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

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Amended syllabus of Sports and Fitness (MDC-01)

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

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 Siksher Ritiniti, Rana Publishing House, Kalyani.
b. Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.

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