

**Curriculum for Four Years Honours Program
Considering National Education Policy: 2020
Ministry of Education, Government of India**

**Department of Physical Education and Sport Science
Vinaya Bhavana
Visva-Bharati, Santiniketan, West Bengal**

Name of the Programme: Bachelor of Physical Education and Sports

Preamble

Background: The curriculum for the four-year Undergraduate Program under the Department of Physical Education and Sport Science, Vinaya Bhavana, Visva-Bharati, Santiniketan is primarily based on the guidelines and regulations of Curriculum and Credit Framework for Undergraduate Programs, UGC, New Delhi considering National Education Policy:2020. This Undergraduate programme is based on Indian knowledge System with modern scientific explanations and with advance future directions.

Program Objectives:

1. To gain the basic knowledge about Physical Education, Fitness, Sports and to carry out the experiences for the development of healthy society.
2. To develop skill proficiency of Physical Education, Exercise, Sports and its implementation in the society.
3. To achieve advanced theoretical as well as practical knowledge of Physical Education, Exercise and Sports.
4. To acquaint students with latest trends and research in the field of Physical Education and Sport Science and prepare them as professional leaders.

Evaluation Process:

The performance of a student in each course will be evaluated by Continuous Internal Assessment (CIA) and End Semester examination as shown in the table:

Course Code	Course	Total Marks	Credit	Evaluation	
				CIA Continuous Internal Assessment	End Semester
MJPE	Major	100	4	20	80
MNPE	Minor	100	4	20	80
MDPE	Multidisciplinary Course	75	3	15	60
AECC	Ability Enhancement Core Course	50	2	10	40
SECC	Skill Enhancement Course	75	3	15	60
CVAC	Common Value Added Course	75	3	15	60

The table below shows the distribution of continuous internal assessment marks in different modalities of internal assessment.

Continuous Internal Assessment (CIA)	
Quiz with MCQ	5%
Seminar Presentation	5%
Assignments/Projects	5%
Attendance	5%
Total	20 %

The final Evaluation for each course shall be the consolidated marks obtained in both, continuous internal assessment (CIA) and end semester examination.

STRUCTURE AND DETAILED SYLLABUS: SEMESTER – I, II, III, IV, V, VI, VII & VIII:

**Department of Physical Education & Sport Science
Visva-Bharati, Santiniketan**

Four (04) Years UG Programme ‘Without Research’ as per NEP 2020

&

Four (04) Years UG Programme ‘With Research’ as per NEP 2020

Note:

Students studying BPES (04 year Under Graduate Programme in Physical Education and Sports, in VII and VIII Semesters will have TWO options, ‘Without Research’ and ‘With Research’.

The student securing at least first division till VI semester will have the option to choose ‘DIS: Dissertation’ in VII Semester in leu of a subject or will have to take

MJPEE22 as a subject.

Whereas in VIII Semester the ‘DIS’ will continue and

Without Research students will study

MJPEE23 and MJPEE24 as subjects.

Without Research			With Research		
Semester	Course Code	Subject	Semester	Course Code	Subject
VII	MJPEE22	Exercise & Sports Injury Management	VII	DIS	Dissertation
VIII	MJPEE23	1. Sports Journalism 2. Olympic Movement	VIII	DIS	Dissertation
	MJPEE24	1. Kinanthropometry 2. Sports Organization			

Four (04) Years UG Programme 'Without Research' as per NEP 2020

Semester - I					Semester - II				
Course Code	Course	Subject	Type	Credit	Course Code	Course	Subject	Type	Credit
MJPE01	Major	Pedagogy of Physical Education & Sports Science	Theory	4+0	MJPE03	Major	Health Education & Wellness	Theory	4+0
MJPE02	Major	Athletics & Group Fitness	Practical	0+4	MJPE04	Major	Gymnastics & Gym Exercise & Leadership camp	Practical	0+4
MNPE01	Minor(A)	Exercise & Sports for All	Practical	0+4	MNPE01	Minor(A)	Exercise & Sports for All (Repeat)	Practical	0+4
MDPE01	Multidisciplinary Course	Fundamentals of Physical Education and Sports-1	Practical	0+3	MDPE02	Multidisciplinary Course	Fundamentals of Physical Education and Sports-2	Practical	0+3
AECC01	Ability Enhancement Core Course	English/ Modern Indian Languages	Theory	2+0	AECC02	Ability Enhancement Core Course	English/ Modern Indian Languages	Theory	2+0
SEC01	Skill Enhancement Course	Exercises & Sports for Elementary Students/ Swayam course (Food and Nutrition)	Practical	0+3	SEC02	Skill Enhancement Course	Exercise Therapy & Massage/ Swayam course (Soft skills)	Practical	0+3
CVAC (TS)	Common Value Added Course	Tagore Studies	Theory	3+0	CVAC (EVS)	Common Value Added Course	Environmental Studies	Theory	3+0
		Total Credit		09+14=23			Total Credit		09+14=23
First Year 46+04 = UG Certificate						Internship		Practical	4

Semester – III						Semester - IV				
Course Code	Course	Subject	Type	Credit		Course Code	Course	Subject	Type	Credit
MJPE05	Major	Exercise & Sports Management	Theory	4+0		MJPE07	Major	Yoga & Inclusive Education	Theory	4+0
MJPE06	Major	Swimming & Indigenous Sports	Practical	0+4		MJPE08	Major	Yoga & Racket Sports	Practical	0+4
MNPE02	Minor(A)	New Horizons of Physical Education & Sports	Theory	0+4		MJPE09	Major	Ball games-I Football & Volleyball	Practical	0+4
MDPE03	Multidisciplinary Course	Fundamentals of Physical Education and Sports-3	Practical	0+3		MJPE10	Major	Information Technology in Exercise & Sports	Theory	4+0
AECC-3	Ability Enhancement Core Course	English/ Modern Indian Languages	Theory	2+0		MNPE02	Minor(A)	New Horizons of Physical Education & Sports (Repeat)	Theory	4+0
SEC-3	Skill Enhancement Course	Self Defence, Adventure Activities & Traditional Sports/ Swayam course (Science Communication Research productivity and Data Analytics using open source software)	Practical	0+3		AECC-4	Ability Enhancement Core Course	English/ Modern Indian Languages	Theory	2+0
		Total Credit	06+14=20					Total Credit	14+08=22	
Second Year 88+04 = UG Diploma							Internship		Practical	4

Semester - V						Semester - VI				
Course Code	Course	Subject	Type	Credit		Course Code	Course	Subject	Type	Credit
MJPE11	Major	Exercise & Sports Physiology	Theory	4+0		MJPE14	Major	Exercise & Sports Biomechanics	Theory	4+0
MJPE12	Major	Exercise & Sports Psychology	Theory	4+0		MJPE15	Major	Exercise & Sports Sociology	Theory	4+0
MJPE13	Major	Ball game-II (Basketball & Hockey)	Practical	0+4		MJPE16	Major	Ball games-III (Cricket & Handball)	Practical	0+4
MNPE03	Minor(A)	Athletics & Ball Games	Practical	0+4		MNPE03	Minor(A)	Athletics & Ball Games (Repeat)	Practical	0+4
		Total Credit	08+08=16					Total Credit	08+08=16	
Third Year 120+04 = UG Degree							Internship		Practical	4

Semester - VII						Semester - VIII				
Course Code	Course	Subject	Type	Credit		Course Code	Course	Subject	Type	Credit
MJPE17	Major	Research methodology & Statistics in Physical Education & Sports	Theory	4+0		MJPE20	Major	Test & Measurement in Physical education	Theory	4+0
MJPE18	Major	Sports Specialisation Practical (Athletics, Basketball, Cricket, Football, Gymnastics, Hockey, KhoKho, Kabaddi, Volleyball & Yoga)	Practical	0+4		MJPE21	Major	Sports Coaching & Officiating (Athletics, Basketball, Cricket, Football, Gymnastics, Hockey, KhoKho, Kabaddi, Volleyball & Yoga)	Practical	0+4
MJPE19	Major	Exercise & Sports Training	Theory	4+0		MNPE04	Minor(A)	Training & Management in Sports (Repeat)	Theory	4+0
MNPE04	Minor(A)	Training & Management in Sports	Theory	4+0		MJPEE23 MJPEE24	Subject	1. Sports Journalism 2. Olympic movement 3. Kinanthropometry 4. Sports organisation (Any TWO)	Theory	8+0
MJPEE22	Subject	Exercise & Sports Injury Management	Theory	4+0						
		Total Credit	16+04=20					Total Credit	16+04=20	
Fourth Year 160+04 = Honours							Internship		Practical	4

Four (04) Years UG Programme 'With Research' as per NEP 2020

Semester - I					Semester - II				
Course Code	Course	Subject	Type	Credit	Course Code	Course	Subject	Type	Credit
MJPE01	Major	Pedagogy of Physical Education & Sports Science	Theory	4+0	MJPE03	Major	Health Education & Wellness	Theory	4+0
MJPE02	Major	Athletics & Group Fitness	Practical	0+4	MJPE04	Major	Gymnastics & Gym Exercise & Leadership camp	Practical	0+4
MNPE01	Minor(A)	Exercise & Sports for All	Practical	0+4	MNPE01	Minor(A)	Exercise & Sports for All (Repeat)	Practical	0+4
MDPE01	Multidisciplinary Course	Fundamentals of Physical Education and Sports-1	Practical	0+3	MDPE02	Multidisciplinary Course	Fundamentals of Physical Education and Sports-2	Practical	0+3
AECC01	Ability Enhancement Core Course	English/ Modern Indian Languages	Theory	2+0	AECC02	Ability Enhancement Core Course	English/ Modern Indian Languages	Theory	2+0
SEC01	Skill Enhancement Course	Exercises & Sports for Elementary Students/ Swayam course (Food and Nutrition)	Practical	0+3	SEC02	Skill Enhancement Course	Exercise Therapy & Massage/ Swayam course (Soft skills)	Practical	0+3
CVAC (TS)	Common Value Added Course	Tagore Studies	Theory	3+0	CVAC (EVS)	Common Value Added Course	Environmental Studies	Theory	3+0
		Total Credit		09+14=23			Total Credit		09+14=23
First Year 46+04 = UG Certificate						Internship		Practical	4

Semester - III					Semester - IV				
Course Code	Course	Subject	Type	Credit	Course Code	Course	Subject	Type	Credit
MJPE05	Major	Exercise & Sports Management	Theory	4+0	MJPE07	Major	Yoga & Inclusive Education	Theory	4+0
MJPE06	Major	Swimming & Indigenous Sports	Practical	0+4	MJPE08	Major	Yoga & Racket Sports	Practical	0+4
MNPE02	Minor(A)	New Horizons of Physical Education & Sports	Theory	0+4	MJPE09	Major	Ball games-I Football & Volleyball	Practical	0+4
MDPE03	Multidisciplinary Course	Fundamentals of Physical Education and Sports-3	Practical	0+3	MJPE10	Major	Information Technology in Exercise & Sports	Theory	4+0
AECC-3	Ability Enhancement Core Course	English/ Modern Indian Languages	Theory	2+0	MNPE02	Minor(A)	New Horizons of Physical Education & Sports (Repeat)	Theory	4+0
SEC-3	Skill Enhancement Course	Self Defence, Adventure Activities & Traditional Sports/ Swayam course (Science Communication Research productivity and Data Analytics using open source software)	Practical	0+3	AECC-4	Ability Enhancement Core Course	English/ Modern Indian Languages	Theory	2+0
		Total Credit	06+14=20				Total Credit	14+08=22	
Second Year 88+04 = UG Diploma						Internship		Practical	4

Semester - V						Semester - VI				
Course Code	Course	Subject	Type	Credit		Course Code	Course	Subject	Type	Credit
MJPE11	Major	Exercise & Sports Physiology	Theory	4+0		MJPE14	Major	Exercise & Sports Biomechanics	Theory	4+0
MJPE12	Major	Exercise & Sports Psychology	Theory	4+0		MJPE15	Major	Exercise & Sports Sociology	Theory	4+0
MJPE13	Major	Ball game-II (Basketball & Hockey)	Practical	0+4		MJPE16	Major	Ball games-III (Cricket & Handball)	Practical	0+4
MNPE03	Minor(A)	Athletics & Ball Games	Practical	0+4		MNPE03	Minor(A)	Athletics & Ball Games (Repeat)	Practical	0+4
		Total Credit	08+08=16					Total Credit	08+08=16	
Third Year 120+04 = UG Degree							Internship		Practical	4

Semester - VII					Semester - VIII				
Course Code	Course	Subject	Type	Credit	Course Code	Course	Subject	Type	Credit
MJPE17	Major	Research methodology & Statistics in Physical Education & Sports	Theory	4+0	MJPE20	Major	Test & Measurement in Physical education	Theory	4+0
MJPE18	Major	Sports Specialisation Practical (Athletics, Basketball, Cricket, Football, Gymnastics, Hockey, KhoKho, Kabaddi, Volleyball & Yoga)	Practical	0+4	MJPE21	Major	Sports Coaching & Officiating (Athletics, Basketball, Cricket, Football, Gymnastics, Hockey, KhoKho, Kabaddi, Volleyball & Yoga)	Practical	0+4
MJPE19	Major	Exercise & Sports Training	Theory	4+0	MNPE04	Minor(A)	Training & Management in Sports (Repeat)	Theory	4+0
MNPE04	Minor(A)	Training & Management in Sports	Theory	4+0	DIS	Dissertation	Dissertation	Theory	8+0
DIS	Dissertation	Dissertation	Theory	4+0					
		Total Credit	16+04=20				Total Credit	16+04=20	
Fourth Year 160+04 = Honours						Internship		Practical	4

