VIDYASAGAR UNIVERSITY

Midnapore, West Bengal

PROPOSED CURRICULUM&SYLLABUS (DRAFT) OF

BACHELOR OF ARTS WITH PHYSICAL EDUCATION (MULTIDISCIPLINARY STUDIES)

3-YEAR UNDERGRADUATE PROGRAMME

(w.e.f. Academic Year 2023-2024)

Based on

Curriculum & Credit Framework for Undergraduate Programmes (CCFUP), 2023& NEP, 2020

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:47 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=47

VIDYASAGAR UNIVERSITY
BACHELOR OF ARTS IN SOCIAL SCIENCE with PHYSICAL EDUCATION
(*under CCFUP, 2023*)

Level	YR.	SEM	Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
								CA	ESE	TOTAL
B.A. in Humani-ties with Physical Education	1st	I	**SEMESTER-I**							
			Major-1 (Disc.-A1)	**PEDPMJ101**	**T: Foundation and History of Physical Education and Sports.** ***(To be studied by the students taken Physical Education as Discipline-A)***	**4**	**3-0-1**	**15**	**60**	**75**
			SEC	**PEDSSEC01**	**P: Athletics**	**3**	**0-0-3**	**10**	**40**	**50**
			AEC	**AEC01**	Communicative English-1 (***common for all programmes***)	**2**	**2-0-0**	**10**	**40**	**50**
			MDC	**MDC01**	Multidisciplinary Course-1 (***to be chosen from the list***)	**3**	**3-0-0**	**10**	**40**	**50**
			VAC	**VAC01**	VAC-01: ENVS (***common for all programmes***)	**4**	**2-0-2**	**50**	**50**	**100**
			Minor-1 (Disc.-C1)	**PEDMI01**	**T: Historical background of Physical Education and Sports.** ***(To be studied by the students taken Physical Education as Discipline-C)***	**4**	**3-0-1**	**15**	**60**	**75**
					Semester-I Total	**20**				**400**
		II	**SEMESTER-II**							
			Major-2 (Disc.- B1)		***To be decided*** ***(Same as like A1 for students taken Physical Education as Discipline-B)***	**4**	**3-0-1**	**15**	**60**	**75**
			SEC	**PEDSEC02**	**P: Gymnastics and Yoga**	**3**	**0-0-3**	**10**	**40**	**50**
			AEC	**AEC02**	MIL-1 (***common for all programmes***)	**2**	**2-0-0**	**10**	**40**	**50**
			MDC	**MDC02**	Multi Disciplinary Course-02 (***to be chosen from the list***)	**3**	**3-0-0**	**10**	**40**	**50**
			VAC	**VAC02**	VAC-02 (***to be chosen from the list***)	**4**	**4-0-0**	**10**	**40**	**50**
			Minor-2 (Disc.-C2)	**PEDMI02**	**T: Management of Physical Education and Sports** ***(To be studied by the students taken Physical Education as Discipline-C)***	**4**	**3-0-1**	**15**	**60**	**75**
			Summer Intern.	**CS**	Community Service	**4**	**0-0-4**	**-**	**-**	**50**
					Semester-II Total	**24**				**400**
					TOTAL of YEAR-1	**44**	**-**	**-**	**-**	**800**

PMJ= Major Programme (Multidisciplinary), MI = Minor, A/B = Choice of Major Discipline; C= Choice of Minor Discipline; SEC = Skill Enhancement Course, AEC = Ability Enhancement Course, MDC = Multidisciplinary Course, VAC = Value Added Course; CA= Continuous Assessment, ESE= End Semester Examination, T = Theory, P= Practical, L-T-P = Lecture-Tutorial-Practical, MIL = Modern Indian Language, ENVS = Environmental Studies

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:47 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=47

MAJOR (MJ)

Major A1/B1: Foundation and History of Physical Education and Sports. Credits 04 (FM: 75)

Major A1/B1T: Foundation and History of Physical Education and Sports. Credits 03

Course contents:

Unit-I: Concept of Physical Education and Sports

1.1 Meaning, definitions and scope of Physical Education and Sports
1.2 Aims and objectives of Physical Education and Sports
1.3 Misconceptions and modern concepts of Physical Education. Physical Education as an art of science
1.4 Needs and importance of Physical Education and Sports in modern society

Unit-II: Biological, Psychological and Sociological Foundation

2.1 Biological Foundation -Meaning and definition of growth and development. Factors affecting growth and development. Difference between of growth and development. Principles of growth and development. Body types: Classification of Sheldon's Body type. Relationship of body type and sports performance
2.2 Psychological Foundation – Concept of learning, Learning curve, Laws and theories of learning. Types of learning. Factors affecting learning.
2.3 Role of Sports Psychology in the field of Physical Education and Sports. Emotion, Motivation, Anxiety & Personality traits in relation with Physical Education and Sports
2.4 Sociological Foundation- Concept of socialization. Socialization through Physical Education and Sports. Role of games and sports in national and international integration. Sports Ethics.

