

**Year 1: Semester 1****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** July - December**Years:** 2024

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	1	A	<u>Unit - 1: Introduction</u> Meaning and definition of Physical Education, Aim and objectives of Physical Education, Modern concept and changing concepts of Physical Education, Importance, Nature and scope of Physical Education.	10	Dr. Ajit Das	
2	”	”	”	<u>Unit - 2: Biological and Sociological Foundations of Physical Education</u> Biological Foundation – Meaning and definition of growth and development, Factors affecting growth and development, Differences of growth and development, Principles of growth and development, Age – Chronological age, anatomical age, physiological age and mental age, Sociological Foundation – Meaning and definition of Sociology, Society and Socialisation, Role of games and sports in National and International integration,	13	”	
3	”	”	”	<u>Unit – 3: History of Physical Education</u> Historical development of physical education and Sports in India – Pre-Independence period and Post-Independence period, Olympic Movement – Ancient	15	”	

				Olympic Games and Modern Olympic Games, Brief historical background of Asian Games and Commonwealth Games, Modern and Ancient Historical perspectives: USA, UK, Greece, Rome and India.			
4	”	”	”	<u>Unit – 4: Yoga Education</u> Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga, History of Yoga, Astanga Yoga, Hatha Yoga.	7	”	

**Year 1: Semester 1  
Part – B (Practical)**

**Academic Calendar**

**P.N.Das College  
Department of Physical Education**

**Months:** July - December

**Years:** 2024

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	1	B	Development of physical fitness through Marching, Band music.	30	Dr. Ajit Das	
2	”	”	”	Callisthenic	15	”	
3	”	”	”	Development of physical fitness and co-ordination through Aerobics.	15	”	

**Year 1: Semester 2****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** January - June**Years:** 2025

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	1	A	<u>Unit - 1: Introduction</u> Concept and definition of Sports Management, Important of Sports Management, Purpose of Sports Management, Principles of Sports Management.	5	Dr. Ajit Das	
2	”	”	”	<u>Unit - 2: Tournaments</u> Meaning and definition and types of tournaments, Procedure of drawing fixture (Knock-out and League), Method of organizing Annual Athletic Meet, Method of organizing of Intramural and Extramural competition.	15	”	
3	”	”	”	<u>Unit – 3: Facilities and Equipment’s</u> Care and maintenance of Playground and Gymnasium, Importance, care and maintenance of sports equipment, Method of calculation of Standard Athletic Track and Field marking, Calculation and Lay-out of Play-Field: Football, Kabaddi, Kho-	15	”	

				Kho, Badminton and Volleyball.			
4	”	”	”	<u>Unit – 4: Psychological Factors</u> Meaning and definition of Psychology and Sports Psychology, Need for knowledge of Sports Psychology in the field of Physical Education, Meaning, definition, type and role of Motivation in Physical Education and Sports, Meaning, definition, type and role on Instinct & Emotion in Physical Education and Sports.	10	”	

**Year 1: Semester 2  
Part – B (Practical)**

**Academic Calendar**

**P.N.Das College  
Department of Physical Education**

**Months:** January - June

**Years:** 2025

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	1	B	Indian Game: Kabaddi, Kho-Kho.	30	Dr. Ajit Das	
2	”	”	”	Ball Games: Football, Badminton and Volleyball (any two).	30	”	

**Year 2: Semester 3****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** July - December**Years:** 2024

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	3	A	<u>Unit - 1: Introduction</u> Meaning and definition of Anatomy, Physiology and Exercise Physiology, Importance of Anatomy, Physiology and Exercise Physiology in Physical Education, Human Cell – Structure and function, Tissue – Types and functions.	10	Dr. Ajit Das	
2	”	”	”	<u>Unit - 2: Musculo-skeletal System</u> Skeletal System – Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female, Muscular System – Type, location, function and structure of muscle, Types of muscular contraction, Effect of exercise on muscular system.	10	”	
3	”	”	”	<u>Unit – 3: Circulatory and Respiratory System</u> Blood – Composition and function, Heart – Structure and functions, Mechanism of blood circulation through heart. Blood Pressure, Athletic Heart and Bradycardia, Effect of exercise on circulatory system, Structure and function of Respiratory organs, Mechanism of Respiration, Vital Capacity, O <sub>2</sub> Debt and Second Wind, Effect of exercise on respiratory system.	15	”	