Four (04) Years UG Programme ‘Without Research’ as per NEP 2020
&
Four (04) Years UG Programme ‘With Research’ as per NEP 2020

DETAILED SYLLABUS: SEMESTER-I:

Semester - I				
Course Code	Course	Subject	Type	Credit T+P
MJPE01	Major	Pedagogy of Physical Education & Sports Science	Theory	4+0
MJPE02	Major	Athletics & Group Fitness	Practical	0+4
MNPE01	Minor(A)	Exercises & Sports for All	Practical	0+4
MDPE01	Multidisciplinary Course	Fundamentals of Physical Education and Sports-1	Practical	0+3
AECC01	Ability Enhancement Core Course	English/Modern Indian Languages	Theory	2+0
SEC01	Skill Enhancement Course	Exercises & Sports for Elementary Students/ Swayam course (Food and Nutrition)	Practical	0+3
CVAC	Common Value Added Course	Tagore Studies	Theory	3+0
		Total Credit	09+14=23	

SEMESTER-I

MJPE01: Pedagogy of Physical Education & Sports Science

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. Foundational concepts and knowledge of Physical Education & Sports Science
2. Historical perspective and Development of Physical Education, Sports and Sports Science
3. Basic understanding of Physical Education and Sports Pedagogy
4. Contribution of allied Sciences in Sports Performance

Unit-I: Foundation of Physical Education & Sports Science

- 1.1. Meaning and Definition, Aim, Objectives, development and Scope of Physical Education & Sports Science
- 1.2. Philosophical Concept of Physical Education & Sport Science
- 1.3. Growth and Development- Meaning and Definition, Stages, Factors and Principles
- 1.4. Age- Chronological, Anatomical, Physiological, Mental and Training age
- 1.5. Learning- Meaning and Definition, Transfer of learning, Laws of Learning

Unit-II: Origin and development of Indian sports focusing Indian Knowledge System (IKS)

- 2.1. Indian Knowledge System (IKS): Historical development of Ayurveda - Yoga, Vyayama and Krida.
- 2.2. UNESCO – Intangible Heritage, Traditional Sports and impact of Indigenous sports in building up civilization in relation to Indian Knowledge System (IKS).
- 2.3. Sports Schemes in India
- 2.4. Participation of India in the Olympic Games
- 2.5. Evolution of Sports infrastructure in India

Unit-III: Physical Education & Sports Pedagogy

- 3.1. Pedagogy meaning and scope.
- 3.2. Teaching methods: Whole method, Whole Part-Whole method, Part method, Lecture method, Command method, Demonstration method, Imitation method.
- 3.3. Teaching Aids: Audio visual, Chart, Model.
- 3.4. Presentation techniques: Personal and technical preparation
- 3.5. Micro Teaching

Unit-IV: Introduction to Sports Science

- 4.1. Introduction: Exercise and Sports Physiology, Exercise and Sports Biomechanics, Exercise and Sports Training
- 4.2. Introduction: Exercise and Sports Psychology, Exercise and Sports Sociology
- 4.3. Role and importance of Sports Science in teaching and Coaching sports ecosystem
- 4.4. Introduction to Sports performance Analysis
- 4.5. Ecological approach of training process

References:

1. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
2. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
3. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
4. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
5. Potrac, P., Gilbert, W., & Denison, J. (Eds.). (2013). Routledge handbook of sports coaching. Routledge.
6. McMorris, T., & Hale, T. (2006) Coaching science: Theory into practice. John Wiley & Sons.

SEMESTER-I

MJPE02: Athletics & Group Fitness

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objectives:

1. To familiarize students with theoretical, technical and practical knowledge of Track Events (Running)
2. To acquaint students with theoretical, technical and practical knowledge of Field Events (Throwing and Jumping)
3. To develop the general Physical fitness Components
4. To learn Specific exercises for Special Population

Unit-I: Track Events (Running)

- 1.1. Standing Start techniques.
- 1.2. Crouch Start techniques.
- 1.3. Lead leg, Trail leg action in hurdle and approach to first hurdle, running between the hurdles
- 1.4. Relay: Baton Exchange Techniques: Visual exchange, non-Visual exchange, Up sweep, down sweep, push forward techniques
- 1.5. Finishing Techniques: Run through, shoulder surge and chest.

Unit-II: Field Events (Throwing and Jumping)

- 2.1. Shot Put (Gliding, Disco put): Hold, Placement, Glide, Delivery Stance, Delivery & Recovery.
- 2.2. Discus Throw (Turn): Grip, Spinning, Turning, Delivery Stance, Delivery & Recovery.
- 2.3. Javelin Throw: Grip, Carry, Withdrawal, Delivery Stance, Delivery & Recovery.
- 2.4. Long Jump & High Jump (Fosbury Flop): Take off, Action in the Air, Landing, Approach, Full Jump.
- 2.5. Triple Jump: Hop, Step, Jump from stationary position, Hop, Step, Combination of jump. Approach and full Jump.

Unit-III: Group fitness for general population

- 3.1. Different Types of aerobic and group exercises: Aerobic Dance Fitness
- 3.2. Zumba and Step training,
- 3.3. Water aerobics and Chair aerobics
- 3.4. Equipment based aerobics
- 3.5. Pilates and Strength training (with own body weight)

Unit-IV: Group Fitness for Special Population

- 4.1. Exercises and Group Fitness for Children
- 4.2. Exercises and Group Fitness for Men and Women
- 4.3. Exercises and Group Fitness for pre-natal and post-natal client
- 4.4. Exercises and Group Fitness for people with disability
- 4.5. Exercises and Group Fitness for elderly people

Reference:

1. Englewood cliffs N. J. Dyson, G. H. (1963). The mechanics of athletics. London: Prentice Hall, University of London Press Ltd.
2. Bompa, T. O. & Haff, G. G. (2009). Periodization: theory and methodology of training, 5 th ed. Champaign, IL: Human Kinetics.
3. Athletics movement skills, Clive Brewer, Human Kinetics.
4. Robinson Greenwood (2009), Zumba Fitness, Grand Central Life & Style, Har/DVD edition.

SEMESTER-I

MNPE01: Exercises & Sports for All

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objectives:

1. To develop general physical fitness.
2. To orient with strength and flexibility exercises.
3. To expose traditional, recreational exercises and sports.
4. To develop self-confidence and coordinative abilities.

Unit-I: Exercises (Vyayama)

- 1.1. Sukshma vyayama (Small muscle group exercises).
- 1.2. Sthula vyayama (Big muscle group exercises).
- 1.3. Sangitik vyayama (Musical exercises).
- 1.4. Coordinative exercises without apparatus.
- 1.5. Coordinative exercises with apparatus

Unit-II: Strength and Flexibility Exercises (Vyayama)

- 2.1. Lower body strength exercises.
- 2.2. Upper body strength exercises.
- 2.3. Lower body flexibility exercises.
- 2.4. Upper body flexibility exercises.
- 2.5. Plyometric Exercises

Unit-III: Traditional and Recreational Sports (Krida)

- 3.1. Traditional exercises
- 3.2. Traditional sports
- 3.3. Recreational exercises
- 3.4. Recreational sports
- 3.5. Corporate exercises and sports

Unit-IV: Self-defense and Racket Sports (Krida)

- 4.1. Floor Gymnastics
- 4.2. Basic Techniques of Self defense
- 4.3. Indigenous Games: Kabaddi and Kho-Kho
- 4.4. Racket Sports with ball
- 4.5. Racket Sports with cock

Reference:

1. Harvey M. G., Self-Defence by Judo Tina J. Hall Shirley A Holt/Hale, Educational Gymnastics for Children, Human Kinetics
2. Kapoor S. C. Japanese Martial Art Judo Karate, Pustak Mahal
3. H. K. Propel, NSCA -National Strength & Conditioning Association Exercise Technique Manual for Resistance Training 4th Edition Ebook
4. Mondal S. and Patar S. Sakalar Janya Vyayama, Classic books, 2018.
5. Modal S. Ananda Dayak Khala, Dev Publishing house, 2017.

SEMESTER-I

MDPE01: Fundamentals of Physical Education and Sports 1

Full Marks: **75(60+15)**, Credit Point: **03**, Total Lectures/Week: **03**, Type: **Practical**

Objective:

1. To develop body awareness and aesthetics.
2. To acquire coordinative abilities.
3. To develop strength abilities.

Unit I: General exercises for Physical Fitness development (Recreational type)

- 1.1. Full body exercises: Calisthenics Basics: Two count, Four count, Eight count
- 1.2. Calisthenics Advance: Sixteen count, Thirty-two count
- 1.3. Rhythmic exercises with Lezim
- 1.4. Exercise with apparatus: wands, dumbbell, hoops, balls & umbrella
- 1.5. Mass Demonstration activities

Unit II: Coordinative exercises

- 2.1. Swiss ball exercises
- 2.2. Resistance exercises
- 2.3. Plank exercises
- 2.4. Aerobic dance exercise
- 2.5. Marching

Unit III: Gym exercises

- 3.1. Neck, Shoulder, Arms and Chest Exercises
- 3.2. Abdominal, Hip and Leg exercises
- 3.3. Upper limb resistance exercises
- 3.4. Lower limb resistance exercises
- 3.5. Core and Back muscle exercises with weights

Reference:

1. Charles B. Corbin, Darla M. Castelli, Benjamin A. Sibley Guy C. Le Masurier, Fitness for Life 7th Edition Paper with Web Resource, Human kinetics
2. Daryl L. Siedentop, Peter Hastie, Hans van der Mars, Complete Guide to Sport Education 3rd Edition epub with Web Resource

SEMESTER-I

SECC01: Exercise & Sports for Elementary Students

Full Marks: **75(60+15)**, Credit Point: **03**, Total Lectures/Week: **03**, Type: **Practical**

Objectives:

1. Prepare the students to organize exercise & sports for elementary schools children
2. Students may get jobs in nursery, kindergarten, play schools and elementary schools
3. Students may start their own play school in their area

Unit-I: Exercise for Elementary Students

- 1.1. Body awareness and spatial awareness exercises
- 1.2. Rhymes Exercise
- 1.3. Mimicking Exercise
- 1.4. Partner Exercise
- 1.5. Creative Movements

Unit-II: Recreational Games for Elementary Students

- 2.1. Recreational Games- Individual
- 2.2. Recreational Games- Group
- 2.3. Recreational Games- with Teacher / Parents
- 2.4. Recreational Activities- Indoor and Outdoor
- 2.5. Fundamental Movement in Sports/Big muscle activities

Unit-III: Sports for Elementary Students

- 3.1. Locomotor, Non-locomotor and Manipulative activities
- 3.2. Low Intensity Individual Sports
- 3.3. Low Intensity Group Sports
- 3.4. Physical Literacy Movement Activities (Diverse motor learning experience)
- 3.5. Combining different fundamental movement skills for learning.

References:

1. Bucher, C.A, Thaxton, N.A. (1979) Physical Education for Children: Movement Foundations and experiences. New York: Macmillan
2. Thomas, K.T., Lee, A.M., Thomas, J.R. (2000): Physical Education for children: Daily Lesson Plans for elementary school, second edition. Human Kinetics.
3. Thomas, K.T., Lee, A.M., Thomas, J.R. (2003). Physical Education methods for elementary teachers, second edition. Champaign, IL: Human Kinetics.
4. Gallahue, D.L. (1982). Developing movement experiences for children. New York, Wiley.
5. Patar S. and Chatterjee K. Handbook of Recreational Games, Angel publication, 2014.
6. Goon A K, Chatterjee K, Hasan K and Patar S, Kharal Modhya Ananda, Boiwala publication 2018.

DETAILED SYLLABUS: SEMESTER-II

Semester - II				
Course Code	Course	Subject	Type	Credit T+P
MJPE03	Major	Health Education & Wellness	Theory	4+0
MJPE04	Major	Gymnastics & Gym Exercise & Leadership Camp	Practical	0+4
MNPE01	Minor(A)	Exercises & Sports for All (Repeat)	Practical	0+4
MDPE02	Multidisciplinary Course	Fundamentals of Physical Education and Sports-2	Practical	0+3
AECC02	Ability Enhancement Core Course	English/Modern Indian Languages	Theory	2+0
SECC02	Skill Enhancement Course	Exercise Therapy & Massage/ Swayam course (Soft skills)	Practical	0+3
CVAC (EVS)	Common Value Added Course	Environmental Studies	Theory	3+0
		Total Credit	09+14=23	
	Internship		Practical	4
First Year 46+04 = UG Certificate				

SEMESTER-II

MJPE03: Health Education & Wellness

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To acquaint students with positive health and prepare them for disease prevention and cleanliness
2. To understand the negative impact of the environment on health for sustainable development.
3. To learn the basic concept of wellbeing.
4. To understand the concept of healthy food habits.

Unit-I: Health & Hygiene

- 1.1. Concept, Dimensions, Spectrum and Determinants of Health.
- 1.2. Concept and aspects of Personal, Domestic & Community Hygiene
- 1.3. Health Education - Definition, aim, objectives and principles.
- 1.4. Effect of Alcohol & Tobacco on Health.
- 1.5. Importance of Rest, Sleep and Exercises on health, healthy living style.

