



Vidyasagar University Logo

# VIDYASAGAR UNIVERSITY

## Office of the Secretary, Council for Undergraduate Studies

Midnapore - 721102, Paschim Medinipur, West Bengal.

Ref. No. VU/UG/ 02 /2024

Dated: 04.01.2024

To  
The Principal/TIC/OIC(s)  
All the affiliated Colleges under  
Vidyasagar University

### Reg.- Amendment in syllabus of MDC-01 'Sports and Fitness' under CCFUP, 2023-24

Sir / Madam,

This for information of all concerned that some **amendments in syllabus of Multidisciplinary Course (MDC)-01 'Sports and Fitness' under CCFUP, 2023-24** have been incorporated on request of the stakeholders. The amended syllabus of *Sports and Fitness* is enclosed herewith.

All concerned are informed accordingly. The amended syllabus shall be uploaded to website.

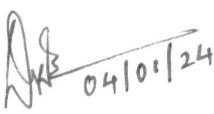
Thanking you with regards,

Sd/-

**Secretary  
UG Council**

#### Copy forwarded to:

1. The Chairperson, UG BOS
2. The Controller of Examination, VU
3. The Inspector of Colleges, VU

  
04/01/24  
**Secretary  
UG Council**  
**Secretary  
U. G. Council**  
**VIDYASAGAR UNIVERSITY**

Phone : 03222-276554/276555/276557/276558 : Extn : 260  
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Midnapore – 721102, Paschim Medinipur, West Bengal.

### Amended syllabus of Sports and Fitness (MDC-01)

Course Code	Course Title	Credit	L-T-P	CA	ESE	TOTAL
<b>MDC01</b>	SPORTS AND FITNESS	<b>3</b>	<b>2-0-1</b>	<b>10</b>	<b>40</b>	<b>50</b>

**MDC-01T: Sports and Fitness**

**Marks-20**

#### Course contents:

##### **Unit -1: Introduction of Sports**

1. Concept of Play, Games and Sports.
2. Objectives and importance of Play, Games and Sports.
3. Fundamental movements of Sports in relation to joints.
4. Warming up and Limbering down:
  - a) General warm up – Meaning, Importance and Benefits
  - b) Specific warm up Meaning, Importance and Benefits

##### **Unit-2: Health and Performance Related Physical Fitness**

1. Meaning and Definition of Fitness and Physical Fitness
2. Components and types f Physical Fitness
3. Importance of Physical Fitness in present society
4. Assessment of Physical Fitness components

**MDC-01P: Sports and Fitness (Practical)**

**Marks-20**

#### *Any two from options from below:*

1. **Calisthenics:** 16 Count Calisthenics exercises without/with light weight apparatus  
*(Atleast 06 set of exercises)*
2. **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, Mark Time, Forward March/Quick March, Right Turn at the March, Left Turn at the March, About Turn at the March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss.
3. **Aerobics:** *Atleast any 04 exercises.*

#### **Suggested Readings:**

- a. Saha, A. K. Sarir Sikher Ritiniti, Rana Publishing House, Kalyani.
- b. Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.

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