Unit-III: Historical Development of Physical Education and Sports.

3.1 Historical development of Physical Education and Sports in India: Pre-Independence period and Post-Independence period.
3.2 National & State Sports Awards
3.3 Physical Education Teachers' Training Institutions in West Bengal. Famous personalities in the field of Physical Education: Plato, Aristotle, James Buchanan and P.M.Joseph
3.4 Professional preparation in Physical Education and Sports: YMCA, LNIPE, IGIPESS, SAI

Unit-IV: Olympic Movement, Commonwealth and Asian Games

4.1 Ancient Olympic Games
4.2 Modern Olympic Games: History, Objectives, Motto, Flag. Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony
4.3 Historical background of Commonwealth and Asian Games
4.4 Analysis of Indian Sports performance: Olympic, Commonwealth and Asian Games

Major A1/B1P: Field Practical Credit: 01

I. Marching:

Command, Stand at Ease, Stand Easy, Attention, Turning: Right Turn, Left Turn, About Turn, Half Right Turn, Half Left Turn. Fall-in a Single Line, Fall-in Three Ranks. By the Right Number, Right Dress, Mark Time, Open Order March, Close Order March, Forward March/Quick March, Right Turn at the March, Left Turn at the March,

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:47 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=47

About Turn at the March, Slow March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss. …… 8 marks

II. Callisthenics: Atleast 06 exercises with 16 counts . ……6 marks

III. Aerobics: Atleast any 06 exercises . ……6 marks

Suggested Readings:

1. Kayal, R. Sarir Siksha Buniad O Itihas. Clasique Books. Kolkata
2. Debnath M (2007), Basic Core Fitness Through Yoga And Naturopathy. Sports Publication
3. Pande P. K. and Pramanik Tarak Nath
4. Sharma Jai Prakash and Rathore Bhupender Singh (2007), Yoga Ke Tatva, Friends Publication
5. Sharma JP and Ganesh S (2007), Yog Kala Ek Prichya. Friends Publication. New Delhi
6. Kar, S. Mahavidyalayastare Sarirsiksha. Clasique Books. Kolkata
7. Kayal, R. Yog Siksha. Clasique Books. Kolkata
8. Kar, S. & B. A.K. Sishoy Sarirshiksha. Clasique Books. Kolkata

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:47 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=47

MINOR (MI)

MI-1/ C1: Historical background of Physical Education and Sports **Credits 04 (FM: 75)**

MI-1/ C1T: Historical background of Physical Education and Sports **Credits 03**

Course contents:

Unit-I: Concept of Physical Education and Sports

1.1 Meaning, definitions and scope of Physical Education and Sports
1.2 Aims and objectives of Physical Education and Sports
1.3 Misconceptions and modern concepts of Physical Education.
1.4 Needs and importance of Physical Education and Sports in modern society

Unit-II: Biological, Psychological and Sociological Foundation

2.1 Biological Foundation -Meaning and definition of growth and development. Factors affecting growth and development. Principles of growth and development.
2.2 Psychological Foundation – Concept of learning, Learning curve, Laws and theories of learning. Types of learning. Factors affecting learning.
2.3 Role of Sports Psychology in the field of Physical Education and Sports. Emotion, Motivation, Anxiety & Personality traits in relation with Physical Education and Sports
2.4 Sociological Foundation- Concept of socialization. Socialization through Physical Education and Sports. Role of games and sports in national and international integration. Sports Ethics.

Unit-III: Historical Development of Physical Education and Sports.

