

DEBRA THANA SAHID KSHUDIRAM SMRITI MAHAVIDYALAYA (AUTONOMOUS)

Chakshyampur, Debra, West Bengal, Pin- 721124



PROPOSED CURRICULUM AND SYLLABUS OF

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

4-YEAR SINGLE MAJOR UNDERGRADUATE PROGRAMME *(w.e.f.: Academic Year 2025-2026)*

Based on

**Curriculum & Credit Framework for Undergraduate
Programme**
(CCFUP), 2025 & NEP - 2020

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BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

Level	YR.	SEM	Course Type	Course Code	Course Title	Credit	L-T-P	Marks			
								CA	ESE	TOTAL	
B.A (Honours)	1 st	I	SEMESTER-I								
			Major-1	PEDSMJ01	T: Foundation and History of Physical Education and Sports	4	3-1-0	15	60	75	
			SEC	PEDSSEC01	P: Formal Activities	3	0-0-3	10	40	50	
			AEC	AEC01	Communicative English-1 (<i>common for all programmes</i>)	2	2-0-0	10	40	50	
			MDC	MDC01	Multidisciplinary Course-1 (<i>to be chosen from the list</i>)	3	3-0-0	10	40	50	
			VAC	VAC01	ENVS (<i>common for all programmes</i>)	4	2-0-2	50	50	100	
			Minor-1 (Disc.-1)	PEDSMI01	T: Historical Background of Physical Education & Sports and Yoga Education (<i>To be opted by the students of other Disciplines</i>)	4	3-1-0	15	60	75	
		Semester-I Total					20				400
		II	SEMESTER-II								
			Major-2	PEDSMJ102	T: Management of Physical Education and Sports	4	3-1-0	15	60	75	
			SEC	PEDSSEC02	P: Athletics	3	0-0-3	10	40	50	
			AEC	AEC02	MIL-1 (<i>common for all programmes</i>)	2	2-0-0	10	40	50	
			MDC	MDC02	Multi-Disciplinary Course-02 (<i>to be chosen from the list</i>)	3	3-0-0	10	40	50	
			VAC	VAC02	VAC-02 (<i>to be chosen from the list</i>)	4	4-0-0	10	40	50	
			Minor-2 (Disc.-2)	PEDSMI02	T: Historical Background of Physical Education & Sports and Yoga Education (<i>To be opted by the students of other Disciplines</i>)	4	3-1-0	15	60	75	
		Summer Intern.	CS	Community Service	4	0-0-4	-	-	50		
		Semester-II Total					24				400
		TOTAL of YEAR-1					44	-	-	-	800

MJ= Major, MI = Minor Course, SEC = Skill Enhancement Course, AEC = Ability Enhancement Course, MDC = Multidisciplinary Course, VAC = Value Added Course; CA= Continuous Assessment, ESE= End Semester Examination, T = Theory, P= Practical, L-T-P = Lecture-Tutorial-Practical, MIL = Modern Indian Language, ENVS = Environmental Studies, IA= Internal Assessment.

Program Outcomes (Attribute Wise)

