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	3rd	V	**SEMESTER-V**							
			Major-A4	**PEDPMJ04**	**T:** Health Education, Physical Fitness and First-aid**; P:** Practical ***(To be studied by students taken Physical Education as Discipline- A)***	**4**	**3-0-1**	**15**	**60**	**75**
			Major-A5	**PEDPMJ05**	**T:** Science of Sports Training; **P:** Practical ***(To be studied by students taken Physical Education as Discipline- A)***	**4**	**3-0-1**	**15**	**60**	**75**
			Major-A6	**PEDPMJ06**	**T:** Officiating, Coaching and Test, Measurement & Evaluation in 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 (Elective) -2	**PEDMJE02**	Team Games and Self Defense Activity ***(To be studied by students taken Physical Education as Discipline- A)***	**4**	**0-0-4**	**15**	**60**	**75**
			Minor-5 (Disc.-C5)	**PEDMIN05**	**T:** Science of Sports Training; **P:** Practical ***(To be studied by students taken Physical Education as Discipline- C)***	**4**	**3-0-1**	**15**	**60**	**75**
			Semester-V Total			**20**				**375**
		VI	**SEMESTER-VI**							
			Major-B4		***To be decided (Same as MajorA4 for Physical Education. taken as Discipline-B)***	**4**	**3-0-1**	**15**	**60**	**75**
			Major-B4		***To be decided (Same as Major–A5 for Physical Education taken as Discipline-B)***	**4**	**3-0-1**	**15**	**60**	**75**
			Major-B4		**T:** Indian Games Team Sports ***(To be studied by students taken Physical Education as Discipline- B)***	**4**	**0-0-4**	**15**	**60**	**75**
			Major (Elective) -3	**PEDMJE03**	Track & Field and Play Field Marking Procedures ***(To be studied by students taken Physical Education as Discipline- A)***	**4**	**0-0-4**	**15**	**60**	**75**
			Minor -6 (Disc.-C6)	**PEDMIN06**	**T:** Officiating, Coaching and Test, Measurement & Evaluation in Physical Education and Sports; **P:** Practical ***(To be studied by students taken Physical Education as Discipline- C)***	**4**	**3-0-1**	**15**	**60**	**75**
			Semester-VI Total			**20**				**375**
			TOTAL of YEAR-3			**40**	**-**	**-**	**-**	**700**
			Eligible to be awarded Bachelor of Arts in Multidisciplinary Studies with Physical Education *on Exit*			**126**	**Marks (Year: I+II+III)**			**2325**

MJP = Major Programme (Multidisciplinary), MI = Minor, A/B = Choice of Major Discipline; C= Choice of Minor Discipline; CA= Continuous Assessment, ESE= End Semester Examination, T = Theory, P= Practical, L-T-P = Lecture-Tutorial-Practical

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MAJOR (MJ)

Major A4/B4: Health Education, Physical Fitness and First-aid **Credits: 4 (F.M.: 75)**

Major A4/B4T: Health Education, Physical Fitness and First-aid **Credits: 3 (45 Lectures)**

Course Contents:

UNIT-I

1.1. Health: Concept, Modern concept, 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, Teeth and Feet

1.4. Aim, Objectives and Functions: National Institute of Health & Family Welfare (NIHFW) and World Health Organization (WHO).

UNIT-II

2.1. Communicable Diseases: Meaning, Definition and Types, Causes; Prevention and Control of Malaria, Dengue, Chicken Pox and Diarrhea

2.2.Life Style Diseases (Hypokinetic): Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders etc. and (Hyperkinetic): Meaning, Definition and Causes; Hypertension, Perkinson.

2.3. Nutrition: Nutrients and their Functions and Daily Requirements. Balanced diet, Balanced diet principles for Growing ups, Adults, Elderly and Athletes of both genders and mothers. Health disorders for deficiency of Carbohydrate, Protein, Fat, 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. Physical Fitness: Meaning, Definition, Need and Importance of Physical Fitness in modern era

3.2 Physical Fitness Components: Meaning, Definition and Usefulness of Health-related and Sports Performance-related Physical Fitness. Motor Fitness: Meaning, Definition and Components.

3.3 Ageing: Meaning and Definition; Aging Phenomenon: Role of Exercise in Aging

3.4. Contemporary health problems of college youth- Alcohol, Drugs, Tobacco (Smoking and Smokeless) their harmful effects on health and sports performance.

