games and Modern Olympic Games.
- 1.4 Biological Foundation-Meaning and Definition of Growth and Development Factors Affecting Growth and Development. Differences of Growth and Development. Principles of Growth and Development. Chronological Age, Anatomical Age, Physiological Age and Mental Age.
- 1.5 Sociological Foundation- Meaning and Definition of Sociology, Society. Socialization in Physical Education and Sports, Sports Ethics, Role of Games and Sports in National and International Integration. Meaning and Definition of Psychology and Sports Psychology, Branches of Psychology. Importance of Psychology in Physical Education and Sports.

UNIT-II: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY 10

- 2.1 Meaning, Definition and Importance of Anatomy, Physiology and Exercise Physiology. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.
- 2.2 Skeletal System- Structure of Skeletal System, Classification and Location of Bones and Joints of Bones. Anatomical Deference Between Male and Female.

- 2.3 Muscular System -Types of Muscles, Location, Structure, Function of Skeletal Muscle. Types of Muscular Contraction. Effect and Exercise and Training on Muscular System.
- 2.4 Circulatory System – Blood Composition and Function.
Heart- Structure, Function and Mechanism of Blood Circulation Through Heart.
Blood Pressure, Athletic Heart, and Bradycardia.
Effect of Exercise and Training on Circulatory System.
- 2.5 Respiratory System- Structure and Function of Respiratory Organs. Mechanism of Respiration.
Lung Capacity Tidal Volume, Vital Capacity, O₂ Debt and Second Wind. Effect of Exercise and Training on Respiratory System.

UNIT-III: HEALTH, PHYSICAL FITNESS AND WELLNESS

10

- 3.1 Definition, Aim and Objectives of Health Education. Modern Concept of Health and Wellness.
- 3.2 Active Health Agency-World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund.
School Health Program-(UNICEF) Health Service, Health instruction, Health Supervision, Health Appraisal, Health Record and Personal Hygiene.
- 3.3 Communicable Diseases- Malaria, Dengue and Chicken Pox.
Non-Communicable Diseases-Obesity, Diabetes and Asthma.
- 3.4 Physical Fitness –Meaning, Definition and Importance of Physical Fitness. Components of Physical Fitness. Health and Performance Related Physical Fitness.
- 3.5 Concept of Wellness- Relationship Between Physical Activities and Wellness.
Ageing- Physical Activities and Its Importance

**SYLLABUS OF CBCS SYSTEM OF B.A GENERIC PHYSICAL EDUCATION
GE1P (PRACTICAL PART)**

CREDIT:2

FULL MARKS: 30

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| 1 | MARCHING | 10 |
| 1.1 | Attention, Stand-At-Ease. | |
| 1.2 | Eyes Right and Front. | |
| 1.3 | Left Turn, Right Turn, About Tur., | |
| 1.4 | Mark Time Mark, Forward Mark. | |
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| 2 | YOGA | 10 |
| 2.1 | Sitting Posture- Ardhakurmasana, Paschimottanasana and Gomukhasana | |
| 2.2 | Supine Posture -Setubandhasana, Halasana and Matsyasana. | |
| 2.3 | Prone Posture - Bhujangasana, Salvasana and Dhanurasana. | |
| 2.4 | Inverted Posture - Sarbangasana, Shirsasana and Bhagrasana. | |
| 2.5 | Pranayama and Kriya- Anulam Vilom, Bhramri and Kapalbhati. | |
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| 3. | KHO KHO | 10 |
| 3.1 | Fundamental Skills | |
| 3.2 | Skills in Chasing: Sit on The Box (Parallel & Bullet Toe Method), Get Up from The Box (Proximal & Cross Foot Method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of Foul. | |
| 3.3 | Skills in Running: Chain Play, Ring Play and Chain & Ring Mixed Play. | |

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**SYLLABUS OF CBCS SYSTEM OF B.A GENERIC PHYSICAL
EDUCATION**

GE2T (THEORY PART)

CREDITS:4

FULL MARKS: 30

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Unit-1 Test Measurement, Evaluation and Managerial aspects in Physical Education and

sports

- 1.1 Concept and definition of test Measurement and Evaluation in Physical Education and Criteria of good test.
- 1.2 Lay out of track and field events.
- 1.3 Body Mass Index (BMI)- Concept and Method of Measurement.
Body Fat- Concept and Method of Measurement.
- 1.4 Fitness test- AAHPER Youth Fitness Test and Harvard College Step Test
- 1.5 Sports Skill Test- Mc Donald Soccer Test and Brady Volleyball Test.

Unit-2 Sport Training and Coaching

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- 2.1 Meaning, Definition, Aim, Objective and Principles of Sport Training
- 2.2 Warming Up, Cooling Down and Conditioning
- 2.3 Training Load and its Components
- 2.4 Training Methods- Circuit Training, Interval Training, Fartlek Training and Weight Training
- 2.5 Coaching- Meaning, Concept and Philosophy of Coaching

Unit – 3	Adapted Physical Education, Yoga and Its Therapeutic Aspects	10
3.1	Aim, Objectives and its application of adapted physical education	
3.2	Therapeutic Modalities- Electrotherapy, Hydrotherapy, Cyrotherapy and Thermotherapy	
3.3	Management of Sports injuries- Dislocation, Fracture, Sprain and Strain	
3.4	Management of sports injuries through the application of exercise and massage	
3.5	Meaning and importance of yoga. Types of yoga with special emphasis to astanga yoga. Yoga and its application in value and ethics	

**SYLLABUS OF CBCS SYSTEM OF B.A GENERIC PHYSICAL EDUCATION
GE2P (PRACTICAL PART)**

CREDIT:2

FULL MARKS: 30

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| 1. | ATHLETICS | 10 |
| 1.1 | Track Events- Shot, Middle and Long Distance Running- Any one | |
| 1.2 | Starting Technique: Standing start and Crouch Start | |
| 1.3 | Finishing Techniques: Run Through, Forward Lunging and Shoulder Shrug | |
| 1.4 | Field Events (Jumping) – Any One | |
| 1.5 | Long Jump- Approach Run, Take off, Flight in the air, (Hang style/ Hitch Kick) and Landing | |
| 1.6 | High Jump: Approach Run, Take Off, Bar clearance, Flight (Straddlr Roll) and Landing | |
| 1.7 | Field Events (Throwing)- Any One | |
| 1.8 | Shot Put: Holding the Shot, Placement, Initial Stance, Primary Swing, Trun, Release and Recovery | |
| 1.9 | Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery | |
| 1.10 | Javelin Throw: Grip, Carry, Release and Recovery. | |
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| 2. | GYMNASTICS | 10 |
| 2.1 | Forward Roll & Backward Roll, Arching, T-Balance & V-Balance, Catwheel, Dive
Roll, Handstand, Handstand with Roll and split leg with Forward Roll. (Any one) | |

3. BASKETBALL

10

3.1 Fundamental skills

3.2 Passing: Chest Pass, Bounce Pass, Baseball Pass and Overhead Pass.

3.3 Receiving: Two Hand Receiving, One Hand Receiving and Receiving While Running

3.4 Dribbling: How to Start Dribble, Drop Dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble

3.5 Shooting: Set Shot, Jump Shot and Lay-Up- Shot

3.6 Defensive: Receiving of Rebound Ball and Pivoting

3.7 Game Practice with Application of Rules and Regulations