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

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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	2nd	III	**SEMESTER-III**							
			Major-A2	PEDPMJ02	**T:** Management of Physical Education and Sports: **P:** Practical ***(To be studied by students taken Physical Education as Discipline- A)***	4	3-0-1	15	60	75
			Major-A3	PEDPMJ03	**T:** Anatomy, Physiology and Exercise Physiology; **P:** Practical ***(To be studied by students taken Physical Education as Discipline- A)***	4	3-0-1	15	60	75
			SEC	SEC03	***To be taken from SEC-03 of Discipline C.***	3	0-0-3	10	40	50
			AEC	AEC03	Communicative English-2 (***common for all programmes***)	2	2-0-0	10	40	50
			MDC	MDC03	Multidisciplinary Course-3 (***to be chosen from the list***)	3	3-0-0	10	40	50
			Minor-3 (Disc.-C3)	PEDMIN03	**T:** Anatomy, Physiology and Exercise Physiology ***(To be studied by students taken Physical Education as Discipline- C)***	4	3-0-1	15	60	75
			Semester-III Total			20				375
		IV	**SEMESTER-IV**							
			Major-B2		**T:** Management of Physical Education and Sports: **P:** Practical ***(To be studied by students taken Physical Education as Discipline- B)***	4	3-0-1	15	60	75
			Major-B3		**T:** Anatomy, Physiology and Exercise Physiology; **P:** Practical ***(To be studied by students taken Physical Education as Discipline- B)***	4	3-0-1	15	60	75
			Major (Elective) -1	PEDMJE-01	Field Practical ***(To be studied by students taken Physical Education as Discipline- A)***	4	0-0-4	15	60	75
			AEC	AEC04	MIL-2 (***common for all programmes***)	2	2-0-0	10	40	50
			Minor -4 (Disc.-C4)	PEDMIN04	**T:** Health Education, First-aid and Physical Fitness ***(To be studied by students taken Physical Education as Discipline- C)***	4	3-0-1	15	60	75
			Summer Intern.	IA	Internship / Apprenticeship- **activities to be decided by the Colleges following the guidelines to be given later**	4	0-0-4	-	-	50
			Semester-IV Total			22				400
			TOTAL of YEAR-2			42	-	-	-	775

MJP = 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, CA= Continuous Assessment, ESE= End Semester Examination, T = Theory, P= Practical, L-T-P = Lecture-Tutorial-Practical, MIL = Modern Indian Language

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MAJOR (MJ)

Major A2: Management of Physical Education and Sports **Credits 04 (FM: 75)**

Major A2T: 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. Tournaments: Meaning, Definition and Types-Knock-out, League, Combination, Challenge
2.2. Organisation: Fixture Drawing Procedure 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. Documentation: Meaning. Methods, Need and Importance
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, storing and distribution

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

Major A2P: Field Practical **Credit: 01**

Gymnastics:

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

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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. Kar, S. & B. A.K. Sishoy Sarirshiksha. Clasique Books. Kolkata
7. Bandopadhyay, K. Sarir Siksha Parichay, Classique Books, Kolkata
8. Tyagi Arun Kumar, Gymnastics: Skills and Rules, Khel Sahitya Kendra, New Delhi
9. Dubey, H.C. Gymnastics, Discovery Publishing House, New Delhi
10. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani
11. Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha. Yoga Publications Trust, Munger
12. Swami Satyananda Saraswati, Suranamaskara. Yoga Publications Trust, Munger

Major A3: Anatomy, Physiology and Exercise Physiology — Credits 04 (FM: 75)

Major A3T: Anatomy, Physiology and Exercise Physiology — Credits 03

Course contents:

Unit-I

1.1. Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance
1.2. Cell: Definition, Structure and Functions of human Cell
1.3. Tissue: Definition, Types and Functions
1.4. System: Definition, Types and Functions in human body. Role of Anatomy, Physiology and Exercise Physiology in the field of Physical Education and Sports

Unit-II

2.1. Skeletal System: Structure of Skeletal System; Classification of Bones and Joints. Anatomical differences between male and female
2.2. Muscular System: Types, Location, Structure and Functions of Skeletal Muscle
2.3. Muscular Contraction: Meaning, Types, Definition and Characteristics
2.4. Effect of exercise and training on muscular system