UNIT-IV

4.1. First-aid: Meaning. Definition, Need and Importance; Golden Rules of First-aid

4.2. 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 and Dislocation – Causes, Signs & Symptoms and Management procedure.

4.3 Therapeutic Modalities: Therapy Meaning and Definition; Principles and Sports Injury Management procedure of Cryo-therapy and Thermo-therapy. (Demonstration of Electrotherapy)

4.4 Sports Injury Management: Types of Massage. Principles and methods of Sports Injury Management through Exercise and Massage

Major A4/B4P: First-aid Practical: **Credit: 1 (30 Hrs.)**

1. First-aid Box with Different Injury Management kits

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2. Use of Triangular Bandages, Roller Bandages, Tourniquet Bandages, Adhesive Bandages, Liquid Bandages, Crepe Bandage
3. Concept and Practice of Slings with Bandage - Arm Sling, Collar & Cuff Sling
4. Practice of Bandaging - Simple Spiral, Reverse Spiral, Figure of Eight, Spica
5. Practice of knot - Square knot & Reef Knot
6. Practice of Bandaging on Finger (Hand), Wrist, Elbow, Knee, Ankle, Head
7. Triangular Bandage, Sling (Arm and Collar sling), Roller Bandage

SUGGESTED READINGS

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, et. al." The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Hanlon, John J. "Principles of Public Health Administration" 2003
5. Turner, C.E. "The School Health and Health Education".
6. Moss et. al. "Health Education" (National Education Association of U.T.A.).
7. Nemir A. 'The School Health Education" (Harber and Brothers, New York).
8. Nutrition Encyclopedia, edited by Delores C S. James, The Gale Group, Inc.
9. Kar, S. & B. A.K. Sishoy Sarirshiksha. Clasique Books. Kolkata.

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Major A5/B5: Science of Sports Training **Credits: 4 (F.M.: 75)**

Major A5/B5T: Science of Sports Training **Credits: 3 (45 Lectures)**

Course Contents:

UNIT-I

1.1 Sports Training: Meaning. Definition and Scope
1.2. Aim, Objectives and Characteristics of Sports Training
1.3. Principles of Sports Training
1.4. Need and Importance of Sports Training

UNIT-II

2.1. Warming-up and Cooling-down: Meaning, Definition and Methods
2.2. Conditioning: Meaning, Definition and Principles
2.3. Training Methods: Principles and Characteristics of Circuit Training, Interval Training, Weight Training and Plyometric Training
2.4. Periodization: Meaning, Definition, Types, Aim and Preparation of different phages

UNIT-III

3.1. Training Load: Meaning, Definition, Types and Factors affecting Training Load.
3.2. Training Load Components: Volume, Intensity, Repetition and Duration
3.3. Over Load: Meaning, Causes, Symptoms and Overcoming Over-Load
3.4. Load Adaptation: Meaning and Conditions of Adaptation; Super-compensation effect.

UNIT-IV

4.1. Strength: Means, Types and Methods of Strength Development
4.2. Speed and Agility: Means, Types and Methods of Speed and Agility Development
4.3. Endurance: Means, Types and Methods of Endurance Development
4.4. Flexibility and Balance: Means, Types and Methods of Flexibility and Balance Development

Major A5/B5P: Field Practical: **Credit: 1 (30 Hrs.)**

1. Weight Training, Circuit Training, Speed Training, Agility Training, Flexibility Training, Balance Training.
2. Measurement of Leg and Back Strength, Grip Strength, Flexibility, Agility, Cardio-respiratory Endurance (Any one)

SUGGESTED READINGS

1. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
2. Cart, E. Klafs &Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
3. Daniel, D. Arnheim (1991) Principles of Athletic Training. St. Luis, Mosby Year Book.
4. Gary, T. Moran (1997) - Cross Training for Sports, Canada: Human Kinetics Hardayal.
5. Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
6. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning. Philadelphia.
7. Yograj Thani (2003), Sports Training, Delhi: Sports Publications.
8. Uppal, A.K. Principles of Sports Training, Friends Publications, New Delhi.
9. Kar, S. & B. A.K. Sishoy Sarirshiksha. Clasique Books. Kolkata.

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Major-A6

(To be studied by Discipline-A students)

Major A6: Officiating, Coaching and Test, Measurement & Evaluation in Physical Education and Sports
Credits: 4 (F.M.: 75)

Major A6T: Officiating, Coaching and Test, Measurement & Evaluation in Physical Education and Sports
Credits: 3 (45L)

Course Contents:

UNIT-I

1.1. Concept of Officiating and Coaching
1.2. Importance and Principles of Officiating
1.3. Relationship among official, coach, management, players and spectators
1.4. Qualities and Qualifications of Coaches and Officials.