Unit-II: Health Hazards

- 2.1. Communicable Diseases: HIV/AIDS, Malaria, Dengue and Chicken Pox.
- 2.2. Non-communicable Diseases: Obesity, Diabetes, Hypertension and Cancer.
- 2.3. Occupational Health - Principles and factors for Occupational health hazards and diseases.
- 2.4. Pollution: Soil, Air, Water, Sound, Heat and Radioactive
- 2.5. Adulteration in food

Unit-III: Wellness

- 3.1. Meaning & Importance of Wellbeing.
- 3.2. Meaning & Importance of various dimensions of Wellness
- 3.3. Relationship of Physical Fitness in achieving wellness.
- 3.4. Drugs, Doping and wellness
- 3.5. Role of Diet and Exercise in Health Management.

Unit-IV: Nutrition

- 4.1. Definition, Meaning and Importance of Nutrition and Malnutrition.
- 4.2. Definition, Meaning and Importance of Sports Nutrition.
- 4.3. Classification & Source of foods
- 4.4. Proximate Principles & role of various nutrients
- 4.5. Balanced diet for sedentary and sports persons.

Reference:

1. Bucher, Charles A. Administration of Health and Physical Education Programme.
2. Delbert, Oberteuffer, et. Al. The School Health Education.
3. Ghosh, B.N. Treaties of Hygiene and Public Health.
4. Hanlon, John J. Principles of Public Health Administration 2003.
5. Turner, C.E. The School Health and Health Education.
6. Moss et. al. Health Education (National Education Association of U.T.A.).
7. Nemir A. The School Health Education (Harber and Brothers, New York).
8. Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
9. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.

SEMESTER-II

MJPE04: Gymnastics & Gym Exercise & Leadership Camp

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objective:

1. To develop basic locomotor movements.
2. To learn tumbling and coordinative body movements.
3. To develop strength and conditioning abilities.
4. To experience natural community living.

Unit-I: Gymnastics: Floor Exercise (Men and Women)

- 1.1. Types of Walks, Leap and Jumps
- 1.2. Types of Rolls and Dives
- 1.3. Types of Overhead Movements
- 1.4. Types of Balances
- 1.5. Combination of Skills

Unit-II: Gymnastics: Table Vault (Men and Women)

- 2.1. Approach run and take off
- 2.2. Landing exercises
- 2.3. Vault: Squat, Straddle, Cartwheel and Handspring
- 2.4. Parallel Bars (Boys): Mounts & Dismounts, Advances, Balances, Swings, Twists and Turns
- 2.5. Balancing Beam (Girls): Mount & Dismount, Turn & Twist, Balances and Jumps.

Unit-III: Gym Exercises

- 3.1. Multi gym exercises: Station training
- 3.2. Band exercises: Thera band, Total Resistance Exercises
- 3.3. Ball exercises: Air ball, Medicine ball
- 3.4. Own body weight and Free weight exercises
- 3.5. Tabata fitness and Wall bar exercises

Unit-IV: Leadership Camp

- 4.1. Nature lore, Art and Craft, Camp Games and Stunts
- 4.2. Discipline, Community Singing and leaving
- 4.3. Ceremonial and Campfire activities
- 4.4. Hiking and Trekking
- 4.5. Group discussion and Team building activities

Reference:

1. Peter Werner, Lori Williams, Tina Hall, 2012, Teaching Children Gymnastics, Human Kinetics.
2. Debby M., Davis B & Lopez R., Teaching Fundamental Gymnastics Skills, Human Kinetics.
3. Bawa. G S. Fundamentals of Men's Gymnastics, Friends Publications, Delhi.
4. Chakraborty S, Women's Gymnastics Fundamentals and Applications, Friends publication, Delhi.
5. Alpheus Hyatt, The Book of Camping, published by Legare street press an imprint of creative media partners.

SEMESTER-II

MNPE01: Exercises & Sports for All (Repeat)

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objectives:

1. To develop general physical fitness.
2. To orient with strength and flexibility exercises.
3. To expose traditional, recreational exercises and sports.
4. To develop self-confidence and coordinative abilities.

Unit-I: Exercises (Vyayama)

- 1.1. Sukshma vyayama (Small muscle group exercises).
- 1.2. Sthula vyayama (Big muscle group exercises).
- 1.3. Sangitik vyayama (Musical exercises).
- 1.4. Coordinative exercises without apparatus.
- 1.5. Coordinative exercises with apparatus

Unit-II: Strength and Flexibility Exercises (Vyayama)

- 2.1. Lower body strength exercises.
- 2.2. Upper body strength exercises.
- 2.3. Lower body flexibility exercises.
- 2.4. Upper body flexibility exercises.
- 2.5. Plyometric Exercises

Unit-III: Traditional and Recreational Sports (Krida)

- 3.1. Traditional exercises
- 3.2. Traditional sports
- 3.3. Recreational exercises
- 3.4. Recreational sports
- 3.5. Corporate exercises and sports

Unit-IV: Self-defense and Racket Sports (Krida)

- 4.1. Floor Gymnastics
- 4.2. Basic Techniques of Self defense
- 4.3. Indigenous Games: Kabaddi and Kho-Kho
- 4.4. Racket Sports with ball
- 4.5. Racket Sports with cock

Reference:

1. Harvey M. G., Self-Defence by Judo Tina J. Hall Shirley A Holt/Hale, Educational Gymnastics for Children, Human Kinetics
2. Kapoor S. C. Japanese Martial Art Judo Karate, Pustak Mahal
3. H. K. Propel, NSCA -National Strength & Conditioning Association Exercise Technique Manual for Resistance Training 4th Edition Ebook
4. Mondal S. and Patar S. Sakalar Janya Vyayama, Classic books, 2018.
5. Modal S. Ananda Dayak Khala, Dev Publishing house, 2017.

SEMESTER-II

MDP02: Fundamentals of Physical Education and Sports 2

Full Marks: **75(60+15)**, Credit Point: **03**, Total Lectures/Week: **03**, Type: **Practical**

Objective:

1. To develop Physical fitness abilities.
2. To learn basics of jump, run and throw.
3. To learn basics of ball games.

Unit-1: Health Related Physical Fitness (HRPF)

- 1.1 Cardio-respiratory Endurance
- 1.2 Muscular Strength
- 1.3 Muscular Endurance
- 1.4 Flexibility
- 1.5 Body composition

Unit-2: Track & Field

- 2.1 Fundamentals of Running
- 2.2 Standing & Starting techniques
- 2.3 Throwing events: Hold, Placement, Glide & Release
- 2.4 Jumping events: Approach, Take-Off, Action in the air & Landing
- 2.5 Group events

Unit-3: Fundamental skills & lead up activities in Ball games

- 3.1 Basic skills in Football
- 3.2 Lead up games in Football
- 3.3 Basic skills in Volleyball
- 3.4 Lead up games in Volleyball
- 3.5 Basic skills in Field Hockey and leadup games

Reference:

1. Charles B. Corbin, Darla M. Castelli, Benjamin A. Sibley Guy C. Le Masurier, Fitness for Life 7th Edition Paper with Web Resource, Human kinetics
2. Daryl L. Siedentop, Peter Hastie, Hans van der Mars, Complete Guide to Sport Education 3rd Edition epub with Web Resource

SEMESTER-II

SECC02: Exercise Therapy & Massage

Full Marks: **75(60+15)**, Credit Point: **03**, Total Lectures/Week: **03**, Type: **Practical**

Objectives:

1. To prepare the students about basic and advance massage in Indian style (Mardana) and western style.
2. To educate the students about the special types of sports massage.
3. Students may join in the massage parlor, spa center and health club also students may be self-employed as a massage therapist.

Unit-I: Exercise Therapy

- 1.1. Introduction to Exercise Therapy with Aims and Objectives.
- 1.2. Definition and Scope of Exercise Therapy
- 1.3. Principles of Exercise Therapy
- 1.4. Classification, Effects and uses of Therapeutic exercise: Passive Movements (Relaxed, Forced and passive – stretching), Active movements (concentric, Eccentric and static)
- 1.5. Application of Exercise Therapy: Free Mobility Exercise, Shoulder, Elbow, Wrist and Finger Joints, Hips, Knee, Ankle and Foot joints, Trunk, Head and Neck exercises.

Unit-II: Historical and Scientific Background of Massage (Record Book Preparation)

- 2.1. Massage in Ancient time in India and abroad
- 2.2. Relationship of Anatomy and Physiology to massage and body work
- 2.3. Physiological changes during massage: muscular, circulatory, lymph-vascular system
- 2.4. Roll of Therapeutic massage in stress and pain
- 2.5. Contraindications of massage

Unit-III: Techniques of Massage

- 3.1. Superficial Massage: Rubbing, Scrubbing, Wringing, Stroking
- 3.2. Deep Tissue Massage: Rolling, Stretching, Gripping, Kneading
- 3.3. Massage with different oil and aroma
- 3.4. Ayurvedic Massage
- 3.5. Techniques of Sports Massage (Compression and Broadening, Friction, Effleurage, Petrissage)

Reference:

1. Bindal, V.D. (2016). Therapeutic and Sports Massage, Agra: Associated publishing House.
2. Christine, M. D., (1999). Physiology of sports and exercise, USA: Human Kinetics.
3. Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, &R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
4. David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
5. Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A practical approach to measurement in Physical Education (pp.573-74). Philadelphia: Lea & Febiger.
6. JeyaPrakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.

DETAILED SYLLABUS: SEMESTER-III

Semester - III				
Course Code	Course	Subject	Type	Credit
MJPE05	Major	Exercise & Sports Management	Theory	4+0
MJPE06	Major	Swimming & Indigenous Sports	Practical	0+4
MNPE02	Minor(A)	New Horizons of Physical Education & Sports	Theory	4+0
MDPE03	Multidisciplinary Course	Fundamentals of Physical Education and Sports-3	Practical	0+3
AECC-3	Ability Enhancement Core Course	English/ Modern Indian Languages	Theory	2+0
SECC-3	Skill Enhancement Course	Self Defence, Adventure Activities & Traditional Sports/ Swayam course (Science Communication Research productivity and Data Analytics using open source software)	Practical	0+3
		Total Credit	06+14=20	
Second Year 88+04 = UG Diploma				

SEMESTER-III

MJPE05: Exercise & Sports Management

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To understand the fundamental principles and scope of sports management, including its significance and principles.
2. To develop the ability to plan effectively within the sports industry, utilizing strategic planning processes and environmental analysis.
3. To gain knowledge and skills in sports event management, focusing on planning, marketing, safety, and team management.
4. To learn efficient inventory management practices for sports equipment, including storage, maintenance, and issuing procedures.

Unit-I: Broad Concept of Sports Management

- 1.1. Meaning, Nature and Scope of Sports management
- 1.2. Need and Importance of sports management
- 1.3. Principles of Sports Management
- 1.4. Concept of Human Resource management
- 1.5. Principle of financial sports management

Unit-II: Planning in Sports Management

- 2.1. Planning – Definition, Scope of Planning, Purpose of Planning.
- 2.2. Advantages and disadvantages of planning, Types of Plans
- 2.3. Planning process, Environment Analysis
- 2.4. Introduction to Sports Industry – Analysis of Sports Industry
- 2.5. Basics of budgeting, Criteria of a good budget

Unit-III: Sports Event Management

- 3.1. Principles of event management
- 3.2. Event Planning & Team Management
- 3.3. Event Marketing and Advertising
- 3.4. Event Safety, care and rehabilitation
- 3.5. Responsibilities of Pre-During & Post competition

Unit-IV: Sports Equipment Inventory management

- 4.1. Location of Store Room Management
- 4.2. Fixture And Handling of Equipment
- 4.3. Issuing Procedure
- 4.4. Care and maintenance of sports equipment and Sports Store
- 4.5. Capital budgeting and budgeting for a sports event

Reference:

1. Singh A et al (2016). Essentials of Physical Education. Kalyani Publisher, New Delhi
2. David Kent Stotlar, Sports Management: Principles and Applications
3. James J. Zhang, Sport Management: An International Perspective
4. David M. Carter, Sports Marketing Management

SEMESTER-III

MJPE06: Swimming & Indigenous Sports

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objectives:

1. To understand basic rules of Swimming, Diving, Water polo and Synchronized Swimming.
2. To develop the practical knowledge of swimming techniques.
3. To enrich knowledge of the students in respect of background, rules and practical aspects of Diving.
4. To enrich knowledge of the students in respect of background, rules and practical aspects of Kabaddi.
5. To enrich knowledge of the students in respect of background, rules and practical aspects of Kho-Kho.

Unit-I: Swimming

- 1.1. Orientation of rule of SFI, FINA & Swimming Pool safety, Health & Hygiene and Guidance & Counselling.
- 1.2. Drills on Breathing, water balance, entry & exit in the water and floating drills.
- 1.3. Teaching techniques for Front Crawl/ Backstroke/ Butterfly stroke/ Breast Stroke: Body Position, Leg & Arm Action, Breathing and Coordination.
- 1.4. Types of Starts (Grab Start, Track Start & Circular Arm Swing Start).
- 1.5. Types of Turns (Open turn & Flip turn) & Finish.

Unit-II: Diving and Water polo

- 2.1. Orientation to types of dives: Front, Back, Reverse, Inward, Twist and Somersaults.
- 2.2. Orientation to Synchronized swimming and breath control techniques.
- 2.3. Layout and dimensions of Swimming Pool, Diving boards and Water polo arenas.
- 2.4. Offensive and defensive techniques in water polo.
- 2.5. Orientation to Synchronized Swimming and water stunts.

Unit-III: Kabaddi

- 3.1. History and development of indigenous sports- Kabaddi, Kho-Kho, Malkhamb etc.
- 3.2. History, Terminologies, Organization, Tournaments and Personalities in Kabaddi
- 3.3. Rules of Kabaddi: Amateur and Professional
- 3.4. Offensive Techniques (Raiding)- Footwork, Grappling, Evasion, Hand-Touch, Toe-touch, Side-kick, back-kick, flying kick, Mule-Kick, Squat leg thrust etc.
- 3.5. Defensive Techniques- Chain-tackle Wrist-catch, Thigh-catch, Waist-hold, Ankle hold, Dash etc.

