

**Year 1: Semester 1****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** July - December**Years:** 2018

| Sl. No. | Hons/ Gen | Paper | Part | Topic  | No. of Lectures | Name of the Lecturer | Remarks |
|---------|-----------|-------|------|--|-----------------|----------------------|---------|
| 1       | Gen       | 1     | A    | <u>Unit - 1: Introduction</u><br>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.   | 15              | Dr. Ajit Das         |         |
| 2       | ”         | ”     | ”    | <u>Unit - 2: Biological, Sociological and Philosophical Foundations of Physical Education</u><br>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, Introduction of philosophies – naturalism, pragmatism, realism, idealism. | 20              | ”                    |         |
| 3       | ”         | ”     | ”    | <u>Unit – 3: History of Physical Education</u><br>Historical development of physical education and Sports  | 15              | ”                    |         |

|   |   |   |   |   |   |   |  |
|---|---|---|---|---|---|---|--|
|   |   |   |   | in India – Pre-Independence period and Post-Independence period, Olympic Movement – Ancient 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><br>Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga, History of Yoga, Astanga Yoga, Hatha Yoga.  | 4 | ” |  |

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

**Academic Calendar**

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

**Months:** July - December

**Years:** 2018

| Sl. No. | Hons/ Gen | Paper | Part | Topic   | No. of Lectures | Name of the Lecturer | Remarks |
|---------|-----------|-------|------|---|-----------------|----------------------|---------|
| 1       | Gen       | 1     | B    | Development of physical fitness through Marching.                   | 25              | Dr. Ajit Das         |         |
| 2       | ”         | ”     | ”    | Calisthenics  | 15              | ”                    |         |
| 3       | ”         | ”     | ”    | Development of physical fitness and co-ordination through Aerobics. | 20              | ”                    |         |

## 2<sup>nd</sup> Year

| <b>Academic Calendar</b>                |           |       |       |  |                 |                      |         |
|---|-----------|-------|-------|--|-----------------|----------------------|---------|
| <b>P.N. Das College</b>                 |           |       |       |  |                 |                      |         |
| <b>Department of Physical Education</b> |           |       |       |  |                 |                      |         |
| <b>Months: July - December</b>          |           |       |       | <b>Years: 2018 - 19</b>  |                 |                      |         |
| Sl. No.                                 | Hons/ Gen | Paper | Group | Topic  | No. of Lectures | Name of the Lecturer | Remarks |
| 1                                       | Gen       | II    | A     | Management of sports and games in school, college and universities.  | 3               | Dr. Ajit Das         |         |
| 2                                       | "         | "     | "     | Types of tournaments: a) Knockout System b) League System c) Combination System.   | 10              | "                    |         |
| 3                                       | "         | "     | "     | Lay-out of play field and Basic rules: a) Kabaddi b) Kho-kho C) Volleyball d) Badminton e) Football f) Hockey g) Cricket h) Track and Field events.    | 13              | "                    |         |
| 4                                       | "         | "     | "     | Care and maintenance of sports Equipments.   | 1               | "                    |         |
| 5                                       | "         | "     | B     | Meaning of sports training, conditioning, warming up and cooling down.   | 3               | "                    |         |
| 6                                       | "         | "     | "     | Components of physical fitness: speed, strength endurance, agility, flexibility etc.   | 2               | "                    |         |
| 7                                       | "         | "     | "     | Training methods: circuit, interval, fartlek, cross country, weight training.  | 5               | "                    |         |
| 8                                       | "         | "     | "     | Normal load, crest load, over load, principles of over loading.  | 3               | "                    |         |
| 9                                       | "         | "     | "     | Mechanical principles applied to sports: laws of motion, lever and its types, equilibrium – its type and laws, center of gravity, force and its types. | 10              | "                    |         |