UNIT-II

2.1. Duties of coach in general, pre, during and post-game, Philosophy of coaching
2.2. Responsibilities of a coach on and off the field, Psychological preparation of competition and coach
2.3. Duties of officials in general, pre, during and post-game.
2.4. Mechanics of officiating position, signals and movements, Ethics of officiating.

UNIT-III:

3.1. Meaning and Definition of Test, Measurement and Evaluation in Physical Education & Sports, Relationship among Test, Measurement and Evaluation in Physical Education & Sports
3.2. Need and Importance of Test, Measurement & Evaluation in Physical Education & Sports. Principles of Evaluation.
3.3. Type of Tests-Standard test and Teacher made test, Subjective test and Objective test.
3.4. Criteria for selecting a standard test: Scientific authenticity (Reliability, Validity, Objectivity & Norms) and Administrative feasibility.

UNIT-IV

4.1. AAHPER Youth Fitness Test
4.2. Harvard Step Test and Cooper 12 Minute Run and Walk Test
4.3. Beep Test and Indiana Motor Fitness Test
4.4. McDonald Soccer Test and Brady Volleyball Test.

Major A6P: Field Practical: **Credit: 1 (30 Hrs.)**

Assessments of following tests and prepare a Practical Note Book with posting of all pictures of the conducted tests of the tester and testee:

1. AAHPER Youth Fitness Test
2. Harvard Step Test and Cooper 12 Minute Run and Walk Test
3. Beep Test and Indiana Motor Fitness Test
4. McDonald Soccer Test and Brady Volleyball Test.

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SUGGESTED READINGS

1) "Sports Officiating and Coaching" by Dr. A.K. Uppal & Dr. J.P. Sharma (Covers fundamentals of officiating coaching principles, and ethics).
2) "Principles of Sports Training and Coaching" by Dr. A.K. Singh. (Discusses coaching methodologies, officiating standards, and athlete management).
3) "Science of Sports Training & Coaching" by Dr. S.S. Pannu (Focuses on coaching philosophy, psychology, and mentorship in sports).
4) "Modern Coaching and Sports Prychology" by Dr. Rakesh Gupta (Explores mental conditioning, leadership, and competition strategies).
5) "Sports Officiating: Rules and Techniques" by Dr. M.L. Kamlesh (Detailed guide on officiating mechanics, positioning, and ethical conduct)
6) "Ethics and Values in Sports" by Dr. S.K. Sharma (Discusses integrity, fair play, and moral responsibilities in sports)
7) Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall
8) Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Lid.
9) Singer, R. N. (1972) Coaching, athletic & psychology. New York: MC. Graw Hill.
10) Brar. T. S. (2002). Officiating techniques in Track and Field, Gwallor. Bhargava Press
11) Mortensen, J. and Cooper J. M. (1963). Track & Field for coach & athlete.. Prentice Hall Inc. Englewood Cliffs.
12) H.H. Clark & "Development and Adapted Physical Education" Englewood, Prentice Hall 1964.
13) Kansal. D.K. (1996). "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
14) Mishra Sharad Chandra (2005). Tests And Measurement in physical education. Sports. Delhi 13. Sharma JP (2006). Test and measurements in physical education. Khel sahitya. Delhi.

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Major-B6

(To be studied by Discipline-B students)

Major B6: Indian Games Team Sports **Credits 04 (F.M.: 75)**

Major B6P: Indian Games Team Sports **Credits 04 (45 Lectures)**

Course Contents:

INDIAN GAMES

A. KABADDI **Credit: 01**

Fundamental Skills:

a) Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line.
b) Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques.
c) Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense.
d) Game practice with application of Rules and Regulations.
e) Rules and their interpretations, and duties of the officials.

B. KHO KHO **Credit: 01**

Fundamental Skills:

a) Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distyal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Tum, Pole Dive, Tapping, Hammering, Rectification of foul.
b) Skills in running: Chain Play, Ring play and Chain & Ring mixed play.
c) Game practice with application of Rules and Regulations.
d) Rules and their interpretations and duties of the officials.

TEAM SPORTS (Any two to be chosen)

C. FOOTBALL **Credit: 01**

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.
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 condition.
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.
i) Game practice with application of Rules and Regulations.
j) Rules and their interpretation and duties of officials.