UNIT-IV: Kho-Kho

- 4.1. History, Development, terminologies of Kho-kho.
- 4.2. Organization, Tournaments and Personalities in Kho-Kho
- 4.3. Rules of Kho-Kho: Amateur and Professional
- 4.4. Offensive Techniques (Chaser) –Early-kho, late-kho, Judgement-kho, pole-dive, tapping, diving.
- 4.5. Defensive Techniques (Runner)-Single-chain, Double-chain, Mixed-chain, Short Ring-Play, Large Ring Play.

Reference:

1. FINA Handbook
2. David A, Rober H. & Hobert, Swimming & Diving, The C.V. Mosby Company, Saint Lovis 1968.
3. D. Jain, Swimming Skill & Rules, Khel Sahitya, Kendra, New Delhi, 2003.
4. Dick Hannula, Coaching Swimming, successfully (Second edition) friends Publication (India) 2003.

SEMESTER-III

MNPE02: New Horizons of Physical Education & Sports

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To acquaint students with knowledge of historical development of Physical Education & Sports.
2. To provide new perspectives in Physical Education and Sports.
3. To learn and apply the knowledge of Physical fitness and exercise management to lead quality life.
4. To understand and learn different dimension of active lifestyle and wellness.

Unit-I: Concept and Background of Physical Education and Sports

- 1.1. Meaning, Definition and Importance of Physical Education and Sports
- 1.2. Aim and Objectives of Physical Education and Sports
- 1.3. Historical perspectives of Physical Education and Sports - a global view
- 1.4. Yoga, Vayam, Krida and Ancient Physical Education and Sports in India-Medieval age, British period till 1947 and post-Independence
- 1.5. Scope and career aspects of Physical Education and misconceptions.

Unit-II: Approaches to Physical Education and Sports Science

- 2.1. Physical Education and Sports Science an academic discipline and its multidisciplinary approaches.
- 2.2. Various sub- disciplines of Physical Education and Sport Science
- 2.3. Physical Education and Sports Pedagogy
- 2.4. Professional Sports and their recent avenues
- 2.5. Exercise and Sports for all

Unit-III: New horizon of Physical Education and Sports

- 3.1. Life Style and Physical Education and Sports (WHO: recommendations)
- 3.2. Traditional Exercise and Sport (UNESCO Intangible Cultural Heritage)
- 3.3. Recreation Exercise and Sports (UNESCO charter)
- 3.4. People with Disability application of Physical Education and Sports and Olympic games
- 3.5. Government of India schemes to promote Physical Education and Sports

Unit-IV Health, Fitness and Wellness

- 4.1. Concept and definition of Health, Fitness and Wellness
- 4.2. Dimension of Health and Wellness
- 4.3. Concept and components of Health-related Physical Fitness
- 4.4. Concept and components of Performance-related Physical fitness
- 4.5. Role of Physical Education and Sports in achieving health, fitness and wellness

Reference:

1. Deborah A. Wuest and Charles A. Bucher, Foundations of Physical Education and Sport, Friends Pub., New Delhi
2. Human Kinetics, Health and Wellness for Life, 2010, Human Kinetics. Inc, United States
3. Melvin H. Williams, Lifetime Fitness and Wellness W.C. Brown Publishers
4. ACSM, Manual of Health Fitness, American College of Sports medicine
5. Kamlesh M.L., Physical Education, Facts and foundations, Faridabad P.B. Publications.
6. Barrow Harold, M. Man and movements principles of Physical Education, 1978.
7. Ravanes R.S., Foundation of Physical Education, Houghton Millin Co. Boston USA (1978)
8. Singh Ajmer et.al., Essentials of Physical Education, Kalyani Publishers Ludhiana Second revised edition 2008.
9. Loy, Lohn W. and Kenyon, Gerald S. Sports Culture and Society (Philadelphia: The MacMillan Co. 1969).

SEMESTER-III

MDPE03: Fundamentals of Physical Education and Sports-3

Full Marks: **75(60+15)**, Credit Point: **03**, Total Lectures/Week: **03**, Type: **Practical**

Objective:

1. To develop Physical fitness abilities.
2. To learn the basics of jump, run and throw.
3. To learn the basics of ball games.

Unit-I: Skill Related Physical Fitness (SRPF)

- 1.1. Speed
- 1.2. Agility & Coordination
- 1.3. Power
- 1.4. Reaction Time
- 1.5. Balance

Unit-II: Gymnastics

- 2.1. Basics of Rolls
- 2.2. Basics of Balance
- 2.3. Basics of Pyramids
- 2.4. Basics of Jump and Vault movements: Approach run, Take-Off, and Landing
- 2.5. Combination movements

Unit-III: Fundamental skills & lead up activities in Ball games

- 3.1. Basic skills in Basketball
- 3.2. Lead up games in Basketball
- 3.3. Basic skills in Handball
- 3.4. Lead up games in Handball
- 3.5. Basic skills in Cricket and leadup games

Reference:

1. Charles B. Corbin, Darla M. Castelli, Benjamin A. Sibley Guy C. Le Masurier, Fitness for Life 7th Edition Paper with Web Resource, Human kinetics
2. Daryl L. Siedentop, Peter Hastie, Hans van der Mars, Complete Guide to Sport Education 3rd Edition epub with Web Resource

SEMESTER-III

SECC03: Self Defense, Adventure Activities & Traditional Sports

Full Marks: **75(60+15)**, Credit Point: **03**, Total Lectures/Week: **03**, Type: **Practical**

Objectives:

1. To provide practical knowledge and skills in self-defense techniques.
2. To develop skills and experience in various adventure activities.
3. To introduce and practice traditional sports.
4. To integrate practical knowledge and application

Unit-I: Self Defense

- 1.1. Introduction to Self Defense: Understanding the importance and principles.
- 1.2. Basic Techniques: Stances, blocks, punches, and kicks.
- 1.3. Situational Awareness: Recognizing and avoiding dangerous situations.
- 1.4. Defense Against Common Attacks: Grabs, chokes, and strikes.
- 1.5. Combined Training Sessions: Integrating self-defense, traditional sports, and adventure activities.

Unit-II: Adventure Activities

- 2.1. Introduction to Adventure Activities: Types and benefits.
- 2.2. Outdoor Skills: Navigation, camping, and survival skills.
- 2.3. Safety and Risk Management: Identifying and mitigating risks.
- 2.4. Basic First Aid: Handling injuries and emergencies.
- 2.5. Simulated Scenarios: Practical applications and real-life simulations.

Unit-III: Traditional Sports

- 3.1. Introduction to Traditional Sports: UNESCO Intangible Cultural Heritage.
- 3.2. Rules and Regulations: Overview of major Indian traditional sports (any Two)
(Wrestling/Thang-Ta/Mukna/Mallakhambh/Gatka/Kalaripayattu/Raibansa)
- 3.3. Traditional Indian Strength and Conditioning exercises
- 3.4. Traditional Games as a recreational activity
- 3.5. Competitions and Demonstrations: Organizing and participating in events.

Reference:

1. Prabucki, B. (2022). Traditional Sports and Games in the Contemporary World: The New Face of Sport? Cambridge Scholars Publishing. (ISBN: 1-5275-7721-X).
2. Lorden, M. (2012). Practical Self-Defense. United States: Tuttle Publishing.
3. Lund, G. (2015). Essential Karate Book: For White Belts, Black Belts and All Levels In Between [Companion Video Included]. Tuttle Publishing. ISBN: 1462905595, 9781462905591.
4. Darst, P. W., Armstrong, G. P. (1980). Outdoor Adventure Activities for School and Recreation Programs. United Kingdom: Macmillan.
5. Alliston, J. (2021). Seashore Adventure Activity Book. United Kingdom: Button Books.

DETAILED SYLLABUS: SEMESTER-IV

Semester - IV				
Course Code	Course	Subject	Type	Credit
MJPE07	Major	Yoga & Inclusive Education	Theory	4+0
MJPE08	Major	Yoga & Racket Sports	Practical	0+4
MJPE09	Major	Ball games-I Football & Volleyball	Practical	0+4
MJPE10	Major	Information Technology in Exercise & Sports	Theory	4+0
MNPE02	Minor(A)	New Horizons of Physical Education & Sports (Repeat)	Theory	4+0
AECC-4	Ability Enhancement Core Course	English/ Modern Indian Languages	Theory	2+0
		Total Credit	14+08=22	
	Internship		Practical	4

SEMESTER-IV

MJPE07: Yoga & Inclusive Education

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To understand the fundamental concepts of Yoga
2. To understand the therapeutic aspects of Yoga
3. To understand the concept of Inclusive Education
4. To gain insights on Inclusive Physical Education Programs.

UNIT-I: Introduction to Yoga

- 1.1. History and philosophy of yoga
- 1.2. Yoga philosophy
- 1.3. Schools of Yoga
- 1.4. Asana and its classification
- 1.5. Pranayama and its classification

UNIT-II: Yoga Therapy

- 2.1. Yoga as therapy from Indian tradition
- 2.2. Yoga for specific health conditions
- 2.3. Designing a yoga therapy session
- 2.4. Yoga for Special Population
- 2.5. Yoga for children and Senior Citizens

UNIT-III: Introduction to Inclusive Education

- 3.1. Definition and concepts
- 3.2. Importance and benefits of inclusive education
- 3.3. Government of India, Policies and frameworks for inclusive education
- 3.4. Curriculum adaptations and modifications
- 3.5. Universal Design for Learning (UDL)

UNIT-IV: Inclusive Physical Education Exercise and Sports Programs

- 4.1. Developing inclusive programs for schools and higher education system
- 4.2. Evaluation and assessment in inclusive Physical Education
- 4.3. Implementing inclusive sports programs
- 4.4. Adapted physical activities for diverse needs
- 4.5. Paralympic and special Olympic sports

Reference:

1. Asana, Pranayama, Mudra, Bandha, Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar, India
2. Asana, Swami Kuvalayananda, Kaivalyadhama S.M.Y.M Samiti, Lonavla, Pune, India
3. Pranayama, Swami Kuvalayananda, Kaivalyadhama S.M.Y.M. Samiti, Pune, India
4. The Science of Yoga-Taimini-Theosophical Publishing House, Adyar, Chennai

SEMESTER-IV

MJPE08: Yoga & Racket Sports

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objectives:

1. To educate and impart practical Knowledge about various Yogic techniques
2. To give basic knowledge about Badminton
3. To give basic knowledge about Table Tennis
4. To give basic knowledge about Tennis

Unit-I: Yogasana and Psychosomatic aspects of Yoga

- 1.1. Sukshma and Sthula vyayama and Suryanamaskar with Mantra chanting
- 1.2. Standing, Sitting, Supine and Prone lying Yogasana
- 1.3. Pranayama and Mudras
- 1.4. Kapalbahati, Trataka, Nauli and Kriya
- 1.5. Yoga Nidra, Pratyahara and Dhyana (Meditation)

Unit-II: Badminton

- 2.1. Grip: Forehand, Backhand, Universal.
- 2.2. Footwork: Two corners, Four Corners, Six Corners and Eight Corners.
- 2.3. Service: High lob service, Backhand low service, and Flick service.
- 2.4. Stroke: Forehand overhead toss, Forehand overhead drop.
- 2.5. Forehand overhead Smash, and Drive.

Unit-III: Table Tennis

- 3.1. Grip: Shake hand and Penhold.
- 3.2. Footwork: Movement with one leg (step out & step aside), Lateral footwork, Cross step and Running.
- 3.3. Service: Forehand and Backhand backspin, Forehand and Backhand sidespin, Forehand high toss and Backhand high toss sidespin.
- 3.4. Stroke: Forehand and Backhand drive.
- 3.5. Forehand and Backhand push, Forehand and Backhand topspin, Forehand and Backhand chop.

Unit-IV: Tennis

- 4.1. Grip: Eastern Backhand, Continental, Eastern forehand, Semi-western, Western, Double handed backhand.
- 4.2. Footwork: Ready position, Split step, Side shuffle, Cross step, and Transition.
- 4.3. Service: Flat service, Slice service, Kick Service and Underhand service.
- 4.4. Stroke: Forehand and Backhand ground stroke.
- 4.5. Forehand and Backhand volley, Overhead smash.

Reference:

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993.
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar, India. 2006.
3. Iyengar BKS. Light of Yoga, Harper-Collins Publisher, New Delhi, India, 2003.
4. Swami Satyananda Saraswati: Yoga Nidra, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar, India.
5. Swami Satyananda Saraswati: Meditation from the Tantra, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar, India.

SEMESTER-IV

MJPE09: Ball games-I: Football & Volleyball

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objectives:

1. To introduce students to the fundamental techniques of football and develop the skill proficiency.
2. To acquaint students with technical and practical knowledge & skills of football and gain proficiency.
3. To introduce students to the fundamental skills of volleyball and develop the skill proficiency.
4. To acquaint students with technical and practical knowledge & skills of volleyball and gain proficiency.