Unit-III

3.1. Blood: Definition, Composition and Functions
3.2. Heart: Definition, Structure, Location and Functions. Blood circulation mechanism within human heart
3.3. Meaning and Definition of terms: Heart Rate, Pulse Rate, Stroke Volume, Cardiac Output
Blood Pressure: Definition, Classification, Measurement procedure. Athletic heart and Bradycardia
3.4. Effect of exercise and training on circulatory system

Unit-IV

4.1. Structure and functions of human respiratory organs
4.2. Respiration mechanism
4.3. Meaning, definition and importance of terms: Respiratory Rate, Tidal Volume, Residual Volume, IRV, ERV, Vital Capacity, O_2 Debt and Second Wind
4.4. Effect of exercise and training on Respiratory System

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Major A3: Field Practical **Credit: 1**

YOGA:

1. Standing Position	2. Sitting Position	3. Supine Position
1.1: Ardhachandrasana 1.2: ArdhaChakrasana 1.3: Padahastasana 1.4: Brikshasana 1.5: Natarajasana	2.1: Paschimothanasana 2.2: Gomukhasana 2.3: Padmasana 2.4: Supta Vajrasana 2.5: Vakrasana	3.1: Halasana 3.2: Matsyasana 3.3: Setubandhasana 3.4: Naukasana 3.5: Karnapidasana

4. Prone Position	5. Inverted Position	6. Pranayama & Kriya
4.1: Bhujangasana 4.2: Salavasana 4.3: Dhanurasana 4.4: Bhekasana 4.5: Mayurasana	5.1: Sarbangasana 5.2: Shirsasana 5.3: Bhagrasana 5.4: Bakasana 5.5: Kopotasana	A) Pranayama: 6.1: Anulom Vilom 6.2: Bhramri 6.3: Bhastrika 6.4: Shitali 6.5: Sheetkari B) Kriya: Kapalbhati

Suggested Readings

1. Sil, P. Sarirsiskhay Sarirbidya, Clasique Books, Kolkata
2. Kar, S. & Banerjee, A.K. Bishoy Sarirshiksha. Clasique Books. Kolkata
3. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs
4. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics
5. Fox, E.L... and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics Philadelphia: Sanders College Publishing
6. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers
7. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Publications
8. Vincent, T. Murche: (2007). Elementary Physiology. Hyderabad: Publication
9. Yoga-The Science of Holistic Living, Vivekananda Kendra Prakashan Trust, Chennai
10. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani

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Major B2: Management of Physical Education and Sports **Credits 04 (FM: 75)**

Major B2T: 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. Tournaments: Meaning, Definition and Types-Knock-out, League, Combination, Challenge
2.2. Organisation: Fixture Drawing Procedure 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. Documentation: Meaning. Methods, Need and Importance
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, storing and distribution

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

Major B2P: Field Practical **Credit: 01**

Athletics (All 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

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.

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

Major B3: Anatomy, Physiology and Exercise Physiology Credits 04 (FM: 75)

Major B3T: Anatomy, Physiology and Exercise Physiology Credits 03

Course contents:

Unit-I

1.1. Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance
1.2. Cell: Definition, Structure and Functions of human Cell
1.3. Tissue: Definition, Types and Functions
1.4. System: Definition, Types and Functions in human body. Role of Anatomy, Physiology and Exercise Physiology in the field of Physical Education and Sports

Unit-II

2.1. Skeletal System: Structure of Skeletal System; Classification of Bones and Joints. Anatomical differences between male and female
2.2. Muscular System: Types, Location, Structure and Functions of Skeletal Muscle
2.3. Muscular Contraction: Meaning, Types, Definition and Characteristics
2.4. Effect of exercise and training on muscular system

Unit-III

3.1. Blood: Definition, Composition and Functions
3.2. Heart: Definition, Structure, Location and Functions. Blood circulation mechanism within human heart
3.3. Meaning and Definition of terms: Heart Rate, Pulse Rate, Stroke Volume, Cardiac Output
Blood Pressure: Definition, Classification, Measurement procedure. Athletic heart and Bradycardia
3.4. Effect of exercise and training on circulatory system

Unit-IV

4.1. Structure and functions of human respiratory organs
4.2. Respiration mechanism
4.3. Meaning, definition and importance of terms: Respiratory Rate, Tidal Volume, Residual Volume, IRV, ERV, Vital Capacity, O_2 Debt and Second Wind
4.4. Effect of exercise and training on Respiratory System

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Major B3: Field Practical **Credit: 1**