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D. HANDBALL Credit: 01

Fundamental skills:

1) Catching, Throwing and Ball control.
2) Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot.
3) Dribbling: High and low.
4) Attack and counter attack, simple counter attack, counter attack from two wings and center.
5) Blocking, Goalkeeping and Defensive skills.
6) Game practice with application of Rules and Regulations and duties of officials.

E. VOLLEYBALL Credit: 01

Fundamental skills:

a) Service: Underhand service, Side arm service; Over-head service, Tennis service, Floating service standing and jumping. Jump Service.
b) Passing: Fore arm passing, Over-head passing.
c) Setting: Front set, Back set and Long set.
d) Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing).
e) Blocking: Offensive and Defensive with one or more than one blockers (approach, arm and foot movement, and landing).
f) Service reception and Court coverage.
g) Rotation of front court and back court players.
h) Libero positions and change.
i) Game practice with application of Rules and Regulations and duties of officials.
j) Conduct skill related test (s).

F. BASKETBALL Credit: 01

Fundamental skills:

a) Passing: Two hand Chest Pass, Two-hand Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass.
b) Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.
c) Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.
d) Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw.
e) Rebounding: Defensive rebound and Offensive rebound.
f) Individual Defense: Guarding the player with the ball and without the ball, Pivoting.
g) Game practice with application of Rules and Regulations and duties of officials.
h) Conduct skill related test (s).

G. CRICKET Credit: 01

Fundamental Skills:

a) Batting - Forward Defense Stroke, Backward Defense Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut. Hook, Pull, etc.
b) Bowling - Out-swing, In-swing, Off Break, Leg Break, Googly, etc.
c) Fielding: Catching- The High Catch, The Low and Flat Catch, The Close Catch and throwing at the stumps from different angles, Long Barrier Throw, Short Throw, Long Throw.
d) Wicket Keeping.
e) Rules and their interpretation and duties of officials.

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MAJOR ELECTIVE

(To be studied by students taken Physical Education as Discipline- A)

Major Elective (MJE)-02:

Major Elective (MJE)-02: Team Games and Self Defense Activity: Credits 04 (F.M.: 75)

TEAM GAMES *(Any three to be chosen)*
Credits 03 (90 Hrs.)

Course Contents:

HANDBALL

Fundamental skills:

a) Catching, Throwing and Ball control.
b) Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot.
c) Dribbling: High and low.
d) Attack and counter attack, simple counter attack, counter attack from two wings and center.
e) Blocking, Goalkeeping and Defensive skills.
f) Game practice with application of Rules and Regulations and duties of officials.

VOLLEYBALL

Fundamental skills:

a) Service: Underhand service, Side arm service; Over-head service, Tennis service, Floating service standing and jumping. Jump Service.
b) Passing: Fore arm passing, Over-head passing.
c) Setting: Front set, Back set and Long set.
d) Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing).
e) Blocking: Offensive and Defensive with one or more than one blockers (approach, arm and foot movement, and landing).
f) Service reception and Court coverage.
g) Rotation of front court and back court players.
h) Libero positions and change.
i) Game practice with application of Rules and Regulations and duties of officials.
j) Conduct skill related test (s).

BASKETBALL

Fundamental skills:

a) Passing: Two hand Chest Pass, Two-hand Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass
b) Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running
c) Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble
d) Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw
e) Rebounding: Defensive rebound and Offensive rebound
f) Individual Defense: Guarding the player with the ball and without the ball, Pivoting
g) Game practice with application of Rules and Regulations and duties of officials
h) Conduct skill related test (s).

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CRICKET

Fundamental Skills:

a) Batting - Forward Defense Stroke, Backward Defense Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut. Hook, Pull, etc.
b) Bowling - Out-swing, In-swing, Off Break, Leg Break, Googly, etc.
c) Fielding: Catching- The High Catch, The Low and Flat Catch, The Close Catch and throwing at the stumps from different angles, Long Barrier Throw, Short Throw, Long Throw.
d) Wicket Keeping.
e) Rules and their interpretation and duties of officials.

NETBALL

Fundamental Skills:

a) Catching: one handed, two handed, with feet grounded and in flight.
b) Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce).
c) Footwork: Landing on one foot, landing on two feet, Pivot, Running pass.
d) Shooting: One hand, forward step shot, and backward step shot.
e) Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed.
f) Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing.
g) Intercepting: Pass and shot.
h) Game practice with application of Rules and Regulations.
i) Rules and their interpretation and duties of officials.