Unit-I: Football: Ball Familiarization, Receiving and Passing

- 1.1. Mastery of the ball, running with the ball, Turning and Scanning
- 1.2. Ground ball Receiving: Inside & outside of the foot, sole receive, directional receive (first touch)
- 1.3. Air ball receiving: Chest, Thigh, Instep, Inside & outside of the foot, directional receive (first touch)
- 1.4. Basic Pass: soft push & hard push pass, high driven pass & low driven pass.
- 1.5. Combination pass: direct & indirect pass, overlap & underlap pass, wall pass or give and go pass

Unit-II: Football: Dribbling, Shooting, Heading and Throwing Techniques

- 2.1. Dribbling: Feinting, Fake kick, Side role, La Croqueta, Stepping over the ball
- 2.2. Shooting: Instep drive, full, half volley, sideways volley, curve shot
- 2.3. Heading: Attacking & Defensive heading
- 2.4. Goal Keeping: Stance, W-grip, low ball catch, torso ball catch, highball using W grip, Diving
- 2.5. Throwing: rules & technique

Unit-III: Volleyball: Introduction, basic skills, Attacking and Blocking

- 3.1. History of Volleyball, Organizational set up FIVB, AVC and VFI
- 3.2. Basic rules and regulations, Court dimensions and Equipment, Construction and Maintenance of Volleyball Court
- 3.3. Pass: Overhead & Underhand, Service: Under Arm, Tennis & Floating, Side Roll, Forward Dive
- 3.4. Spiking: Approach, Jump and Swing mechanics, Basics of blocking, Types of blocking
- 3.5. Analysis of the game and scoring

Unit-IV: Volleyball: Organization of Competitions

- 4.1. Types of Competitions
- 4.2. Philosophy of Officiating
- 4.3. Specific Tests for Volleyball (Brady Volleyball Test)
- 4.4. Talent Identification
- 4.5. Selection of Players and Team Composition and basic team tactics

Reference:

1. Miller, B. (2005). The volleyball handbook. Human Kinetics.
2. Vuorinen, K. (2018). Modern volleyball analysis and training periodization.
3. Lenberg, K. (Ed.). (2006). Volleyball skills & drills. Human Kinetics.
4. American Volleyball Coaches Association. (2005). Volleyball Skills & Drills. Human Kinetics.
5. Papageorgiou, A., & Spitzley, W. (2003). Handbook for competitive volleyball. Meyer & Meyer Verlag.
6. Schmidt, B. (2015). Volleyball: steps to success. Human Kinetics.
7. Reilly, T. (2003.). Science and Soccer. UK: Taylor & Francis e-Library.
8. Sneyers, J. (2007). Soccer training: an annual programme. UK: Oxford: Meyer und Meyer, (UK) Ltd.,
9. Bat, A. H. (2010). Skills and strategies for coaching soccer. United States of America: Human Kinetics.

SEMESTER-IV

MJPE10: Information Technology in Exercise & Sports

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To apply basic principles of data collection and analysis in the context of exercise and sports science.
2. To identify different types of IT tools used in sports, including wearable technology, performance-tracking software, and data analysis platforms.
3. To critically analyze the ethical considerations surrounding data privacy and security in the sports industry, utilize technology to create individualized training programs and track progress.
4. To communicate research findings and athlete data effectively using technology tools.

Unit-I: Fundamentals of Computer and MS Office Applications in Exercise and Sports

- 1.1. Computer hardware, Types of Storage
- 1.2. Concept, Types & Functions of Computer Networks Internet and its application
- 1.3. MS Word: Main features & its use in Exercise and Sports
- 1.4. MS Excel: Main features & its use in Exercise and Sports
- 1.5. MS PowerPoint: Main features & its use in Exercise and Sports

Unit-II: Practical application of MS Office and Google products in Exercise and Sports

- 2.1. Creating a professional resume and drafting a cover letter for a job application.
- 2.2. Preparing a report on a sports event, and designing a brochure or flyer for a sports program.
- 2.3. Creating a budget for a sports team and fitness center, Tracking and analyzing fitness/sports data, developing a spreadsheet for inventory management of sports equipment, creating a scheduling tool for fitness classes/team practices and analyzing financial data for sports event and fitness program.
- 2.4. Developing a training program presentation for athletes or fitness enthusiasts, and designing an interactive presentation on sports science
- 2.5. Google docs, Google sheets, and Google Slides: Main features & its uses in Exercise and Sports

Unit-III: Introduction to IT in Exercise and Sports Science

- 3.1. Historical perspective of IT integration in exercise and sports science
- 3.2. Understanding the sports technology landscape
- 3.3. Benefits and limitations of using IT in exercise and sports
- 3.4. Ethical considerations in sports technology (data privacy, security, fairness)
- 3.5. Development of open-source website

Unit-IV: Technology-Enhanced Exercise and Sports Training

- 4.1. Types of wearable sensors used in exercise and sports (heart rate monitors, GPS trackers, accelerometers, Smart watch)
- 4.2. Data collection and analysis methods with wearables
- 4.3. Applications for wearables in training, performance monitoring, and injury prevention
- 4.4. Virtual reality (VR) and Augmented Reality (AR) applications in training
- 4.5. Mobile apps for personalized training programs, E-Sport, Artificial Intelligence (AI)

Reference:

1. Ratten, V. (2019). Sports technology and innovation. Cham: Springer Books, 95-111.
2. Agarwal, M. S. (2020). Fundamentals of Computer. SBPD Publishing House.
3. Maidasani, D. (2005). Learning Computer Fundamentals, Ms Office and Internet & Web Tech. Firewall Media.

SEMESTER-IV

MNPE02: New Horizons of Physical Education & Sports (Repeat)

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To acquaint students with knowledge of historical development of Physical Education & Sports.
2. To provide new perspectives in Physical Education and Sports.
3. To learn and apply the knowledge of Physical fitness and exercise management to lead quality life.
4. To understand and learn different dimensions of active lifestyle and wellness.

Unit-I: Concept and Background of Physical Education and Sports

- 1.1. Meaning, Definition and Importance of Physical Education and Sports
- 1.2. Aim and Objectives of Physical Education and Sports
- 1.3. Historical perspectives of Physical Education and Sports - a global view
- 1.4. Yoga, Vyam, Krida and Ancient Physical Education and Sports in India-Medieval age, British period till 1947 and post-Independence
- 1.5. Scope and career aspects of Physical Education and misconceptions.

Unit-II: Approaches to Physical Education and Sports Science

- 2.1. Physical Education and Sports Science an academic discipline and its multidisciplinary approaches.
- 2.2. Various sub- disciplines of Physical Education and Sport Science
- 2.3. Physical Education and Sports Pedagogy
- 2.4. Professional Sports and their recent avenues
- 2.5. Exercise and Sports for all

Unit-III: New horizon of Physical Education and Sports

- 3.1. Lifestyle and Physical Education and Sports (WHO: recommendations)
- 3.2. Traditional Exercise and Sport (UNESCO Intangible Cultural Heritage)
- 3.3. Recreation Exercise and Sports (UNESCO charter)
- 3.4. People with Disability application of Physical Education and Sports and Olympic games
- 3.5. Government of India schemes to promote Physical Education and Sports

Unit-IV Health, Fitness and Wellness

- 4.1. Concept and definition of Health, Fitness and Wellness
- 4.2. Dimension of Health and Wellness
- 4.3. Concept and components of Health-related Physical Fitness
- 4.4. Concept and components of Performance-related Physical fitness
- 4.5. Role of Physical Education and Sports in achieving health, fitness and wellness

Reference:

1. Deborah A. Wuest and Charles A. Bucher, Foundations of Physical Education and Sport, Friends Pub., New Delhi
2. Human Kinetics, Health and Wellness for Life, 2010, Human Kinetics. Inc, United States
3. Melvin H. Williams, Lifetime Fitness and Wellness W.C. Brown Publishers
4. ACSM, Manual of Health Fitness, American College of Sports medicine
5. Kamlesh M.L., Physical Education, Facts and foundations, Faridabad P.B. Publications.
6. Barrow Harold, M. Man and movements principles of Physical Education, 1978.
7. Ravanes R.S., Foundation of Physical Education, Houghton Millin Co. Boston USA (1978)
8. Singh Ajmer et.al., Essentials of Physical Education, Kalyani Publishers Ludhiana Second revised edition 2008.
9. Loy, Lohn W. and Kenyon, Gerald S. Sports Culture and Society (Philadelphia: The MacMillan Co. 1969).

DETAILED SYLLABUS: SEMESTER-V

Semester - V				
Course Code	Course	Subject	Type	Credit
MJPE11	Major	Exercise & Sports Physiology	Theory	4+0
MJPE12	Major	Exercise & Sports Psychology	Theory	4+0
MJPE13	Major	Ball game-II (Basketball & Hockey)	Practical	0+4
MNPE03	Minor(A)	Athletics & Ball Games	Practical	0+4
		Total Credit	08+08=16	
Third Year 120+04 = UG Degree				

SEMESTER-V

MJPE11: Exercise & Sports Physiology

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To enrich knowledge of the students about the human anatomy & physiology
2. To understand the function of the organ and systems of the human body
3. To understand the role and effect of exercise and sports on human body
4. To understand the effect of exercise on neuromuscular functions

Unit-I: Introduction of Anatomy, Physiology, Exercise and Sports Physiology

- 1.1 Meaning and Importance of Anatomy, Physiology, Exercise and Sports Physiology
- 1.2 Development of Anatomy, Physiology, Exercise and Sports Physiology.
- 1.3 Cell- Anatomy, Physiology and Types.
- 1.4 Tissues- Anatomy, Physiology and Types.
- 1.5 Human Organs and Systems

Unit-II: Systems

- 2.1. Muscular system
- 2.2. Role of exercise and training on muscular system
- 2.3. Skeletal System
- 2.4. Role of exercise and training on skeletal System
- 2.5. Reproductive System, Exercise and Sports

Unit-III: Exercise

- 3.1 Cardiovascular system
- 3.2 Role of exercise and training on cardiovascular system
- 3.3 Respiratory System
- 3.4 Role of exercise and training on respiratory system
- 3.5 Digestive system and Excretory system and Exercise and Sports

Unit-IV: Neuro

- 4.1 Nervous System and Neuropsychology
- 4.2 Role of exercise and training on the nervous system.
- 4.3 Endocrine System
- 4.4 Role of exercise and training on endocrine system
- 4.5 Immune System - Exercise and Sports

Reference:

1. Chatterjee CC. *Human Physiology*, CBS Publishers & Distributors Pvt Ltd
2. Fax EL. *Sports Physiology*. Tokyo: Holt Saunders. 1984
3. Hill AV. *Muscular Movement in man*. New York: Mc Graw Hill Book Co. 1927
4. McArdle WD, Katch FI, Katch VL. *Essentials of Exercise Physiology* 2nd ed Philadelphia: Lippincott Williams and Wikins. 2000
5. Pearce E. *Anatomy and Physiology for Nurses*, Oxford University Press, Kolkata. 1973

SEMESTER-V

MJPE12: Exercise & Sports Psychology

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To introduce students with basic concepts and knowledge of psychology.
2. To acquaint students with knowledge about psychological perspectives of sports
3. To make students understand about learning
4. To make students aware about psychological characteristics

Unit-I: Introduction to Psychology of Sports and its development

- 1.1 Meaning, definition, nature, and scope of Psychology and Sports Psychology
- 1.2 Importance and branches of Psychology and factor affecting Sports performance
- 1.3 Individual Difference: Meaning, definition and nature.
- 1.4 Meaning and definition of Heredity and Environment and their influence on Individual Difference.
- 1.5 Growth and Development: Meaning, definition, principles and stages of development

Unit-II: Learning

- 2.1 Meaning and Definition of learning
- 2.2 Types of Learning
- 2.3 Laws of Learning
- 2.4 Theories of Learning
- 2.5 Transfer of Training

Unit-III: Personality

- 3.1 Personality: Meaning, definition and nature.
- 3.2 Role of Physical activities and games and sports in the development of personality.
- 3.3 Types of personality
- 3.4 Theories of personality
- 3.5 Meaning of Play and its theories

Unit-IV: Motivation, Emotion, Anxiety & Stress:

- 4.1 Motivation and achievement Motivation: Meaning, definition, types and importance.
- 4.2 Theories of Motivation
- 4.3 Emotion: Meaning, definition, nature, Types of Emotion.
- 4.4 Anxiety: Meaning, types and its effect on sports performance.
- 4.5 Stress: Meaning, types and its effect on sports performance.

Reference:

1. Bucher Charles A, "Foundations of Physical Education", 8 th Ed., C. V. Mosby Co., St. Luis, 1978.
2. Cox, "Sports Psychology", Human Kinetics Publishers, Champaign, Illinois.
3. Kamlesh M. L, "Psychology in Physical Education and Sports", Metropolitan Book Co., New Delhi 1998

SEMESTER-V

MJPE13: Ball game-II: Basketball & Hockey

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objectives:

1. To make students practically sound on fundamental skills of Basketball game
2. To familiarize with rules of Basketball game
3. To make students practically sound on fundamental skills on game of Hockey
4. To familiarize with rules of game of Hockey

Unit-I:

- 1.1. History and Organization of Basketball,
- 1.2. Ball Handling, player stance, Passing and Receiving of basketball
- 1.3. Dribbling, Pivoting, Shooting
- 1.4. Cutting, Screening, Rebounding
- 1.5. Defense on the ball and off the ball

Unit-II:

- 2.1. Rules and Regulation of Basketball
- 2.2. Construction of Basketball court
- 2.3. Officiating in Basketball
- 2.4. Tournaments of Basketball
- 2.5. Awards in Basketball

Unit-III:

- 3.1. History and Organization of Hockey,
- 3.2. Dribbling: Forehand, Backhand, Rolling, Tapping, Indian Dribble, Arial Dribble
- 3.3. Push, Hit, Flick, Scoop
- 3.4. Parallel Pass, Diagonal Pass
- 3.5. Set Play: Penalty Corner, Penalty Stroke

Unit-IV:

- 4.1. Rules and Regulation of Hockey
- 4.2. Construction of Hockey Field
- 4.3. Officiating in Hockey
- 4.4. Tournaments of Hockey
- 4.5. Awards in Hockey

Reference:

1. Mitra S, Bandyopadhyay N and Das P. Basics of Basketball. Akanshya Publishing House, New Delhi, 2022.
2. Mitchell-Taverner, C. (2005). *Field hockey techniques & tactics*. Human Kinetics.
3. Anders & Myers (2008). *Field hockey: Steps to success*. Human Kinetics.