4	”	”	”	<u>Unit – 4: Nervous and Endocrine System</u> Structure and Function of Nervous System, System and Structure of brain, spinal cord, Neuron, reflex action, Reciprocal Innervations. Meaning of Endocrine Gland, Function and Location of pituitary, Thyroid and Adrenal Glands.	10	”	
---	---	---	---	--	----	---	--

**Year 2: Semester 3**  
**Part – B (Laboratory Practical)**

**Academic Calendar**

**P.N. Das College**  
**Department of Physical Education**

**Months:** July - December

**Years:** 2024

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	3	B	Assessment of BMI, Heart rate, Blood Pressure, Respiratory Rate, Pick Flow Rate and Vital Capacity.	30	Dr. Ajit Das	
2	”	”	”	Anthropometric measurement (Length, wide and circumference of bones), Body fat %.	30	”	

**Year 2: Semester 4****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** January - June**Years:** 2025

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	4	A	<u>Unit - 1: Introduction</u> Concept and Definition of Health and Health Education, Prevention and control of Communicable Diseases and Non-communicable Diseases (Dengue, Influenza / HIV, Obesity, Diabetes), Basic Nutrients: Protein, Carbohydrates, Fat, Vitamins, Minerals and Water, Balance Diet, Athletic Diet.	5	Dr. Ajit Das	
2	”	”	”	<u>Unit - 2: Health and First-aid Management</u> Safety Education: Safety at Home, School, College, Play-ground, Streets, Postural deformities – Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot, First aid – Meaning, definition, importance and golden rules of First-aid, Concept of sports injuries – Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shock, Burns and Artificial Respiration,.	15	”	
3	”	”	”	<u>Unit – 3: Therapeutic Aspect and Methods</u> Meaning and definition of Therapy and Physiotherapy, Exercise-therapy – Corrective, Isotonic, Isometric and Resistance Exercise, Electrotherapy, Hydrotherapy, Cryotherapy, Thermotherapy –	15	”	

				Meaning, use, benefits, methods of application and safety precautions.			
4	”	”	”	<u>Unit – 4: Physical Activities and Lifestyle</u> Physical activities, health and wellness – Meaning and concepts, Health and Performance related Physical Fitness, Physical Activity for women – Puberty, adolescent, pregnancy, Limitations of female in Sports. Physical activity for the disabled – Types of disability, programme for the disabled.	10	”	

**Year 2: Semester 4  
Part – B (Practical)**

**Academic Calendar**

**P.N.Das College  
Department of Physical Education**

**Months:** January - June

**Years:** 2023

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	4	B	<u>Unit - 1: Track Events</u> Starting Techniques: Standing start and Crouch start (its variations) use of Block, Acceleration with proper running techniques, Finishing technique: Run Through, Forward Lunging and Shoulder Shrug, Relay Race: Starting, Baton Holding, Carrying, Baton Exchange in between zone, and Finishing.	30	Dr. Ajit Das	



2	”	”	”	<p><u>Unit - 2: Field events (any one Jumping event &amp; any one Throwing event to be decided by the concerned College)</u></p> <p>Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.</p> <p>High jump: Approach Run, Take-off, Bar Clearance (Straddle &amp; Fosbury Flop) and Landing.</p> <p>Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O’Brien Technique).</p> <p>Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).</p> <p>Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).</p>	30	”	
---	---	---	---	--	----	---	--

**Year 3: Semester 5****Academic Calendar****P.N. Das College  
Department of Physical Education****Months: July - December****Years: 2024**