THROWBALL

Fundamental Skills:

a) Overhand service, Side arm service, two hand catching
b) one hand overhead return, side arm return
c) Rules and their interpretations and duties of officials.

SELF DEFENSE ACTIVITY: (*Any one to be chosen*)

Credit: 01 (30 Hrs.)

KARATE

Fundamental Skills:

a) Player Stances- Walking, Hand Positions, Front-Leaning, Side-Fighting.
b) Hand Techniques - Punches (Form of a Punch, Straight Punch, and reverse punch), Blocks (Eight basics).
c) Leg Techniques-Snap Kicks, Stretching Straight Leg, Thrust Kicks, Sidekicks, Roundhouse.
d) Forms The first cause Katas, Self Defense Against punches, grabs and strikes, against basic weapons (knife, club sticks).
e) Sparring-One step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks).
f) Game practice with application of Rules and Regulations.
g) Rules and their interpretations and duties of the officials.
h) Strategically approach during competition.

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WRESTLING

Fundamental Skills:

a) Take downs, Leg tackles, Arm drag, Counters for take downs, Cross face, Whizzer series.

b) Escapes from under-sit-out turn in tripped, Counters for escapes from under-Basic control back drop, Counters for stand up.

c) Pinning combination-Nelson series (Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.

d) Escapes from pining: Wing lock series, Dopuble arm lock roll, Cridge.

c) Standing Wrestling-Head under arm series, whizzer series.

d) Game practice with application of Rules and Regulations.

e) Rules and their interpretations and duties of the officials.

f) Strategically approach during competition.

LATHI

Fundamental Skills:

a) Introduction of Lathi and various grip -Basic Grip (Standard Grip), Overhand Grip, Underhand Grip, Reverse Grip, Middle Grip (Center Hold), One-Handed Grip, Double-End Grip

b) Various Stance: Attention Position, Ready Position, Forward Stance, Backward Stance, Side Stance, Horse-Riding Stance, Low Stance, Cross Stance, Defensive Stance

c) Technique - Lathi-Sidhi Bel, Ulti Bel, Do Rukh, Beliya, BeliyaChoumukhi, Bagalwar, Jung war, Age Falang, Pichhe Falang.

JUDO

Fundamental Skills:

a) Kumi Kata: Gripping

b) Kuzushi: Breaking the opponents balance

c) Tachiwaza: tewaza, Koshiwaza and ashiwaza

d) Sutemi Waza: ma sutemiwaza, yokosutemiwaza

e) Katamewaza: Osaewaza, Shimewaza, Kansetu Waza

f) Ate Waza: striking maneuvers by Hand, elbow, Knee, foot and heel.

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Major Elective (MJE)-03:

Major Elective (MJE)-03: Track & Field and Play Field Marking Procedures: Credits 04 (F.M.: 75)

Major Elective (MJE) 3P: Track & Field and Play Field Marking Procedures: Credits 04

Practical Application of Track & Field and different ground marking and maintenance procedures.

1) Preparation of the Ground: Clearing the area, ensuring flatness and smoothness of the playing surface, checking for obstacles and removing any debris.
2) Measuring and Marking: Correctly measuring distances for accurate placement of lines and zones. Marking lines (straight and curved), and setting up goalposts, poles, Net and Poles, Stop Board, Take-off Board, Border of Track, Boundaries, Use of string lines and stakes for precise measurements. Use of Technology and machine in marking Procedures.
3) Practical Demonstration: Demonstrate the marking procedures of standard and non-standard Track including Relay race and the different part separately in front of the students.
4) Practical Demonstration: Demonstrate the marking procedures of different Field events and their related parts separately in front of the students.
5) Practical Demonstration: Demonstrate the marking procedures of different Play Fields and the different parts inj front of the students (Football, Volleyball, Kho Kho, Kabaddi, Badminton, Cricket, and Throwball).