- 1. *Disciplinary Knowledge and Skills:*** The organization of physical and sports activities will develop sense of discipline in the students.
- 2. *Skilled Communicator:*** Neuromuscular learning and activation requires good communicable skills on the part of the leader organizing them, which shall be developed in the students in course of their graduation program. Ability will be developed to express thoughts and ideas effectively, demonstrate the ability to listen carefully, read and write analytically, and present complex information in a clear and concise manner to different groups. Skills will be developed in verbal and non-verbal communication, preparation and presentation of documents/reports/PPTs. Skills of interpersonal communication and ability to work with diverse population groups, able to use ICT in a variety of learning situations, demonstrate ability to access, evaluate, and use a variety of relevant information sources and develop digital literacy as applicable to the professional needs will also be developed.
- 3. *Critical Thinker and Problem Solver:*** Ability to employ critical thinking and efficient problem solving skills through development of new strategies are expected attributing factors.
- 4. *Sense of Inquiry:*** Capability for asking relevant/appropriate questions relating to the issues and problems in the field of physical education, fitness and rehabilitation.
- 5. *Leadership:*** The orientation in organization of health and sports promoting physical activities develops appropriate leadership capabilities in the students.
- 6. *Skilled Manager:*** Increasing the Capability of identifying or mobilizing appropriate resources required for organizing fruitful training and coaching programme for athletes of various sports.
- 7. *Digitally Literate:*** Increasing the Capability of using computer for keeping the health related data base of the trainees. Formulating appropriate training programme for individuals as per their need. Capable of employing modern library search tools to locate, retrieve, and evaluate Physical Education& Sports related information.
- 8. *Ethical Awareness and Reasoning:*** Avoiding unethical behavior and promoting fair play. Discouraging the use of drugs for performance enhancement. Promoting sports for the development of all round personality of the participants.
- 9. *Lifelong Learners:*** Increasing the Capability of self-paced and self-directed learning aimed at personal development.
- 10. *Pursuit of Excellence:*** To have a positive attitude towards developing one's own potentials (both biological & cultural) and talents.
- 11. *Respect for Diversity:*** To develop empathy with other's views and needs as well as respect for their elder's opinion, race or religion and also able to value different cultures and traditions.
- 12. *Sense of Justice and Equity:*** To develop ability to recognize social justice and act justly; to have a sense of fairness in life especially in sporting situation.
- 13. *Cooperation and Team Work:*** To develop ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group and or a team in the interests of a common cause and work efficiently as a player.

SEMESTER- I

Course Type – MAJOR -1

Course Code: A/PEDS/101/MJ-1

Course Title: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION AND SPORTS

Full Marks = 75 {ESE: 60: IA: 10 CA: 5}

Examination Duration: 3 Hours

Contact Hours per week: 4 hrs

(Credit- 4)

COURSE OUTCOMES-

- ✓ *Understand the meaning, definitions, scope, Aim, and objective of Physical Education.*
- ✓ *Understand the Misconception and modern concept of Physical Education and need and importance of Physical Education.*
- ✓ *To understand Biological, Philosophical, Psychological and Sociological factors that make foundation of Physical Education.*
- ✓ *To build up concept regarding Historical background and events of Physical Education*

Major-1T: Foundation and History of Physical Education and Sports

Credits: 04

Course Contents:

Unit-1: Introduction

- 1.1 Meaning, Definitions, Nature and Scope of Physical Education and Sports
- 1.2 Aims and Objectives of Physical Education and Sports, Relationship of Physical Education and Sports with General Education
- 1.3 Misconceptions and Modern Concepts of Physical Education, Physical Education as an Art of Science
- 1.4 Needs and Importance of Physical Education and Sports in Modern Society

Unit-II: Biological, Philosophical Psychological and Sociological Foundations

2.1 Biological Foundation –

Growth and Development: Meaning and Definition of Growth and Development, Factors Affecting Growth and Development, Differences between Growth and Development, Principles of Growth and Development

Body Types: Classification of Body Type. Relationship of Body Type and Sports Performance

Age: Chronological Age, Anatomical Age, Physiological Age and Mental Age and their Role in Physical Education and Sports

2.2 Philosophical Foundation - Concept of School of Philosophy, Naturalism, Pragmatism, Idealism and Realism and their Role of Different School of Philosophy in Physical Education and Sports

2.3 Psychological Foundation - Concept of Learning, Learning Curve, Laws and Theories of learning, Types of Learning, Factors Affecting Learning, Concept and Relationship of Motivation, Emotion, Self-Concept. Anxiety, Personality in Relation to Physical Education and Sports

2.4 Sociological Foundation - Concept of Socialization, Socialization through Physical Education and Sports, Role of Games and Sports in National and International Integration, Sports Ethics

Unit-III: Historical Development of Physical Education and Sports in light of Indian Knowledge System (IKS).

