

**Year 1: Semester 1****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** July - December**Years:** 2020

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	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.	15	Dr. Ajit Das	
2	”	”	”	<u>Unit - 2: Biological, Sociological and Philosophical 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, Introduction of philosophies – naturalism, pragmatism, realism, idealism.	20	”	
3	”	”	”	<u>Unit – 3: History of Physical Education</u> 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> 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:** 2020

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	”	

**Year 1: Semester 2****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** January - June**Years:** 2020

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	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.	10	Dr. Ajit Das	
2	”	”	”	<u>Unit - 2: Tournaments</u> Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge), Procedure of drawing fixture (Knock-out, League, Combination), Method of organizing Annual Athletic Meet and Play Day, Method of organizing of Intramural and Extramural competition.	20	”	
3	”	”	”	<u>Unit – 3: Facilities and Equipment’s</u> Method of calculation of Standard Athletic Track and Field marking, Care and maintenance of Playground and Gymnasium, Importance, care and maintenance of sports equipment, Lay-out	20	”	

				of Play-Field and Basic Rules; Football, Kabaddi, Kho-Kho, Badminton and Volleyball.			
4	”	”	”	<u>Unit – 4: Leadership</u> Meaning and definition of leadership, Qualities and good leader in Physical Education, Principles of leadership activities, Hierarchy of Leadership in School, College and University level, Time Table: Meaning, Importance and factors affecting Time Table.	10	”	

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

**Academic Calendar**

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

**Months:** January - June

**Years:** 2020

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

**Year 2: Semester 3****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** July - December**Years:** 2020

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	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.	16	”	
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.	24	”	

4	”	”	”	<u>Unit – 4: Nervous and Endocrine System</u> Meaning of Nervous System, Parts of Nervous System, Structure of brain, spinal cord, Neuron, reflex action, Reciprocal Innervations. Meaning of Endocrine Gland, Function and Location of pituitary, Thyroid and Adrenal Glands.	10	”	
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**Year 2: Semester 3**  
**Part – B (Laboratory Practical)**

**Academic Calendar**

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

**Months:** July - December

**Years:** 2020

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	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 3**  
**Skill Enhancement Course (SEC)**

**Academic Calendar**

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

**Months:** July - December

**Years:** 2020

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	1		<u>Unit - 1: Track Events</u> Starting Techniques: Standing start and Crouch start 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.	15	Dr. Ajit Das	
2	”	”		<u>Unit - 2: Field Events (Any two)</u> 1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing. 2. High Jump: Approach Run, Take-off, Bar clearance (Straddle) and Landing. 3. Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O’Brien Technique). 4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle). 5. Javelin Throw: Grip, Carry, Release and Recovery.	45	”	

**Year 3: Semester 5****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** July - December**Years:** 2020

Sl. No.	Hons/Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	-	-	<u>Unit - 1: Introduction</u> Meaning and definition, Aim and characteristics of Sports Training. Principles and Importance of Sports Training, Warming up, cooling down and Conditioning – Meaning, types, methods and principles, Training Methods – Circuit Training, Weight Training, Fartlek Training.	20	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.	20	”	
3	”	-	-	<u>Unit – 3: Training Load and Adaptation</u> Training Load – Meaning, definition, types and factors of training load, Over Load – Meaning, causes, symptoms	30	”	



				and tackling of over load, Adaptation – Meaning and conditions of adaptation, Components of training load, Periodization – Meaning, types, aim and contents of different periods.			
4	”	-	-	<u>Unit – 4: Mechanical Principles Applied to Sports</u> Law of Motion, Equilibrium – its type and law, Centre of Gravity, Force and its types, Lever and its types.	20	”	

**Year 3: Semester 5**  
**Generic Elective Course (GEC)**

<b>Academic Calendar</b>							
<b>P.N. Das College</b> <b>Department of Physical Education</b>							
<b>Months:</b> July - December				<b>Years:</b> 2020			
Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	-	-	<u>Unit - 1: Introduction</u> Meaning, definition and importance of Physical Education and Sports, Aim, objectives and scope of Physical Education, Types of sports and their utility in	12	Dr. Ajit Das	

				physical education, Meaning, definition and importance of Physical fitness and Motor fitness. Difference between physical fitness and motor fitness. Components of physical fitness.			
2	”	-	-	<u>Unit - 2: Biological, Psychological 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, Meaning and definition of Psychology, Importance of Psychology in Physical Education, Qualities of good leader in Physical Education, Principles of leadership activities, Sociological Foundation – Meaning and definition of Sociology, Social values and their Importance. Socialisation through Sports, Role of games and sports in National and International integration.	18	”	
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, Ancient Olympic Games, Modern Olympic Games, Asian Games.	12	”	

4	”	-	-	<u>Unit – 4: Exercise Sciences</u> Meaning, definition and importance Exercise and Exercise Physiology, Effects of short and long term exercise on Muscular systems, Effects of short and long term exercise on Circulatory System, Effects of short and long term exercise on Respiratory System.	18	”	
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**Year 3: Semester 5  
Skill Enhancement Course (SEC)**

**Academic Calendar**

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

**Months:** July - December

**Years:** 2020

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	-	-	<u>Unit - 1: KABADDI</u> A. Fundamental skills 1. 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. 2. Skills of holding the raider: Various formations, catching from particular position, different catches,	30	Dr. Ajit Das	