(PREPARATION OF PRACTICAL NOTE BOOK ON TRACK & FIELD AND DIFFERENT GROUNDS MARKING IS TO BE MADE BY THE STUDENTS, WHICH MAY BE EVALUATED BY THE INTERNAL AND EXTERNAL EXAMINERS)

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MINOR (MI)

(To be studied by students taken Physical Education as Discipline- C)

Minor (MI)-5/C-5: Science of Sports Training **Credits 04 (Full Marks: 75)**

MI -5/C-5 T: Science of Sports Training **Credits: 3 (45 Lectures)**

Course Contents:

UNIT-I

1.1 Sports Training: Meaning. Definition and Scope
1.2. Aim, Objectives and Characteristics of Sports Training
1.3. Principles of Sports Training
1.4. Need and Importance of Sports Training

UNIT-II

2.1. Warming-up and Cooling-down: Meaning, Definition and Methods
2.2. Conditioning: Meaning, Definition and Principles
2.3. Training Methods: Principles and Characteristics of Circuit Training, Interval Training, Weight Training and Plyometric Training
2.4. Periodization: Meaning, Definition, Types, Aim and Preparation of different phages

UNIT-III

3.1. Training Load: Meaning, Definition, Types and Factors
3.2. Training Load Components: Volume, Intensity, Repetition and Duration
3.3. Over Load: Meaning, Causes, Symptoms and Overcoming Over-Load
3.4. Load Adaptation: Meaning and Conditions of Adaptation; Super-compensation

UNIT-IV

4.1. Strength: Means, Types and Methods of Strength Development
4.2. Speed and Agility: Means, Types and Methods of Speed and Agility Development
4.3. Endurance: Means, Types and Methods of Endurance Development
4.4. Flexibility and Balance: Means, Types and Methods of Flexibility and Balance Development

MI-5/ C-5 P: Field Practical: Athletics **Credit: 1 (30 Hrs.)**

Course Outline:

1. 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).

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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.

(N.B.: Students should be selected any one (01) event from running events, any one (01) event from jumping event and any one (01) event from throwing event during external examination)

Marks: 7+6+6

SUGGESTED READINGS

1) Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
2) Cart, E. Klafs &Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
3) Daniel, D. Arnheim (1991) Principles of Athletic Training. St. Luis, Mosby Year Book.
4) Gary, T. Moran (1997) - Cross Training for Sports, Canada: Human Kinetics Hardayal.
5) Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
6) Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning. Philadelphia.
7) Yograj Thani (2003), Sports Training, Delhi: Sports Publications.
8) Uppal, A.K. Principles of Sports Training, Friends Publications, New Delhi.
9) Kar, S. & B. A.K. Sishoy Sarirshiksha. Clasique Books. Kolkata.

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Minor (MI)-6/C-6: Officiating, Coaching and Test, Measurement & Evaluation in Physical Education and Sports **Credits: 4 (F.M.: 75)**

MI-6/ C-6T: Officiating, Coaching and Test, Measurement & Evaluation in Physical Education and Sports
Credits: 3 (45 Lectures)

Course Contents:

UNIT-I
1.1. Concept of Officiating and Coaching
1.2. Importance and Principles of Officiating
1.3. Relationship among official, coach, management, players and spectators
1.4. Measures of improving the standards of Officiating and Coaching

UNIT-II
2.1. Duties of coach in general, pre, during and post-game, Philosophy of coaching
2.2. Responsibilities of a coach on and off the field.
2.3. Duties of officials in general, pre, during and post-game, Philosophy of officiating
2.4. Mechanics of officiating position, singles and movement, Ethics of officiating. Qualities and qualifications of coach and officials

UNIT-III:
3.1. Meaning and Definition of Test, Measurement and Evaluation in Physical Education & Sports, Relationship among Test, Measurement and Evaluation in Physical Education & Sports. Principles of Evaluation.
3.2. Need and Importance of Test, Measurement & Evaluation in Physical Education & Sports.
3.3. Type of Tests-Standard test and Teacher made test, Subjective test and Objective test.
3.4. Criteria for selecting a standard test: Scientific authenticity (Reliability, Validity, Objectivity & Norms) and Administrative feasibility.

UNIT-IV
4.1. AAHPER Youth Fitness Test
4.2. Harvard Step Test and Cooper 12 Minute Run and Walk Test
4.3. Beep Test and Indiana Motor Fitness Test
4.4. McDonald Soccer Test and Brady Volleyball Test.

MI-6/ C-6 P: Field Practical: **Credit: 1 (30 Hrs.)**

Assessments of following tests and prepare a Practical Note Book with posting of all pictures of the conducted tests of the tester and testee:

1) AAHPER Youth Fitness Test
2) Harvard Step Test and Cooper 12 Minute Run and Walk Test
3) Beep Test and Indiana Motor Fitness Test
4) McDonald Soccer Test and Brady Volleyball Test.

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