3.1 Historical Development of Physical Education and Sports in India in Light of Indian Knowledge System: Pre-Independence Period and Post-Independence Period, Historical Development of Physical Education and Sports with Special Emphasis on West Bengal

3.2 Sports Awards: Arjuna Award, Dronacharya Award, Dhyanchand Award, Rashtriya Khel Protsahan Puruskar, Life Time Achievement Award, Khira Guru Somman, Banglar Gourav Puraskar, Khel Somman

3.3 Recognised Physical Education Teachers' Training Institutions in West Bengal.

3.4 Famous Personalities in Physical Education and Sports: Friedrich Ludwig Jahn, H.C. Buck, James Buchanan and P.M. Joseph, National Institutes of Professional Preparation in Physical Education and Sports: YMCA, LNIPE, IGIPSS. SAI.

Unit-IV: Olympic Movement, Commonwealth, SAF and Asian Games

4.1 Concepts of Olympics; History of Ancient Olympic Games

4.2 Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Olympic Village, Prizes, Opening, Victory and Closing Ceremony

4.3 Historical Background of the Commonwealth, SAF and Asian Games

4.4 Analysis of Indian Sports Performance in: Modern Olympic, Commonwealth and Asian Games

QUESTION PATTERN END SEMESTER EXAMINATION

Descriptive Type			IA	CA	Grand Total
Number of Question to Be Answered			Total		
02 Mark Question	05 Marks Question	10 Marks Question			
10 Out of 15	4 Out of 6	2 Out of 4	60	10	05
10X2=20	4X5=20	2X10=20			
					75

SUGGESTED READINGS:

1. Kamlesh, M. L. & Singh, M. K. (2006) Physical Education (Naveen Publications).
2. Lau, S.K. (1999), Great Indian players, New Delhi, Sports Publication
3. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.
4. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
5. Shaffer, D.R. (2002) Developmental Psychology: Childhood and Adolescence. Thomson, Sydney, Australia
6. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
7. Singh, A. et al. (2000) Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
8. Wuest, D.A. & C.A. Bucher (2006) Foundations of Physical Education, Exercise Science, and Sports. McGraw Hill Companies, Inc., New York, USA.
9. Sharma, N.P.(2009), Sports History, KSK Publisher & Distributors, New Delhi – 110002
10. Bhattacharyya, A.K. (2012), Dimensions of Physical Education: Principles, Foundations Interpretations, Classique Books, Kolkata-12
11. কর, শুভ্রত এবং মণ্ডল, ইন্দ্রনীল (২০১০), উচ্চতর শারীরশিক্ষা, শারীরশিক্ষা প্রকাশনী, সিউড়ি, বীরভূম।
12. কর, শুভ্রত, শারীরশিক্ষার ভিত্তি ও ইতিহাস, ক্লাসিক বুক, কলকাতা-১২
13. কয়াল রাজর্ষি, শারীরশিক্ষার বুনয়াদ ও ইতিহাস (২০২২), ক্লাসিক বুক, কলকাতা ১২

SKILL ENHANCEMENT COURSE (SEC)

Course Type – SEC-1

Course Code: A/PHES/102/SEC-1

Course Title: FORMAL ACTIVITIES

Full Marks = 50 {ESE (Practical): 40: IA: 5 CA: 5}

Contact Hours per week: 6 hrs

(Credit- 3)

FORMAL ACTIVITIES: FIELD PRACTICAL

Credit: 03

(FULL MARKS: 40)

1. Compulsory:

i) Marching

----- 14 marks

Command, Stand at Ease, Stand Easy, Attention, Turning: Right Turn, Left Turn, About Turn, Half Right Turn, Half Left Turn. Fall-in a Single Line, Fall-in Three Ranks. By the Right Number, Right Dress, Mark Time, Open Order March, Close Order March, Forward March/Quick March, Right Turn at the March, Left Turn at the March, About Turn at the March, Slow March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss Ceremonial Flag Hoisting and Down, Folding the Flag, Flag Marching and Hand over.

ii) Callisthenics:

----- 10 marks

At least 08 exercise with the involvement of different major muscles and joints by 16 counts.