SEMESTER-V

MNPE03: Athletics & Ball Games

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objectives:

1. To introduce the students with fundamental techniques in Athletics events
2. To acquaint students with theoretical, technical and practical knowledge & skills of Athletics.
3. To introduce the students with skills in the Volleyball game.
4. To acquaint students with theoretical, technical and practical knowledge & skills of Volleyball game.

Unit-I: Fundamentals of Running and Jumping

- 1.1. Fundamentals of Running. Standing & Crouch Start techniques.
- 1.2. Long Jump: Approach, Take Off, Action in the air and Landing.
- 1.3. High Jump (Fosbury flop): Approach, Take Off, Bar Clearance Landing.
- 1.4. Rules of Running and Jumping events.
- 1.5. Layout of track & jumping arenas.

Unit-II: Throws

- 2.1 Shot put: Hold, Placement, Initial stance, Glide, Release stance, Release and Reverse
- 2.2 Discus Throw: Hold, Preliminary swing, Turn, Release stance, Release and Recovery
- 2.3 Javelin Throw: Grip, Carry, Withdrawal, Impulse, Release and Recovery
- 2.4 Rules of Throwing events.
- 2.5 Layout of Throwing arenas.

Unit-III: Introduction to volleyball

- 3.1 History of Volleyball
- 3.2 Court dimensions and Marking
- 3.3 Maintenance of Volleyball Court
- 3.4 Basic rules & Measurements
- 3.5 Equipment needed

Unit-IV: Basic Skills

- 4.1 Basic Players Stance, Footwork and Positioning, Overhead Pass, Underhand Pass & Side Roll
- 4.2 Service (Under Arm Service, Tennis Service)
- 4.3 Introduction to spiking, three step attack
- 4.4 Basics of Blocking
- 4.5 Rotation Order

Reference:

1. N. J. Dyson, G. H. (1963). The mechanics of athletics. London: Prentice Hall, University of London Press Ltd.
2. Mitra S, Bandyopadhyay N and Das P. (2022) Basics of Basketball. Akanshya Publishing House, New Delhi.
3. Miller, B. (2005). The volleyball handbook. Human Kinetics.
4. Vuorinen, K. (2018). Modern volleyball analysis and training periodization.
5. Lenberg, K. (Ed.). (2006). Volleyball skills & drills. Human Kinetics.
6. American Volleyball Coaches Association. (2005). Volleyball Skills & Drills. Human Kinetics.

DETAILED SYLLABUS: SEMESTER-VI

Semester - VI				
Course Code	Course	Subject	Type	Credit
MJPE14	Major	Exercise & Sports Biomechanics	Theory	4+0
MJPE15	Major	Exercise & Sports Sociology	Theory	4+0
MJPE16	Major	Ball games-III (Cricket & Handball)	Practical	0+4
MNPE03	Minor(A)	Athletics & Ball Games (Repeat)	Practical	0+4
		Total Credit	08+08=16	
	Internship		Practical	4

SEMESTER-VI

MJPE14: Exercise & Sports Biomechanics

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

- 3.1. To impart fundamental concept of mechanics
- 3.2. To impart knowledge on fundamental movement and underlying mechanical principles
- 3.3. To enable the students to learn the mechanical principles involved in Exercise and Sports
- 3.4. To enable the students to understand the application of mechanical principles in the Execution of Sports movement.

Unit-I:

- 1.1. Meaning and Definition of Exercise and Sports Biomechanics.
- 1.2. Importance of Exercise and Sports Biomechanics for Physical Education Teachers, Athletes, and Sports Coaches.
- 1.3. Terminology of Fundamental Movements.
- 1.4. Axes and Planes, Center of gravity, Line of gravity with their application in Exercise and Sports.
- 1.5. Coordinate systems, units of measurement, and their fundamental concepts.

Unit-II:

- 2.1. Types of motion: Linear motion, angular motion and general motion.
- 2.2. Linear Kinematics – Distance and Displacement, speed velocity and Acceleration
- 2.3. Angular kinematics – Angular Distance and Displacement, Angular Speed Velocity and Angular Acceleration.
- 2.4. Linear Kinetics – Inertia, Mass, Momentum, Friction.
- 2.5. Angular Kinetics – Moment of inertia, Torque, Stability

Unit-III:

- 3.1. Classification of Joints and Muscles
- 3.2. Types of Muscle Contractions
- 3.3. Fundamental concepts of the following terms- Angle of Pull, All or None Law, Reciprocal Innovation, Two-joint muscles
- 3.4. Location and action of major muscles at joints: Ankle, Knee, Hip, Wrist, Elbow, Shoulder
- 3.5. Newton's Laws of Motion and its application to Exercise and Sports.

Unit-IV:

- 4.1. Force - Meaning, definition, types, and its application to Exercise and Sports
- 4.2. Lever - Meaning, definition, types, and its application to Exercise and Sports
- 4.3. Projectile – Factors influencing projectile trajectory.
- 4.4. Work, Power, Energy
- 4.5. Mechanical analysis of Walking, Running, Jumping, Throwing, Lifting

Reference:

1. Bartlett, R. (2014). Introduction to sports biomechanics: Analyzing human movement patterns, Routledge.
2. Knudson, D. V., & Knudson, D. (2007). Fundamentals of biomechanics (Vol. 183). New York: Springer.
3. McGinnis, P. M. (2013). Biomechanics of sport and exercise. Human Kinetics.
4. McCaw, S. (2014). Biomechanics for dummies. John Wiley & Sons...
5. Blazevich, A. J. (2017). Sports biomechanics: the basics: optimizing human performance. Bloomsbury Publishing.

SEMESTER-VI

MJPE15: Exercise & Sports Sociology

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To introduce students to sociological perspectives on various issues related to sports.
2. To gain knowledge about the social processes, institutions, and social forces that shape one's life.
3. To acquaint students with culture and its connections
4. To introduce students the cross disciplinary connections

UNIT-I: Introduction to Sociology and Sociology of Sport:

- 1.1. Meaning, definition and characteristics of Sociology
- 1.2. Basic concepts: Society, Institutions, Community, Associations, Social groups,
- 1.3. Basic concepts: Social Action, Social process, social change, social control
- 1.4. Meaning & definition of sports and sociology of sports.
- 1.5. Importance of studying sports in society.

UNIT-II: Major theoretical perspectives in sociology of sports-

- 2.1. Functionalism
- 2.2. Conflict theory
- 2.3. Symbolic Interactionism
- 2.4. Feminist theory
- 2.5. Figurational sociology and sports

UNIT-III: Culture, Socialization, Gender, Social Class, Deviance

- 3.1. Culture: meaning, types & components of culture
- 3.2. Process of socialization through/into sports
- 3.3. Gender and sports: issues of fairness & equity, ideology & power
- 3.4. Social class, social stratification and sports participation
- 3.5. Deviance in sports

UNIT-IV: Cross-Disciplinary Connections & Sociological Research

- 4.1. Sports and Economy – emergence of commercial sports, its characteristics
- 4.2. Sports and Politics – Sports –Government connections, sports diplomacy
- 4.3. Sports and Media – two-way relationship, media construction of sports
- 4.4. Research in sociology of sports: multi-step process, use of three major theories
- 4.5. Methods of data collection: quantitative and qualitative approaches.

References:

1. Anthony Giddens and Philip W. Sutton. (2021). Sociology. Cambridge CB2 1UR, UK: Polity Press.
2. Coakley, J. (2009). Sports in Society. New York: Mc Graw Hill.
3. Craig, P. (2016). Sports Sociology. New Delhi: Sage Publications India Pvt Ltd.
4. Giulianotti, R. (2016). Sports: A Critical Sociology. Cambridge, UK: Polity Press.
5. Jarvie, G. (2006). Sports, Culture and Society. eBook: Routledge.
6. Jay Coakley & Eric Dunning. (2000). Handbook of Sports Studies. New Delhi: Sage publication Ltd.
7. Singh, B. (2004). Sports Sociology. New Delhi: Friends Publications.

SEMESTER-VI

MJPE16: Ball game-III: Cricket & Handball

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objectives:

1. Develop proficiency in fundamental cricket skills including batting, bowling, fielding, and running.
2. Acquire practical knowledge of fielding and wicketkeeping.
3. To make students practically sound on fundamental skills of Handball game
4. To familiarize with rules of Handball game

Cricket

Unit-I: Fundamental Skills and Techniques

- 1.1. Batting: Grip, Stance and Techniques and execution of backlift, Front foot and Back foot drive
- 1.2. Batting rules, Technique, and execution of Basic Shots: Cut, Pull and Sweep
- 1.3. Running and Communication between the Wickets and types of outs
- 1.4. Runup: Consistent, balanced, Rhythm and paced.
- 1.5. Bowling: Seam Bowling basic technique, alignment, and follow through

Unit-II:

- 2.1. Line and Length Control for Swing and spin Bowling
- 2.2. Catching Techniques: High, Low and Slip
- 2.3. Ground Fielding: Pickup and throw techniques, Approaching the ball and body positioning
- 2.4. Throwing Accuracy and Power: Techniques for accurate throws, Strengthening throws for distance
- 2.5. Wicketkeeping, Basic Stance and Movement: Foot work standing up and standing back

Handball

Unit-III:

- 3.1. History and Organization of Handball
- 3.2. Rules and Regulation of Basketball
- 3.3. Ball Handling, player stance, Passing and Receiving of Handball
- 3.4. Dribbling, Shooting and Penalty
- 3.5. Cutting, Screening Pivoting

Unit-IV:

- 4.1. Goalkeeping skills
- 4.2. Construction of Handball court
- 4.3. Officiating in Handball
- 4.4. Tournaments of Handball
- 4.5. Awards in Handball

Reference:

1. Mitra S, Bandyopadhyay N and Das P. (2022) Basics of Basketball. Akanshya Publishing House, New Delhi.
2. Maria L. Estriga, Team Handball: Teaching and Learning step-by-step: an instructional guide,
3. Sukhbir Singh, (2018) Basics of Team Handball, K.S.K. publisher and distributor, New Delhi.
4. Sopan E. Kangane, Team Handball, Nirali prakashan

SEMESTER-VI

MNPE03: Athletics & Ball Games (Repeat)

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objectives:

1. To introduce the students with fundamental techniques in Athletics events
2. To acquaint students with theoretical, technical and practical knowledge & skills of Athletics.
3. To introduce the students with skills in the Volleyball game.
4. To acquaint students with theoretical, technical and practical knowledge & skills of Volleyball game.

Unit-I: Fundamentals of Running and Jumping

- 1.1. Fundamentals of Running. Standing & Crouch Start techniques.
- 1.2. Long Jump: Approach, Take Off, Action in the air and Landing.
- 1.3. High Jump (Fosbury flop): Approach, Take Off, Bar Clearance Landing.
- 1.4. Rules of Running and Jumping events.
- 1.5. Layout of track & jumping arenas.

Unit-II: Throws

- 2.1. Shot put: Hold, Placement, Initial stance, Glide, Release stance, Release and Reverse
- 2.2. Discus Throw: Hold, Preliminary swing, Turn, Release stance, Release and Recovery
- 2.3. Javelin Throw: Grip, Carry, Withdrawal, Impulse, Release and Recovery
- 2.4. Rules of Throwing events.
- 2.5. Layout of Throwing arenas.

Unit-III: Introduction to volleyball

- 3.1. History of Volleyball
- 3.2. Court dimensions and Marking
- 3.3. Maintenance of Volleyball Court
- 3.4. Basic rules & Measurements
- 3.5. Equipment needed

Unit-IV: Basic Skills

- 4.1. Basic Players Stance, Footwork and Positioning, Overhead Pass, Underhand Pass & Side Roll
- 4.2. Service (Under Arm Service, Tennis Service)
- 4.3. Introduction to spiking, three step attack
- 4.4. Basics of Blocking
- 4.5. Rotation Order

Reference:

1. N. J. Dyson, G. H. (1963). The mechanics of athletics. London: Prentice Hall, University of London Press Ltd.
2. Mitra S, Bandyopadhyay N and Das P. (2022) Basics of Basketball. Akanshya Publishing House, New Delhi.
3. Miller, B. (2005). The volleyball handbook. Human Kinetics.
4. Vuorinen, K. (2018). Modern volleyball analysis and training periodization.
5. Lenberg, K. (Ed.). (2006). Volleyball skills & drills. Human Kinetics.
6. American Volleyball Coaches Association. (2005). Volleyball Skills & Drills. Human Kinetics.

Note:

Students studying BPES (04 year Under Graduate Programme in Physical Education and Sports, in VII and VIII Semesters will have TWO options, 'Without Research' and 'With Research'.

The student securing at least first division till VI semester will have the option to choose 'DIS: Dissertation' in VII Semester in leu of a subject or will have to take MJPEE22 as a subject.

Whereas in VIII Semester the 'DIS' will continue and Without Research students will study MJPEE23 and MJPEE24 as subjects.