Field Events:

a) Long Jump: Approach Run, Take-off, Flight in the Air (Hang Style/Hitch Kick) and Landing
High Jump: Approach Run, Take off, Clearance over the bar and landing (Straddle Roll & Fosbury Flop)
b) Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique)
c) Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the Circle)
d) Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride)

Suggested Readings

1. Sil, P. Sarirsiskhay Sarirbidya, Clasique Books, Kolkata
2. Kar, S. & Banerjee. A.K. Bishoy Sarirshiksha. Clasique Books. Kolkata
3. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs
4. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics
5. Fox, E.L... and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing
7. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers
8. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Publications
9. Vincent, T. Murche: (2007). Elementary Physiology. Hyderabad: Publication
10. Sil, P. Track and Field, Clisique Books, Kolkata.
11. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
12. Bandopadhyay, K. Sarir Siksha Parichay, Clisique Books, Kolkata.
13. Petipus, et al. Athlete's Guide to Career Planning, Human Kinetics.
14. Dharma, P.N. Fundamentals of Track and Field, Khel Sahitya Kendra, New Delhi

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Major Elective (MJE)-01: Field Practical **Credits 04 (FM: 75)**

Major Elective (MJE)-01P: Field Practical **Credits 04**

Course contents:

1. FOOTBALL (MEN & WOMEN): **Credit: 1**

Fundamental Skills:

a) Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick
b) Trapping: Trapping- the Rolling ball, and the Bouncing ball with Sole of the foot, Thigh and Chest Trapping
c) Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot
d) Heading: In standing, running and jumping conditions
e) Throw-in: Standing throw-in and Running throw-in
f) Feinting: With the lower limb and upper part of the body
g) Tackling: Simple Tackling, Slide Tackling
h) Goal Keeping: Collection of Ball, Ball clearance-kicking, throwing and deflecting

Suggested Readings:

1. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani
2. Bandopadhyay, K. Sarir Siksha Parichay, Classique Books, Kolkata
3. Dave Smith, Football Skills and Tactics, Chancellor Press
4. Norman Barrett, Super Soccer Skills, Dragon Grand Publishers, Glasgow

2. KHO KHO: **Credit: 1**

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

Suggested Readings

a) Roy Pranab, Bharatiyo Khela Kho-Kho, Classique Books, Kolkata
b) Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani
c) Bandopadhyay, K. Sarir Siksha Parichay, Classic Books, Kolkata

3. KABADDI: **Credit: 1**

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

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Suggested Readings

1. Biswas, Abhay, Kabaddi K Jante Holay. Sobha proknsani, Chakdah, Nadia
2. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani
3. Bandopadhyay, K. Sarir Siksha Parichay, Classique Books, Kolkata
4. Das, K.K. Jatiya Khela Kabaddi. Classique Book, Kolkata

4. BADMINTON OR TABLE TENNIS (Any one to be chosen): Credit: 1

Course Contents:

BADMINTON

a) Basic Knowledge: Various parts of the Racket and Grip-hand-shake grip, figure pointing grip
b) Basic foot work and court coverage
c) Basic Stance: Defensive, attacking, net stance
d) Service: Short service, Long service, Long-high service
e) Shots: fore hand, back hand, clearing, lobbing, over-head shot, defensive clear shot, attacking clear shot, drop shot, net shot, smash
f) Game practice with application of Rules and Regulations

Suggested Readings

1. Ashok Kumar, Badminton, Discovery Publishing House, New Delhi
2. Narang, P. Play and Learn Badminton, Khel Sahitya Kendra, New Delhi
3. Bandopadhyay, K. Sarir Sikaba Parichay, Classique Books, Kolkata

TABLE TENNIS

a) Basic Knowledge: Various parts of the racket and grip (shake hand & pen hold grip), back hand fore hand grip
b) Stance: Alternate and Parallel
c) Service: Backhand and Forehand high toss service, spin, top spin, back spin, side spin
d) Chop: Backhand and Forehand
e) Receive return and receiving: Push, Chop, drive loop and flick with both Backhand & Forehand
f) Game practice with application of Rules and Regulations

Suggested Readings

1. Ashok Kumar, Table Tennis, Discovery Publishing House, New Delhi
2. Narang, P. Play and Learn Table Tennis, Khel Sahitya Kendra, New Delhi
3. David Fairholm, The Pocket Guide to Table Tennis Tactics, Bell & Heyman, London