3.1 Historical development of Physical Education and Sports in India: Pre-Independence period and Post-Independence period.
3.2 National Sports Awards
3.3 Physical Education Teachers' Training Institutions in West Bengal. Famous personalities in the field of Physical Education: Plato, Aristotle, James Buchanan and P.M.Joseph
3.4 Professional preparation in Physical Education and Sports: YMCA, LNIPE, SAI

Unit-IV: Olympic Movement, Commonwealth and Asian Games

4.1 Ancient Olympic Games
4.2 Modern Olympic Games: History, Objectives, Motto, Flag. Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony
4.3 Similarities and dissimilarities between Ancient Olympic Games and Modern Olympic Games.
4.4 Historical background of Commonwealth and Asian Games

MI-1/ C1P: Field Practical **Credit: 01**

I. Marching:

Command, Stand at Ease, Stand Easy, Attention, Turning: Right Turn, Left Turn, About Turn, Half Right Turn, Half Left Turn. Fall-in a Single Line, Fall-in Three Ranks. By the Right Number, Right Dress, Mark Time, Open Order March, Close Order March, Forward March/Quick March, Right Turn at the March, Left Turn at the March,

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:47 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=47

About Turn at the March, Slow March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss. …… 8 marks

II. Callisthenics: Atleast 06 exercises with 16 counts . ……6 marks

III. Aerobics: Atleast any 06 exercises . ……6 marks

Suggested Readings:

1. Kayal, R. Sarir Siksha Buniad O Itihas. Clasique Books. Kolkata
2. Debnath M (2007), Basic Core Fitness Through Yoga And Naturopathy. Sports Publication
3. Pande P. K. and Pramanik Tarak Nath
4. Sharma Jai Prakash and Rathore Bhupender Singh (2007), Yoga Ke Tatva, Friends Publication
5. Sharma JP and Ganesh S (2007), Yog Kala Ek Prichya. Friends Publication. New Delhi
6. Kar, S. Mahavidyalayastare Sarirsiksha. Clasique Books. Kolkata
7. Kayal, R. Yog Siksha. Clasique Books. Kolkata
8. Kar, S. & B. A.K. Sishoy Sarirshiksha. Clasique Books. Kolkata.
9. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
10. Bandopadhyay, K. Sarir Siksha Parichay, Classic Books, Kolkata.

MI-2/C-2: Management of Physical Education and Sports Credits 04 (FM: 75)

MI-2/C-2T: Management of Physical Education and Sports Credits 03

Course contents:

Unit-I

1.1 Sports Management: Meaning, Definition, Aim and Objectives, Nature and Scope.
1.2 History and importance of Sports Management. Principles and practices of Sports Management.
1.3 Qualities, Duties and responsibilities of Sports Manager.
1.4 Leadership: Definition, Types and Principles; Qualities of a good Leader in Physical Education.

Unit-II

2.1 Management of Physical Education programs and Games & Sports meet in School, College and University.
2.2 Tournaments: Meaning, Definition and Types-Knock-out, League, Combination, Challenge. Organisation: Procedure of Fixture Drawing, Merits and demerits of Knock-out, League, Combination Tournaments.
2.3 Annual Programme: Athletic Meet and Play Day Organisation and Management.
2.4 Year-round Programme: Intramural and Extramural Competition Organisation.

Unit-III

3.1. Structure and Functions of S.A.I., University Sports Council and A.I.U.
3.2. Care and Maintenance: Meaning, Methods, Need and Importance of Sports Equipment Field; Playground and Gymnasium, Swimming Pool.
3.3 Time Table: Meaning, Definition, Importance and Factors.
3.4 Purchase: List of Consumable and Non-consumable sports goods and equipments in the department of physical education, Procedure to purchase sports goods and equipments in the department of physical education, stock entry and maintenance, storing and distribution.

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:47 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=47

Unit-IV

4.1. Financial Management: Meaning, Definition, Need and Importance.

4.2. Budget: Meaning, Definition, Criteria, Principles; Steps for Preparing a good Budget.

4.3. Sponsorship: Meaning, Trends, Process, Aim and Objectives.

4.4 Sports Promotion: Meaning, Means and Methods; Funding Agencies -Types, Procedure of Communication with the Agencies.

MI-2/C-2P: Field Practical INDIAN GAMES (10+10 MARKS) Credits 01

KHO-KHO

Fundamental skills:

a) Chasing Skills: Sitting on the box-Parallel and Bullet toe method; Getting up from the box Proximal and Distal foot method; Giving Kho- Simple, Early, Late and Judgment Kho; Pole Turn, Pole Diving, Tapping, Hammering, Rectification of foul.
b) Running Skills: Chain Play, Ring play and Chain, Ring mixed play, Running zigzag, Avoiding and Dodging.
c) Game practice with application of Rules and Regulations.
d) Rules and their interpretations and duties of the officials.
e) Conduct skill related test (s).