				<p>catching formation and techniques.</p> <p>3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense.</p> <p>4. Game practice with application of Rules and Regulations.</p> <p>B. Rules and their interpretations and duties of the officials.</p> <p style="text-align: center;">OR</p> <p><u>KHO-KHO</u></p> <p>A. fundamental skills</p> <p>1. skills in chasing: Sit on the box (Parallel &amp; Bullet toe method), Get up from the box (Proximal &amp; Distal foot method), Give Kho (Simple, Early, Late &amp; Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul.</p> <p>2. Skills in running: Chain Play, Ring Play and Chain &amp; Ring mixed play.</p> <p>3. Game practice with application of Rules and Regulations.</p> <p>Rules and their interpretations and duties of the officials.</p>	30		
2	”	-	-	<p><u>Unit - 2: BADMINTON</u></p> <p>A. Fundamental Skills</p> <p>1. Basic knowledge: Various parts of the Racket and Grip.</p> <p>2. Service: Short service, Long service, long-high</p>	30	”	

			<p>service.</p> <p>3. Shots: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, smash.</p> <p>4. Game practice with application of Rules and Regulations.</p> <p>B. Rules and their interpretations and duties of the officials.</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><u>TABLE TENNIS</u></p> <p>A. Fundamental Skills</p> <p>1. Basic knowledge: Various parts of the Racket and Grip (Shake Hand &amp; Pen Hold Grip).</p> <p>2. Stance: Alternate &amp; Parallel.</p> <p>3. Push and Service: Backhand &amp; Forehand.</p> <p>4. Chop: Backhand &amp; Forehand.</p> <p>5. Receive: Push and Chop with both Backhand &amp; Forehand.</p> <p>6. Game practice with application of Rules and Regulations.</p> <p>B. Rules and their interpretations and duties of the officials.</p>	30		
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**Year 2: Semester 4****Academic Calendar****P.N. Das College  
Department of Physical Education****Months:** January - June**Years:** 2020

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	4	A	<u>Unit - 1: Introduction</u> Concept, definition and dimension of Health, Definition, aim, objectives and principles of Health Education, School Health Programme – Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record, Communicable Diseases and Non-communicable Diseases (Malaria, Cholera, Influenza and Chicken Pox, Obesity, Diabetes), Basic Nutrients: Protein, Carbohydrates, Fat, Vitamins, Minerals and Water, Balance Diet, Athletic Diet, Standard Diet.	18	Dr. Ajit Das	
2	”	”	”	<u>Unit - 2: Health and First-aid Management</u> 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, 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.	18	”	

3	”	”	”	<u>Unit – 3: Introduction Test, Measurement and Evaluation</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.	12	”	
4	”	”	”	<u>Unit – 4: Measurements of Body Compositions and Somatotype Assessment</u> Body Mass Index (BMI) – Concept and method of measurement, Body Fat – Concept and method of measurement, Lean Body Mass (LBM) – Concept and method of measurement, Somatotype – Concept and method of measurement.	12	”	

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

**Academic Calendar**

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

**Months:** January - June

**Years:** 2020

Sl. No.	Hons/ Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	4	B	<u>Unit - 1: Introduction</u> 1. Kraus-Weber Muscular Strength Test 2. AAHPER Youth Fitness Test 3. Queens College Step Test 4. Harvard Step Test 5. Assessment of body fat %.	30	Dr. Ajit Das	

2	”	”	”	<u>Unit - 2: Sports Skill Test</u> 1. Lockhart and McPherson Badminton Skill Test 2. Johnson Basketball Test Battery 3. McDonald Soccer Test 4. Brady Volleyball Test	30	”	
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**Year 2: Semester 4  
Skill Enhancement Course (SEC)**

**Academic Calendar**

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

**Months:** January - June

**Years:** 2020

Sl. No.	Hons/Gen	Paper	Part	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	2		<u>Unit - 1: Gymnastics</u> <u>1. Compulsory</u> <ul style="list-style-type: none"> <li>• Forward Roll</li> <li>• T – Balance</li> <li>• Forward Roll with Split leg</li> <li>• Backward Roll</li> <li>• Cart-Wheel</li> </ul> <u>2. Optional (Any two)</u> <ul style="list-style-type: none"> <li>• Dive and Forward Roll</li> <li>• Hand Spring</li> <li>• Head Spring</li> </ul>	20	Dr. Ajit Das	



			<ul style="list-style-type: none"> <li>• Neck Spring</li> <li>• Hand Stand and Forward Roll</li> </ul> Summersault			
2	”	”	<u>Unit - 2: Yoga</u> <u>1. Asanas</u> <ul style="list-style-type: none"> <li>• Standing Position (Ardhachandrasana, Brikshasana, Padahasthasana)</li> <li>• Sitting Position (Ardhakurmasana, Paschimottanasana, Gomukhasana)</li> <li>• Supine Position (Setubandhasana, Halasana, Matsyasana)</li> <li>• Prone Position (Bhujangasana, Salvasana, Dhanurasana)</li> <li>• Inverted Position (Sarbangasana, Shirsasana, Bhagrasana)</li> </ul> <u>2. Pranayama (Any two)</u> Kapalbhati, Bhramri, Anulam, Vilom.	40	”	