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MINOR (MI)

MI-3/ C3: Anatomy, Physiology and Exercise Physiology **Credits 04 (FM: 75)**

MI-3/ C3T: Anatomy, Physiology and Exercise Physiology **Credits 03**

Course contents:

Course Contents: **Credits: 3**

Unit-I

1.1. Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance
1.2. Cell: Definition, Structure and Functions of human Cell
1.3. Tissue: Definition, Types and Functions
1.4. System: Definition, Types and Functions in human body. Role of Anatomy, Physiology and Exercise Physiology in the field of Physical Education and Sports

Unit-II

2.1. Skeletal System: Structure of Skeletal System; Classification of Bones and Joints. Anatomical differences between male and female
2.2. Muscular System: Types, Location, Structure and Functions of Skeletal Muscle
2.3. Muscular Contraction: Meaning, Types, Definition and Characteristics
2.4. Effect of exercise and training on muscular system

Unit-III

3.1. Blood: Definition, Composition and Functions
3.2. Heart: Definition, Structure, Location and Functions. Blood circulation mechanism within human heart
3.3. Meaning and Definition of terms: Heart Rate, Pulse Rate, Stroke Volume, Cardiac Output
Blood Pressure: Definition, Classification, Measurement procedure. Athletic heart and Bradycardia
3.4. Effect of exercise and training on circulatory system

Unit-IV

4.1. Structure and functions of human respiratory organs
4.2. Respiration mechanism
4.3. Meaning, definition and importance of terms: Respiratory Rate, Tidal Volume, Residual Volume, IRV, ERV, Vital Capacity, O_2 Debt and Second Wind
4.4. Effect of exercise and training on Respiratory System

MI-3/ C3P: Field Practical **Credit: 01**

FOOTBALL (MEN & WOMEN):

Fundamental Skills:

a) Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick
b) Trapping: Trapping- the Rolling ball, and the Bouncing ball with Sole of the foot, Thigh and Chest Trapping
c) Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot
d) Heading: In standing, running and jumping conditions
e) Throw-in: Standing throw-in and Running throw-in

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f) Feinting: With the lower limb and upper part of the body
g) Tackling: Simple Tackling, Slide Tackling
h) Goal Keeping: Collection of Ball, Ball clearance-kicking, throwing and deflecting

Suggested Readings:

1. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani
2. Bandopadhyay, K. Sarir Siksha Parichay, Classique Books, Kolkat
3. Dave Smith, Football Skills and Tactics, Chancellor Press
4. Norman Barrett, Super Soccer Skills, Dragon Grand Publishers, Glasgow

MI-4/C-4: Health Education, First-aid and Physical Fitness **Credits 04 (FM: 75)**

MI-4/C-4T: Health Education, First-aid and Physical Fitness **Credits 03**

Course contents:

Unit-I
1.1. Health: Meaning, Definition, Dimensions and Factors
1.2. Health Education: Meaning, Definition, Aim, Objectives and Principles
1.3. School Health Programme: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record; Care of Eyes, Ear, Nose, Skin, Mouth and Teeth
1.4. Aim, Objectives and Functions: National Institute of Health & Family Welfare (NIHFW), World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children's Emergency Fund (UNICEF), Red Cross

Unit-II
2.1. Communicable Disease: Meaning, Definition and Types, Causes; Prevention and Control of Malaria, Dengue, Chicken Pox and Diarrhea
2.2. Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders
2.3. Health disorders for deficiency of Protein, Vitamins and Minerals
2.4. Posture: Meaning and Definition. Types of Postural Deformities; Causes and Corrective Exercises for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot. Importance of Good Posture

Unit-III
3.1. First-aid: Meaning. Definition, Need and Importance; Golden Rules of First-aid
3.2. Common Sports Injuries (Strain, Spain, Froze Shoulder, Lower Back Pain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Abrasion, Laceration Hematoma, Fracture, Dislocation)
3.3. Therapeutic Modalities: Therapy Meaning and Definition; Principles and Sports Injury Management procedure of Cryo-therapy and Thermo-therapy
3.4. Sports Injury Management: Types of Massage. Principles and methods of Sports Injury Management through Exercise and Massage

Unit-IV
4.1. Physical Fitness: Meaning, Definition, Need and Importance of Physical Fitness.
4.2. Physical Fitness Components: Meaning, Definition and Usefulness of Health-related and Sports Performance-related Physical Fitness
4.3. Ageing: Meaning and Definition; Aging Phenomenon: Role of Exercise in Aging

