

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> 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: 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	”	

Year 1: Semester 2**Academic Calendar****P.N. Das College
Department of Physical Education****Months:** January - June**Years:** 2019

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: 2019			
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	”	

2nd Year

Academic Calendar							
P.N. Das College							
Department of Physical Education							
Months: July - December				Years: 2018 - 19			
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	”	

2nd Year

Academic Calendar							
P.N. Das College							
Department of Physical Education							
Months: January - June				Years: 2018 - 19			
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	”	

3rd Year

Academic Calendar							
P.N. Das College							
Department of Physical Education							
Months: July - December				Years: 2018 - 19			
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	”	

3rd Year

Academic Calendar							
P.N. Das College							
Department of Physical Education							
Months: January - June				Years: 2018 - 19			
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	”	