KABADDI

Fundamental skills:

a) Raiding Skills: Cant, Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow flying kick, roll back; crossing of baulk line; Crossing of Bonus line.
b) Holding skills: Ankle, Knee, Thigh, Wrist, Crocodile and Washer man hold.
c) Formation during holding: Various formations, catching from particular position.
d) Additional Raiding skills: Escaping from various holds, techniques of escaping from chain formation, offense and defense.
e) Game practice with application of Rules and Regulations.
f) Rules and their interpretations and duties of the officials.
g) Conduct skill related test (s).

Suggested Readings:

1. Broyles, F. J. & Robert, H. D. Administration of Sports, Athletic Programme: A Managerial Approach. New York: Prentice Hall Inc.
2. Bucher, C. A. Administration of Physical Education and Athletic Programme. St. Louis: The C.V. Mosby Co.
3. Thomas, J. P. Organization & Administration of Physical Education. Madras: Gyanodayal Press.
4. Nanda, S.M. Sports Management, Friend Publications, New Delhi.
5. Paul, A. Sarirsikshay Management, Classic Publishers, Kolkata.
6. Bucher, C. A. Administration of Physical Education and Athletis Programme St. Louis The C.V. Mosby Co.
7. Thomas, J. P. Organization & Administration of Physical Education. Madrai: Gyanodiyal Press.
8. Kar, S. & B. A.K. Sishoy Sarirshiksha. Clasique Books. Kolkata.
9. Roy Pranab, Bharatiyo Khela Kho-Kho, Classique Books, Kolkata.
10. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
11. Bandopadhyay, K. Sarir Siksha Parichay, Classic Books, Kolkata

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:47 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=47

SKILL ENHANCEMENT COURSE (SEC)

SEC 1: ATHLETICS — Credits 03 FM: 50

SEC1P: Athletics

Course Outline:

I. Track Events:

a) Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block.
b) Acceleration with proper running techniques.
c) Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug.
d) Relay Race: Starting, Baton Holding/Carrying. Baton Exchange in between Zone and Finishing.
e) Learning and demonstration the process of Scoring and Recording in Competition results.

II. Field Events:

a) Long Jump: Approach Run, Take-off, Flight in the Air (Hang Style/Hitch Kick) and Landing.
b) High Jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing.
c) Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique).
d) Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the Circle).
e) Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).
f) Learning and demonstration the process of Scoring and Recording in Competition results.

Suggested Readings:

1. Sil, P. Track and Field, Clisique Books, Kolkata.
2. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
3. Bandopadhyay, K. Sarir Siksha Parichay, Classique Publishers, Kolkata.
4. Petipus, et al. Athlete's Guide to Career Planning, Human Kinetics.
5. Dharma, P.N. Fundamentals of Track and Field, Khel Sahitya Kendra, New Delhi.

SEC 2: GYMNASTICS AND YOGA — Credits 03 FM: 50

SEC 2P: Gymnastics and Yoga

Course Outline:

1. GYMNASTICS

Compulsory	**Optional**
a) Forward Roll, b) T-Balance, c) Forward Roll with Split leg, d) Backward Roll, e) Cart-Wheel.	a) Dive and Forward Roll, b) Hand Spring, c) Head Spring, d) Neck Spring, e) Hand Stand and Forward Roll, f) Summersault.

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:47 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=47

2. YOGA:

2.1. Asanas: Standing Posture

2.1.1. Ardhachandrasana

2.1.2. Brikshasana

2.1.3. Padahastasana

2.2. Sitting Posture

2.2.1. Ardhakurmasana

2.2.2. Paschimottanasana

2.2.3. Gomukhasana

2.3. Supine Posture

2.3.1. Setubandhasana

2.3.2. Halasana

2.3.3. Matsyasana

2.4. Prone Posture

2.4.1. Bhujangasana

2.4.2. Salvasanal

2.4.3. Dhanurasana

3. SURYANAMASKARA: As per AIU Norm.

4. PRANAYAMA

3.1. Anulam Vilom

3.2. Bhramari

3.3. Bhastika

5. KRIYA

5.1. Kapalbhati

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:47 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=47