Without Research			With Research		
Semester	Course Code	Subject	Semester	Course Code	Subject
VII	MJPEE22	Exercise & Sports Injury Management	VII	DIS	Dissertation
VIII	MJPEE23	1. Sports Journalism 2. Olympic Movement	VIII	DIS	Dissertation
	MJPEE24	1. Kinanthropometry 2. Sports Organization			

DETAILED SYLLABUS: SEMESTER-VII

Semester - VII				
Course Code	Course	Subject	Type	Credit
MJPE17	Major	Research methodology & Statistics in Physical Education & Sports	Theory	4+0
MJPE18	Major	Sports Specialization Practical (Athletics, Basketball, Cricket, Football, Gymnastics, Hockey, KhoKho, Kabaddi, Volleyball & Yoga)	Practical	0+4
MJPE19	Major	Exercise & Sports Training	Theory	4+0
MNPE04	Minor(A)	Training & Management in Sports	Theory	4+0
MJPEE22	Subject	Exercise & Sports Injury Management	Theory	4+0
		Total Credit	16+04=20	
Fourth Year 160+04 = Honours				

SEMESTER-VII

MJPE17: Research methodology & Statistics in Physical Education & Sports

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To familiarize students with the basics of research and the research process.
2. To enable the students to conduct research work and formulate problems.
3. To make students aware about ethical issues of research in physical education and sports
4. To completely describe a data set, using appropriate statistical techniques.

Unit-I: Introduction

- 1.1. Meaning, Need, Scope and Classification of research in Physical education and sports
- 1.2. Location and Criteria for selection of research problem
- 1.3. Limitation, Delimitation and Hypotheses (Research and Null Hypothesis)
- 1.4. Purpose of the literature review and the steps in the literature search
- 1.5. Ethical Issues in Research and qualities of a good Researcher

Unit-II: Method of Research

- 2.1. Analytical and Descriptive Research
- 2.2. Experimental Research: meaning, nature and importance
- 2.3. Variables and its types, Experimental Design: (Pre Experimental design, True Experimental design and quasi-Experimental design)
- 2.4. Sampling: Sample and Population. Types of Sampling: (Probability Methods: Systematic Sampling, Cluster Sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non-Probability Methods: Convenience Sample, Judgement Sampling, Quota Sampling.)
- 2.5. Guidelines for writing a Research proposal, Thesis, and dissertation format

Unit-III: Fundamental and Descriptive Statistics

- 3.1. Measures of central tendency (Mean, Median, Mode, and when to use them)
- 3.2. Measures of Variability (The Range, Quartile Deviation, Mean Deviation, Standard Deviation and Variance)
- 3.3. Frequency Distribution (Grouped and Ungrouped) and construction of frequency table
- 3.4. Normal Distribution, Properties of normal distribution
- 3.5. Basic Concepts: Type-I and Type-II Error, Level of Significance and Degree of Freedom, One-tailed and two-tailed tests, The P Value, Standard (z) Score, Formulation and testing of hypothesis.

Unit-IV: Inferential and Comparative Statistics

- 4.1. 't' test: Assumptions & Calculation of One Sample, Two Independent Sample, Two Dependent Sample
- 4.2. Analysis of variance: Assumptions & Calculation of ANOVA and ANCOVA
- 4.3. Post hoc tests for significance
- 4.4. Correlation and Scatter gram, multiple correlations Analysis (Rank order Correlation and Product Moment Correlation)
- 4.5. Chi-Square Test: Assumptions & Calculation of Chi-Square

Reference:

1. Thomas, J. R., Martin, P., Etnier, J. L., & Silverman, S. J. (2022). Research methods in physical activity. Human kinetics.
2. Jones, I. (2022). Research methods for sports studies. Routledge.
3. Patten, M. L. (2016). Understanding research methods: An overview of the essentials. Routledge.
4. Kothari, C. R. (2004). Research methodology.
5. O'Donoghue, P. (2013). Statistics for sport and exercise studies: An introduction. Routledge.
6. Albert, J., Glickman, M. E., Swartz, T. B., & Koning, R. H. (Eds.). (2017). Handbook of statistical methods and analyses in sports. Crc Press.

SEMESTER-VII

MJPE18: Sports Specialization Practical (Athletics, Basketball, Cricket, Football, Gymnastics, Hockey, KhoKho, Kabaddi, Volleyball & Yoga)

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Unit-I: Fundamentals of Games/Sports

- 1.1. History of the games/sports.
- 1.2. Measurements and Layouts of the fields/courts/grounds/apparatus etc.
- 1.3. Structure and Function of Governing bodies: International, National and State
- 1.4. Rules/Laws/Articles/ and regulations of the sports/games
- 1.5. Life history of outstanding Indian players in respective Games/Sports

Unit-II: Basic Skills/Techniques

- 2.1. General and Specific warming up exercises
- 2.2. Preparatory, main and follow-up phases
- 2.3. Progression of skill acquisition
- 2.4. Drills, ancillary and auxiliary exercises
- 2.5. Assessment of skill/technique performance

Unit-III: Tactics/Strategies

- 3.1. Games/Sports specific tactics/strategies
- 3.2. Preparation of game/competition plan
- 3.3. Playing formations and compositions of players in a team
- 3.4. Positional play
- 3.5. Development of tactical concept through Audio-Visual aids

Unit-IV: Fitness and Conditioning

- 4.1. Development of general and specific bio motor abilities in relation to games sports
- 4.2. Specific training programs
- 4.3. Administration of Physical Fitness tests
- 4.4. Administration of skill tests
- 4.5. Relaxation and recovery techniques

References:

1. Bompa T. (1999), Periodization- Theory and Methodology of Training (4th ed). Champaign, Illinois: Human Kinetics
2. Manilal KP. (2007), Science of strength training. Sports Publications, New Delhi
3. Singh H. (1999), Science of Sports Training. New Delhi. DVS Publication
- Uppal A.K. (1999), Sports Training. New Delhi. Friends Publication

Note: MJPE18 syllabus content should be taught with respect to the Units content of respective games/sports

SEMESTER-VII

MJPE19: Exercise & Sports Training

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To develop knowledge on basic and advance Sports Training methods
2. To understand the role of Exercise and Training in Sports
3. To give concept on load dynamics
4. To acquaint students about the indigenous means of training in sports

Unit-I:

- 1.1. Meaning, Definition and Importance of Sports Training.
- 1.2. Aim, Objectives of Sports Training
- 1.3. Characteristics of Sports Training
- 1.4. Principles of Sports Training
- 1.5. Concept of Conditioning, Warm up, Cooling down.

Unit-II:

- 2.1. Meaning of Load, overload, adaptation and supercompensation.
- 2.2. Factors and judgment of load.
- 2.3. Principles of load and adaptation.
- 2.4. Causes, symptoms, and remedial measures of overload.
- 2.5. Meaning, factors assist in the recovery process and phases of recovery.

Unit-III:

- 3.1. Endurance- Meaning, Types, Determinants and Methods of Developing Endurance.
- 3.2. Speed- Meaning, Types, Determinants and Methods of Developing Speed
- 3.3. Strength- Meaning, Types, Determinants and Methods of Developing Strength
- 3.4. Flexibility - Meaning, Types, Determinants and Methods of Developing Flexibility
- 3.5. Coordinative abilities: Meaning, Types, Determinants and Methods of Development

Unit-IV:

- 4.1. Meaning, types, Aim and Contents of periodization.
- 4.2. Meaning, types and principles of planning
- 4.3. Meaning, steps and principles of talent identification.
- 4.4. Concept of Competition,
- 4.5. Technical and Tactical Training.

References:

1. Bompa T. (1999), Periodization- Theory and Methodology of Training (4th ed). Champaign, Illinois: Human Kinetics
2. Manilal KP. (2007), Science of strength training. Sports Publications, New Delhi
3. Singh H. (1999), Science of Sports Training. New Delhi. DVS Publication
4. Uppal A.K. (1999), Sports Training. New Delhi. Friends Publication

SEMESTER-VII**MNPE04: Training & Management in Sports**

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To enrich knowledge of the students about Training in sports.
2. To enrich the knowledge of the students about Management in sports
3. To inculcate organizational skills
4. To develop managerial skills

Unit-I:

- 1.1. Meaning, Definition and Importance of Sports Training.
- 1.2. Aim, Objectives and Characteristics of Sports Training
- 1.3. Principles of Sports Training
- 1.4. Concept of Conditioning, Warm up, Cooling down
- 1.5. Load and Adaptation

Unit-II:

- 2.1. Endurance- Meaning, Types, Factors and Methods of Developing Endurance.
- 2.2. Speed- Meaning, Types, Factors and Methods of Developing Speed
- 2.3. Strength- Meaning, Types, Factors and Methods of Developing Strength
- 2.4. Flexibility - Meaning, Types, Factors and Methods of Developing Flexibility
- 2.5. Periodization

UNIT-III

- 3.1. Meaning, definition, nature and scope of Management
- 3.2. Elements of Sports Management
- 3.3. Concept & definition of Human Resource Management
- 3.4. Aim & objectives of Human Resource Management
- 3.5. Importance of Sports management

UNIT-IV

- 4.1. Care & maintenance of outdoor and indoor facilities
- 4.2. Importance of sports management
- 4.3. Equipment: types and Store management
- 4.4. Intramural and Extramural: meaning objective
- 4.5. Budget: meaning, purpose, type & basic principles of budget

Reference:

1. Singh A et al (2016). Essentials of Physical Education. Kalyani Publisher, New Delhi
2. Fink HH (2009). Practical Application in Sports Nutrition 2nd ed. Jones & Bartlett Publishers. Sudbury, Massachusetts.

SEMESTER-VII

MJPEE22: Exercise & Sports Injury Management

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To inform the students about the injuries specific to the sports
2. To enrich knowledge of the students about the first aid management of Sports Injury
3. To enrich knowledge about massage and physiotherapy
4. To enrich knowledge about rehabilitation and recovery

Unit-I: Fundamentals of sports injury

- 1.1. Meaning, Definition, and Importance of Sports Injury Management.
- 1.2. Development of Sports Injury Management.
- 1.3. Types, Causes and Remedial Measures of Sports Injuries.
- 1.4. Principles Pertaining to the Prevention of Sports Injuries.
- 1.5. First Aid for Sports injury.

Unit-II: Injury management

- 2.1. Skin injury and management
- 2.2. Bone injury and management
- 2.3. Muscle injury and Management
- 2.4. Nerve injury and management
- 2.5. Vascular injury and management

Unit-III: Massage and Physiotherapy

- 3.1. Meaning, Definition, History of Massage.
- 3.2. Methods and Classification of Massage.
- 3.3. Indication and Contraindication of Massage.
- 3.4. Meaning and importance of Physiotherapy.
- 3.5. Physiotherapy Modalities used for the management of sports injuries

Unit-IV: Rehabilitation

- 4.1. Meaning and Importance of Rehabilitation.
- 4.2. Components and Factors of Rehabilitation.
- 4.3. Rehabilitation Exercises.
- 4.4. Proprioceptive Neuromuscular Facilitation method
- 4.5. Principles of Proprioceptive Neuromuscular Facilitation method.

References:

1. Anderson MK and Parr G P. *Fundamentals of Sports Injury Management. 3rd edition.* Lippincott Williams and Wilkins. 2011
2. Bundy M and Leaver A. *Guide to Sports and Injury Management.* Churchill Livingstone. 2011
3. Gotlin R. *Sports Injuries Guidebook (2nd Edition).* Human Kinetics.2020

DETAILED SYLLABUS: SEMESTER-VIII

Semester - VIII				
Course Code	Course	Subject	Type	Credit
MJPE20	Major	Test & Measurement in Physical education	Theory	4+0
MJPE21	Major	Sports Coaching & Officiating (Athletics, Basketball, Cricket, Football, Gymnastics, Hockey, KhoKho, Kabaddi, Volleyball & Yoga)	Practical	0+4
MNPE04	Minor(A)	Training & Management in Sports (Repeat)	Theory	4+0
MJPEE23 MJPEE24	Subject	1. Sports Journalism 2. Olympic movement 3. Kinanthropometry 4. Sports organization (Any TWO)	Theory	8+0
		Total Credit	16+04=20	
	Internship		Practical	4

SEMESTER-VIII

MJPE20: Test & Measurement in Physical Education

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To acquaint the students with test, measurement, and evaluation in physical education and sports.
2. To make the student aware about the selection of test and its administration
3. To develop the concept of physical fitness and its assessment
4. To develop the ability of collection analysis and interpretation of data

UNIT-I: Introduction of Test, Measurement and Evaluation

- 1.1. Meaning and definition of Test, Evaluation and Measurement.
- 1.2. Need and Importance of measurement and evaluation in Physical Education and Sports.
- 1.3. Historical background and evolution of testing in physical education
- 1.4. Administration of Test – i) Pre-Testing ii) During Testing iii) After testing.
- 1.5. Methods of data collection (Indoor)

UNIT-II: Principles of Testing

- 2.1. Principles of evaluation
- 2.2. Criteria for test selection: i) Validity ii) Reliability iii) Objectivity and iv) Norms, Objectivity and standardization
- 2.3. Norm referenced and criterion referenced tests
- 2.4. Ethical considerations in testing
- 2.5. Hands-on practice in administering physical fitness tests

UNIT-III: Concept of physical fitness and motor fitness

- 3.1. Components of physical fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition
- 3.2. Field tests and laboratory tests
- 3.3. AAPHERD youth fitness.
- 3.4. Fitness Test – SAI, Khelo India Fitness Test in school
- 3.5. Real-life data collection and analysis

UNIT-IV: Sport specific skill tests

- 4.1. Russell Lange Volleyball Test
- 4.2. Johnson Basketball Test
- 4.3. Lockhart and McPherson Badminton Test
- 4.4. McDonald Soccer Test
- 4.5. Interpretation and application of test results in practical scenario

References:

1. Singh A et al (2016). Essentials of Physical Education. Kalyani Publisher, New Delhi
2. Fink HH (2009). Practical Application in Sports Nutrition 2nd ed. Jones & Bartlett Publishers. Sudbury, Massachusetts.