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4.4. Contemporary health problems of college youth- Alcohol, Drugs, Tobacco (chewing, sniffing, smoking) their harmful effects substance abuse management

MI-4/C-4P: Field Practical **Credits 01**

BADMINTON:

Course Contents:

a) Basic Knowledge: Various parts of the Racket and Grip-hand-shake grip, figure pointing grip
b) Basic foot work and court coverage
c) Basic Stance: Defensive, attacking, net stance
d) Service: Short service, Long service, Long-high service
e) Shots: fore hand, back hand, clearing, lobbing, over-head shot, defensive clear shot, attacking clear shot, drop shot, net shot, smash
f) Game practice with application of Rules and Regulations

Suggested Readings

1) Ashok Kumar, Badminton, Discovery Publishing House, New Delhi
2) Narang, P. Play and Learn Badminton, Khel Sahitya Kendra, New Delhi
3) Bandopadhyay, K. Sarir Sikaba Parichay, Classique Books, Kolkata

OR

TABLE TENNIS:

Course Contents:

a) Basic Knowledge: Various parts of the racket and grip (shake hand & pen hold grip), back hand fore hand grip
b) Stance: Alternate and Parallel
c) Service: Backhand and Forehand high toss service, spin, top spin, back spin, side spin
d) Chop: Backhand and Forehand
e) Receive return and receiving: Push, Chop, drive loop and flick with both Backhand & Forehand
f) Game practice with application of Rules and Regulations

Suggested Readings

1) Ashok Kumar, Table Tennis, Discovery Publishing House, New Delhi
2) Narang, P. Play and Learn Table Tennis, Khel Sahitya Kendra, New Delhi
3) David Fairholm, The Pocket Guide to Table Tennis Tactics, Bell & Heyman, London

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SKILL ENHANCEMENT COURSE (SEC)

SEC 3P: GYMNASTICS & YOGA **Credits 03 FM: 50**

Course Outline:

GYMNASTICS: **Credit: 1**

Compulsory	Optional
a) Forward Roll b) T-Balance c) Forward Roll with Split leg d) Backward Roll e) Cart-Wheel	g) Dive and Forward Roll h) Hand Spring i) Head Spring j) Neck Spring k) Hand Stand and Forward Roll l) Summersault

YOGA: **Credits: 2**

1. Standing Position	2. Sitting Position	3. Supine Position
1.1: Ardhachandrasana 1.2: ArdhaChakrasana 1.3: Padahastasana 1.4: Brikshasana 1.5: Natarajasana	2.1: Paschimothanasana 2.2: Gomukhasana 2.3: Padmasana 2.4: Supta Vajrasana 2.5: Vakrasana	3.1: Halasana 3.2: Matsyasana 3.3: Setubandhasana 3.4: Naukasana 3.5: Karnapidasana

4. Prone Position	5. Inverted Position	6. Pranayama & Kriya
4.1: Bhujangasana 4.2: Salavasana 4.3: Dhanurasana 4.4: Bhekasana 4.5: Mayurasana	5.1: Sarbangasana 5.2: Shirsasana 5.3: Bhagrasana 5.4: Bakasana 5.5: Kopotasana	B) Pranayama: 6.1: Anulom Vilom 6.2: Bhramri 6.3: Bhastrika 6.4: Shitali 6.5: Sheetkari B) Kriya: Kapalbhati

Suggested Reading:

1. Bandopadhyay, K. Sarir Siksha Parichay, Classique Books, Kolkata
2. Tyagi Arun Kumar, Gymnastics: Skills and Rules, Khel Sahitya Kendra, New Delhi
3. Dubey, H.C. Gymnastics, Discovery Publishing House, New Delhi
4. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani
5. Bandopadhyay, K. Sarir Siksha Parichay, Classique Books, Kolkata
6. Tyagi Arun Kumar, Gymnastics: Skills and Rules, Khel Sahitya Kendra, New Delhi
7. Dubey, H.C. Gymnastics, Discovery Publishing House, New Delhi
8. Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha. Yoga Publications Trust, Munger
9. Swami Satyananda Saraswati, Suranamaskara. Yoga Publications Trust, Munger
10. Yoga-The Science of Holistic Living, Vivekananda Kendra Prakashan Trust, Chennai

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