2. Optional (Any two):

----- 2X8= 16 marks

i) Apparatus Drills under Indian Knowledge System:

Any 02 Apparatus drill (Indian Club/Dumbbell/Lezium)

ii) Aerobics:

At least any 08 exercises with the involvement of different limbs

iii) Folk Dance in relation with Indian Knowledge System:

Any 01 regional Folk Dance with group demonstration (Bratachari/ Local Dance)

SUGGESTED READING:

1. Kayal, R. Sarir Siksha Buniad O Itihas. Clasiq Books. Kolkata
2. Debnath M (2007), Basic Core Fitness Through Yoga And Naturopathy. Sports Publication
3. Pande P. K. and Pramanik Tarak Nath
4. Sharma Jai Prakash and Rathore Bhupender Singh (2007), Yoga Ke Tatva, Friends Publication
5. Sharma JP and Ganesh S (2007), Yog Kala Ek Prichya. Friends Publication. New Delhi
6. Kar, S. Mahavidyalayastare Sarirsiksha. Clasiq Books. Kolkata
7. Kayal, R. Yog Siksha. Clasiq Books. Kolkata
8. Kar, S. & B. A.K. Sishoy Sarirshiksha. Clasiq Books. Kolkata.
9. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
10. Bandopadhyay, K. Sarir Siksha Parichay, Classic Books, Kolkata.

SEMESTER- II

Course Type – MAJOR-2

Course Code: A/PHE/201/MJ-2

Course Title: MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS

Full Marks = 75 {ESE Marks: 60: IA: 10 CA: 5}

Examination Duration: 3 Hours

Contact Hours per week: 4 hrs

(Credit- 4)

COURSE OUTCOMES-

- ✓ Know sports management and employ principles of strategic planning, and financial and human resource management.
- ✓ Assess marketing needs and formulate short term and long term solutions.
- ✓ Develop critical thinking in analysing sport management issues and in managerial planning and decision making.
- ✓ Able to organize recreational camp and activities.

Major-2T: Management of Physical Education and Sports

Credits: 04

Course Contents:

Unit-1: Introduction of Management of Physical Education and Sports

- 1.1 Meaning, Definition, Aim, Objectives, Nature and Scope of Management of Physical Education and Sports
- 1.2 Importance of Management of Physical Education and Sports, Principles and Practices of Management of Physical Education and Sports
- 1.3 Qualities, Duties and Responsibilities of Physical Education & Sports Manager
- 1.4 Leadership: Definition, Types/Forms and Principles, Qualities of a Good Leader in Physical Education and Sports

Unit-II: Management of Physical Education and Sports

- 2.1 Concept of Planning for Management and Factors Affecting Planning, Management of Physical Education Programs and Games & Sports Meet in School, College and University,
- 2.2 Tournaments: Meaning, Definition and Types: Knock-out, League, Combination, Challenge, Procedure for Preparation of Fixture, Merits and Demerits of Knock-Out, League and Combination Tournaments
- 2.3 Method of Organizing Annual Indoor and Outdoor Physical Education Programs and Play Day
- 2.4 Methods for Organising Intramural and Extramural Competition, Aims and Objectives of Intramural and Extramural Competition

Unit-III: Sports Organization and Equipment Management

- 3.1 Structure and Functions of Recognised Sports Organisations of Sub-division, District and State levels (School and Open), Sports Authority of India (SAI), University Sports Board/Council and All India University (AIU)
- 3.2 Care and Maintenance: Store Room, Stock Register, Daily Issue Register; Gymnasium and Play Fields
- 3.3 Time Table: Meaning, Definition, Importance and Factors
- 3.4 Purchase List of Consumable and Non-consumable Sports Goods and Equipments for the Department of Physical Education and Sports, Procedure to Purchase Sports Goods and Equipments for the Department of Physical Education of Sports, Maintenance and Issuing of Sports Equipment's and Register