SEMESTER-VIII

MJPE21: Sports Coaching & Officiating (Athletics, Basketball, Cricket, Football, Gymnastics, Hockey, KhoKho, Kabaddi, Volleyball & Yoga)

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Practical**

Objective:

1. To acquaint the students about the specific features of Sports Coaching
2. To develop coaching related creativity among the students
3. To enrich the Knowledge of students about the mechanics of Officiating
4. To develop situational interpretation of rules and regulation

Unit-I: Practice of Coaching

- 1.1. Performing various coaching skills in simulated playing situation.
- 1.2. Conduct of general warm up and specific warm up
- 1.3. Exercise for development of games/sports specific biomotor abilities
- 1.4. Lessons on general warm up and specific warm up
- 1.5. Lessons on biomotor abilities

Unit-II: Techniques and Tactics

- 2.1. Practicing techniques in specific games/sports
- 2.2. Formation of games/sports specific drills for acquisition of mastery over the techniques
- 2.3. Practicing of Tactics related to the nature of the games/sports
- 2.4. Match analysis
- 2.5. Lessons on Techniques and Tactics

Unit-III: Practice of Officiating

- 3.1. Introduction of signals in officiating.
- 3.2. Use of whistle, flag and hand action
- 3.3. Fixture plotting and filling of Score sheet
- 3.4. Movement/Action of official during the games/sports
- 3.5. Practice of Officiating in simulated or actual competition and preparation match report

Unit-IV: Modalities of Officiating

- 4.1. Interpretation of rules book/Code of points/
- 4.2. Analysis and interpretation rules in live situation
- 4.3. Analysis and interpretation rules in digital platform
- 4.4. Implementation Micro coaching lesson plan in specific games/sports
- 4.5. Extramural participation for officiating and coaching

Note: Students will conduct 10 lessons on peer group or athletes of the skills, techniques, tactics and strategies as per sports discipline under the guidance and supervision of the concern subject teacher

References:

1. Bompa T. (1999), Periodization- Theory and Methodology of Training (4th ed). Champaign, Illinois: Human Kinetics
2. Singh H. (1999), Science of Sports Training. New Delhi. DVS Publication
3. Uppal A.K. (1999), Sports Training. New Delhi. Friends Publication

SEMESTER-VIII

MNPE04: Training & Management in Sports (Repeat)

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Objectives:

1. To enrich knowledge of the students about Training in sports.
2. To enrich the knowledge of the students about Management in sports
3. To inculcate organizational skills
4. To develop managerial skills

Unit-I: Introduction of Sports Training and Conditioning

- 1.1. Meaning, Definition and Importance of Sports Training.
- 1.2. Aim, Objectives and Characteristics of Sports Training
- 1.3. Principles of Sports Training
- 1.4. Concept of Conditioning, Warm up, Cooling down
- 1.5. Load and Adaptation

Unit-II: Development of Motor abilities

- 2.1. Endurance- Meaning, Types, Factors and Methods of Developing Endurance.
- 2.2. Speed- Meaning, Types, Factors and Methods of Developing Speed
- 2.3. Strength- Meaning, Types, Factors and Methods of Developing Strength
- 2.4. Flexibility - Meaning, Types, Factors and Methods of Developing Flexibility
- 2.5. Periodization

UNIT-III: Management of Sports

- 3.1. Meaning, definition, nature and scope of Management
- 3.2. Elements of Sports Management
- 3.3. Concept & definition of Human Resource Management
- 3.4. Aim & objectives of Human Resource Management
- 3.5. Importance of Sports management

UNIT-IV: Care and Maintenance of sports equipment and facilities

- 4.1. Care & maintenance of outdoor and indoor facilities
- 4.2. Importance of sports management
- 4.3. Equipment: types and Store management
- 4.4. Intramural and Extramural: meaning objective
- 4.5. Budget: meaning, purpose, type & basic principles of budget

Reference:

1. Singh A et al (2016). Essentials of Physical Education. Kalyani Publisher, New Delhi
2. Fink HH (2009). Practical Application in Sports Nutrition 2nd ed. Jones & Bartlett Publishers. Sudbury, Massachusetts.

SEMESTER-VIII

MJPEE23: 1. Sports Journalism, 2. Olympic movement 3. Kinanthropometry, 4. Sports organization (Any TWO)

Full Marks: **100 (80+20)**, Credit Point: **04**, Total Lectures/Week: **04**, Type: **Theory**

Sports Journalism

Objective:

1. To develop expertise related to the fundamental concepts of journalism and news.
2. To explain the students about the origin and evolution of journalism and mass media.
3. To synthesize a basic concept of reporting and editing.
4. To enumerate the varied aspects of advertising.

UNIT–1: Introduction to Journalism and Sports Journalism

- 1.1. Meaning and Definition of Journalism.
- 1.2. Meaning and Definition of Sports Journalism.
- 1.3. Ethics of Journalism.
- 1.4. Sports Ethics and Sportsmanship.
- 1.5. Role of Journalism in the Field of Physical Education and Sports.

UNIT–2: Sports Bulletin

- 2.1. Concept and Types of Sports Bulletins.
- 2.2. Structure of Sports Bulletin.
- 2.3. Compiling a bulletin.
- 2.4. Sports organization and sports journalism.
- 2.5. National and International Sports News Agencies.

UNIT–3: Mass Media

- 3.1. Mass Media in Journalism and Types of Mass Media (Print, electronic and Folk media)
- 3.2. Sports coverage in different types of media.
- 3.3. Advantages of sports coverage for sports persons.
- 3.4. Role of media on the image of sports.
- 3.5. Sports News Agencies & Sports Broadcasting Channels.

UNIT–4: Sports Reporting and Writing

- 4.1. News Values for Sports Reporting and Writing.
- 4.2. Types and techniques of writing sports stories
- 4.3. Preparing report of an Annual Sports Meet for Publication in Newspaper.
- 4.4. Sports Photography: Equipment, Editing, Publishing and Uploading.
- 4.5. Types of Interviews for News Gathering.

Reference:

1. Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi: Surjeet Publications
2. Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Pub.
3. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haran and Publication
4. Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
5. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
5. Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Pub
6. Craig, S. (2002). Sports Writing: A Beginners Guide. Shoreham, VT: Discover Writing Press.

2. Olympic movement

Objective:

1. To develop social aim to be realized through systematic analysis and understanding of Olympic participation
2. To develop interest and competence of life time participation in games and sports.
3. To develop interest for games and sports as a cultural heritage
4. To develop social qualities such as cooperation and sportsmanship.

Unit–I: Origin of Olympic Movement

- 1.1. The early history of the Olympic movement
- 1.2. Philosophy and Goals of Olympic movement
- 1.3. Importance of Olympic Games.
- 1.4. Composition and general organization of the Olympic Movement.
- 1.5. The significant stages in the Revival of the modern Olympic Games.

Unit–II: Modern Olympic

- 2.1. Celebration, Organization and Administration of the Olympic Games.
- 2.2. Olympic Symbols, Flag, Motto, Emblems, Anthem, Flame and Torch
- 2.3. Opening, Closing & Victory Ceremony.
- 2.4. Olympic Code of Ethics
- 2.5. Journey of India in Olympics: Pre and Post-Independence

Unit–III: Structure of Olympic Movement

- 3.1. International Olympic Committee (IOC) - Mission and role, Olympic Congress.
- 3.2. Composition of the IOC – Eligibility, recruitment, election, admittance and status of IOC members.
- 3.3. The IOC Executive Board, IOC commissions, IOC Ethics Commission.
- 3.4. The International Federations (IFs): Mission and role.
- 3.5. The National Olympic Committees (NOCs): Mission and role.

Unit–IV: Indian Olympic Association (IOA)

- 4.1. Historical Overview Objectives of IOA.
- 4.2. Organizational Structure of IOA.
- 4.3. Executive Council of IOA: Powers, functions and duties.
- 4.4. Important National and International Sporting Events under Olympic Movement.
- 4.5. Olympic Games: Summer, Winter, Paralympics and Youth

References:

1. Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.
2. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic
3. Mohammad Osim. (2020). Olympic Movement (2nd ed.). Sports Publication.

3. Kinanthropometry

Objectives:

1. To gain basic knowledge about the concept and history of Kinanthropometry and its application in the field of sports.
2. To learn specific methods to measure and analyze the Anthropometric parameters.
3. To acquaint students with the stages of growth and development and the role of growth and development in the normal life pattern and in the identification of talent in sports.
4. Basic understanding of the concept of posture and postural deformities.

Unit-I: Fundamentals of Kinanthropometry

- 1.1. Meaning & definition of Kinanthropometry
- 1.2. Importance and scope of Kinanthropometry
- 1.3. Role of Kinanthropometry in the field of sports and Talent Identification
- 1.4. Different Methods applied in Kinanthropometry: Underwater weighing and plethysmography, Dual-energy x-ray absorptiometry, Skinfold thickness, Bioelectrical Impedance Analysis
- 1.5. Simple indices of fatness, muscularity, and fat distribution

Unit-II: Anthropometric Measurement

- 2.1. Anthropometric Landmarks and Measurement, Stature, Sitting Height, Body Mass, Armspan
- 2.2. Skinfold measurements: Technique and Computation and Skinfold sites: Cheek, Chin, Pectoral, Axilla, Abdomen, Iliac Crest, Supraspinale, Subscapular, Triceps, Biceps, patella, Mid-thigh, Proximal Calf, Medial Calf
- 2.3. Length and height measurements: Acromiale-Radiale length, Radiale-Stylian length, Mid-stylian-Dactylion length, Tibiale Laterale Length, Foot length, Tibiale Mediale-Sphyrion Tibiale height, Iliospinale height, Trochanterion height, Trochanterion- Tibiale Laterale Height.
- 2.4. Breadth measurements: Biacromial, Biiliocrystal, Transverse Chest, Anterior-Posterior Chest Depth, Bipicondylar Humerus, Wrist, Hand, Bipicondylar Femur, Ankle, Foot.
- 2.5. Girth measurements: Head, Neck, Arm (relaxed & flexed), Forearm, Wrist, Chest, Waist, Omphalion, Gluteal, Thigh, Mid-Thigh, Calf, Ankle.

Unit-III: Somatotype

- 3.1. Somatotyping: Meaning & History
- 3.2. Classification: Sheldon & Heath-Carter: Ectomorphy, Mesomorphy, Endomorphy
- 3.3. Assessment: Anthropometric & Photoscopic somatotype
- 3.4. Somatochart & its application in Sports
- 3.5. Case studies of athletes with different somatotypes

Unit-IV: Growth and Development

- 4.1. Meaning, and Importance of Growth and Development
- 4.2. Application of Growth and Development in the Field of Sports
- 4.3. Stages of Human Growth
- 4.4. Concept of Aging, Chronological age, biological age, dental age
- 4.5. Concept of Posture, Postural Deformities – Types and Causes (Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot),

References:

1. Norton, K., & Eston, R. (Eds.). (2019), Kinanthropometry and exercise physiology, London, UK: Routledge.
2. Preedy, V. R. (Ed.). (2012), Handbook of anthropometry. Springer Science & Business Media.
3. Norton, K. I. (2018), Standards for anthropometry assessment. In Kinanthropometry and exercise physiology, Routledge.
4. Sutton, L., & Stewart, A. (2012), Body composition in sport, exercise and health. Abingdon: Routledge.

4. Sports organization

Objectives:

1. To know about the function and responsibilities of State body Sports Association.
2. To know the vision and mission of the Association of Indian Universities.
3. To become aware about the function and responsibilities of (SAI) Sports Authority of India.
4. To understand the function of Indian Sports federations

Unit-I: State Sports Association

- 1.1. Structure of the State Sports Association.
- 1.2. Function of the State Sports Association
- 1.3. Organizational Setup of the State Sports Association
- 1.4. Tournaments/ Competitions organized by the State Sports Association
- 1.5. Jurisdiction of the State Sports Association

Unit-II: National Sports Federation

- 2.1. Structure of the National Sports Federation.
- 2.2. Function of the National Sports Federation
- 2.3. Organizational Setup of the National Sports Federation
- 2.4. Major Tournaments/ Competitions organized by the National Sports Federation
- 2.5. Jurisdiction of the National Sports Federation

Unit-III: National governing bodies of sports

- 3.1. Ministry of Youth Affairs and Sports (MYAS)
- 3.2. Association of Indian Universities (AIU)
- 3.3. Sports Authority of India (SAI)
- 3.4. Major Tournaments and trophies
- 3.5. Sports scholarships by national governing bodies

Unit-IV: Sports Schemes, awards and infrastructure of India.

- 4.1. History and origin of Sports schemes of India
- 4.2. Major Sports schemes of India
- 4.3. Major Sports Awards
- 4.4. Stadiums and structures
- 4.5. Organizational layouts of games/sports specific officials

References:

1. "Sports Governance in India" by Boria Majumdar.
2. "Indian Sports: Governance, Policy, and Politics" by K. P. Mohan
3. "Sports Administration in India" by P. K. Subramanian
4. "State Sports Administration: A Study" by S. S. Bhatia