## 2<sup>nd</sup> Year

| <b>Academic Calender</b>                |           |       |       |   |                 |                      |         |
|---|-----------|-------|-------|---|-----------------|----------------------|---------|
| <b>P.N.Das College</b>                  |           |       |       |   |                 |                      |         |
| <b>Department of Physical Education</b> |           |       |       |   |                 |                      |         |
| <b>Months: January - June</b>           |           |       |       | <b>Years: 2018 - 19</b>   |                 |                      |         |
| Sl. No.                                 | Hons/ Gen | Paper | Group | Topic   | No. of Lectures | Name of the Lecturer | Remarks |
| 1                                       | Gen       | II    | C     | Muscular System: various types of muscles, structure, effects of exercise, muscular contraction- eccentric, concentric, static; motor unit, isometric, isotonic, isokinetic exercises.  | 6               | Dr. Ajit Das         |         |
| 2                                       | "         | "     | "     | Effects of exercise on circulatory system, blood pressure.  | 3               | "                    |         |
| 3                                       | "         | "     | "     | Effects of exercise on respiratory system, vital capacity, oxygen debt, cardiovascular endurance.   | 5               | "                    |         |
| 4                                       | "         | "     | D     | Meaning of health education.  | 2               | "                    |         |
| 5                                       | "         | "     | "     | Major areas of health education. a) Health service- daily health inspection, medical inspection and follow up, medical examination form, medical clinic. b) Healthful environment- healthful environment in educational institute, offices, factories, play grounds, auditorium etc. Environmental hygiene- lighting, ventilation, water supply and waste disposal. | 6               | "                    |         |
| 6                                       | "         | "     | "     | Environmental pollution: air, water etc. and remedial measures.   | 4               | "                    |         |
| 7                                       | "         | "     | "     | Safety education- safety at home, school, college,  | 4               | "                    |         |

|    |   |   |   |   |    |   |  |
|----|---|---|---|---|----|---|--|
|    |   |   |   | playground, streets.  |    |   |  |
| 8  | ” | ” | ” | Prevention and control of communicable diseases – malaria, cholera, common-cold, coughs etc.  | 6  | ” |  |
| 9  | ” | ” | ” | Mental health – problems of maladjustment, minor mental disorders, their causes and precautions.  | 2  | ” |  |
| 10 | ” | ” | ” | First aid management – sprain, muscle pull, dislocation, fracture, cramps, shock, minor injuries, bleeding, snakebites, drowning, electric shock, burns and artificial respiration. | 12 | ” |  |

### 3<sup>rd</sup> Year

| <b>Academic Calender</b>                |           |       |       |  |                 |                      |         |
|---|-----------|-------|-------|--|-----------------|----------------------|---------|
| <b>P.N.Das College</b>                  |           |       |       |  |                 |                      |         |
| <b>Department of Physical Education</b> |           |       |       |  |                 |                      |         |
| <b>Months: July - December</b>          |           |       |       | <b>Years: 2018 - 19</b>  |                 |                      |         |
| Sl. No.                                 | Hons/ Gen | Paper | Group | Topic  | No. of Lectures | Name of the Lecturer | Remarks |
| 1                                       | Gen       | IV    | A     | Exercise and chronic diseases – osteoporosis, obesity, hypertension, diabetes, cardiovascular diseases.            | 6               | Dr. Ajit Das         |         |
| 2                                       | ”         | ”     | ”     | Exercise therapy – corrective, isotonic, isometric, resistance exercises. Yogasanas as a therapy, massage therapy. | 6               | ”                    |         |
| 3                                       | ”         | ”     | ”     | Electrotherapy, hydrotherapy, cryotherapy, thermotherapy – basic principles.                                       | 8               | ”                    |         |
| 4                                       | ”         | ”     | ”     | Basic principles of rehabilitation – modalities and relaxation techniques.   | 5               | ”                    |         |

### 3<sup>rd</sup> Year

| <b>Academic Calender</b>                |           |       |       |  |                 |                      |         |
|---|-----------|-------|-------|--|-----------------|----------------------|---------|
| <b>P.N.Das College</b>                  |           |       |       |  |                 |                      |         |
| <b>Department of Physical Education</b> |           |       |       |  |                 |                      |         |
| <b>Months: January - June</b>           |           |       |       | <b>Years: 2018 - 19</b>  |                 |                      |         |
| Sl. No.                                 | Hons/ Gen | Paper | Group | Topic  | No. of Lectures | Name of the Lecturer | Remarks |
| 1                                       | Gen       | IV    | B     | Physical activities, health and wellness – modern concepts.  | 3               | Dr. Ajit Das         |         |
| 2                                       | ”         | ”     | ”     | Health and fitness active lifestyle.   | 3               | ”                    |         |
| 3                                       | ”         | ”     | ”     | Physical activity and childhood – growth and development.  | 6               | ”                    |         |
| 4                                       | ”         | ”     | ”     | Physical activity and women – puberty, adolescent and post adolescent periods, pregnancy, limitations of female in athletics.            | 5               | ”                    |         |
| 5                                       | ”         | ”     | ”     | Physical activity for the aged – exercise and physiology of aging, loss of functional reserve with age, risk of exercise among the aged. | 5               | ”                    |         |
| 6                                       | ”         | ”     | ”     | Physical activity for the disabled: types of disability, programme for the disabled.   | 3               | ”                    |         |