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	-	-	<u>Unit - 1: Introduction</u> Meaning and definition of Sports Training and Bio-Mechanics, Aim and Objectives of Sports Training & Bio-Mechanics. Principles and Importance of Sports Training, Meaning, types, methods and principles of Warming up, cooling down and Conditioning, Training Methods – Circuit Training, Interval Training, Weight Training, Fartlek Training.	12	Dr. Ajit Das	
2	”	-	-	<u>Unit - 2: Training Techniques</u> Strength – Meaning and methods of Strength development, Speed – Means and methods of speed development, Endurance – Means and methods of endurance development, Flexibility - Means and methods of flexibility development.	10	”	
3	”	-	-	<u>Unit – 3: Training Load and Adaptation</u> Training Load – Meaning, definition, types and factors of training load, Components of training load, Over Load – Meaning, causes, symptoms and tackling of over load,	13	”	

				Adaptation – Meaning and conditions of adaptation, Periodization – Meaning, types, aim and contents of different periods.			
4	”	-	-	<u>Unit – 4: Mechanical Principles Applied to Sports</u> Law of Motion and their application in Physical Education and Sports, Equilibrium – its type, law and application in Physical Education and Sports, Centre of Gravity, Force and its types, Lever and its types.	10	”	

**Year 3: Semester 5**  
**Skill Enhancement Course (SEC)**

**Academic Calendar**

**P.N. Das College**  
**Department of Physical Education**

**Months:** July - December

**Years:** 2024

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	-	-	<u>Unit - 1: Ball Games (Any one)</u> <b>Football:</b> Ground measurement and Lay out. Officials and their duties with all signals. Laws of Football and their interpretations. <b>Cricket:</b> Basic Lay-out of Play field & Pitch. Officials and their duties with all signals. Laws of Cricket and their interpretations.	30	Dr. Ajit Das	

				<p><b>Volley Ball:</b> Ground measurement and Lay out. Officials and their duties with all signals. Laws of Volleyball and their interpretations.</p> <p><b>Hand Ball:</b> Ground measurement and Lay out. Officials and their duties with all signals. Laws of Handball and their interpretations.</p> <p><u>Unit - 2: Indian Games (Any one)</u></p> <p><b>Kho Kho:</b> Ground measurement and Lay out. Officials and their duties with all signals. Laws of Kho Kho and their interpretations.</p> <p><b>Kabaddi:</b> Ground measurement and Lay out. Officials and their duties with all signals. Laws of Kabaddi and their interpretations.</p>	30		
2	”	-	-	<p><u>Unit - 3: Racket Sports (Any one)</u></p> <p><b>Badminton:</b> Ground measurement and Lay out. Officials and their duties with all signals. Laws of Badminton and their interpretations.</p> <p><b>Table Tennis:</b> Dimension and measurements of Table Tennis Board. Officials and their duties with all signals. Laws of Table Tennis and their interpretations. Long-high service.</p>	30  30	”	

**Year 3: Semester 6****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** January - June**Years:** 2025

Sl. No.	Hons/Gen	Paper	Part	Topic	No. of Lectures	Name of the Teacher	Remarks
1	Gen	-	-	<u>Unit - 1: Introduction</u> Concept of Test, Measurement and Evaluation, Criteria of good test, Principles of Evaluation, Importance of Test, Measurement and Evaluation in Physical Education and Sports.	5	Dr. Ajit Das	
2	”	”	”	<u>Unit - 2: Motor ability and Fitness Test</u> Measurement of Strength (Leg & Back Dynamometer), Endurance (Sit ups and Harvard Step Test), Agility (Burpee Test), Flexibility (Modified Sit and Reach Test) AAHPER Youth Fitness Test, Kraus Weber Muscular Fitness Test.	10	”	
3	”	”	”	<u>Unit – 3: Skill Test</u> Football – McDonald Soccer Test, Warner Soccer Skill Test, Volleyball – Brady Volleyball Test, Russel Lange Volleyball Test, Badminton –French Short Serve Test, Lockhart – McPherson Badminton Volleying Test.	15	”	

4	”	”	”	<u>Unit – 4: Basic Statistics</u> Concept, scope, uses of statistics, Organization and tabulation of data, Graphical representation of data – bar graph, frequency polygon, histogram, pie chart, Measures of central tendency (Mean, Median, Mode) – concept, calculation, uses, Measures of variability (Range, Quartile deviation, Mean deviation, Standard deviation) – concept, calculation, uses.	15	”	
---	---	---	---	--	----	---	--