Unit-IV: Financial Management and Sponsorship

- 4.1 Financial Management: Meaning, Definition, Need and Importance
- 4.2 Budget: Meaning, Definition, Importance, Criteria, Principles; Steps for Preparing a Good Budget in Physical Education and Sports
- 4.3 Sports Sponsorship: Meaning, Aim, Objectives, Trends, Process
- 4.4 Sports Promotion: Meaning, Means and Methods: Funding Agencies, Types, Procedure of Communication with the Agencies

QUESTION PATTERN
END SEMESTER EXAMINATION

Descriptive Type			IA	CA	Grand Total	
Number of Question To Be Answered						Total
02 Mark Question	05 Marks Question	10 Marks Question	60	10	05	
10 Out of 15	4 Out of 6	2 Out of 4				
10X2=20	4X5=20	2X10=20				

SUGGESTED READINGS:

1. Nanda, S.M. Sports Management, Friend Publications, New Delhi.
2. Paul, A. Sarirsikshay Management, Classic Publishers, Kolkata.
3. Bucher, C. A. Administration of Physical Education and Athletic Programme. St. Louis: The C.V. Mosby Co.
4. Broyles, F. J. & Robert, H. D. Administration of Sports, Athletic Programme: A Managerial Approach. New York: Prentice Hall Inc
5. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
6. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication
7. Kar, S. & Santra, D.C. (2018): Snatak Sarirs iksha Porichaya (Vol.-1), Santra Publication, Kolkata
8. Bandopadhyay, K. Sarir Siksha Parichay, Classic Books, Kolkata

SKILL ENHANCEMENT COURSE (SEC)

Course Type – SEC-2

Course Code: A/PHES/202/SEC-2

Course Title: ATHLETICS

Full Marks = 50 {ESE (Practical) Marks: 40: IA: 5 CA: 5}

Contact Hours per week: 6 hrs

(Credit- 3)

ATHLETICS: FIELD PRACTICAL

Credit: 03
(FULL MARKS: 40)

1) Track Events: All Running Events

----- 2x8=16 marks

FOR EXAMINATION PURPOSE:

Attempt any two events from the following (A and B or C)–

(Evaluation may be done on the basis of techniques and performance).

A. Running Events :

- i. 01 from sprinting event
- ii. 01 from middle distance run
- iii. 01 from long distance run

- Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block
- Acceleration with proper running techniques, maintenance of speed endurance ability, etc.
- Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug

B. Relay Race: Starting, Baton Holding/Carrying. Baton Exchange in between Zone and Finishing

C. Hurdles

2) Field Events:

FOR EXAMINATION PURPOSE:

Attempt any two events from jumping events and any two events from throwing events–

Any events should be selected by student of their own choice

(Evaluation may be done based on techniques and performance).

Jumping Events:

----- 2x6=12 marks

- a) Long Jump: Approach Run, Take-off, Flight in the Air (Hang Style/Hitch Kick) and Landing
- b) High Jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing
- c) Triple Jump: Approach Run, Take-off, Flight in the Air and Landing

Throwing Events:

----- 2x6=12 marks

- d) Discus Throw: Holding the Discus, Initial Stance, Primary Swing. Turn, Release (Rotation in the Circle) and Recovery
- e) Shot Put: Holding the Shot, Placement, Initial Stance, Glide. Delivery Stance and Recovery (Perry O'Brien Technique)
- f) Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride)

SUGGESTED READINGS:

1. Sil, P. Track and Field, Clisique Books, Kolkata.
2. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
3. Bandopadhyay, K. Sarir Siksha Parichay, Classique Publishers, Kolkata.
4. Petipus, et al. Athlete's Guide to Career Planning, Human Kinetics.
5. Dharma, P.N. Fundamentals of Track and Field, Khel Sahitya Kendra, New Delhi.