

DEBRA THANA SAHID KSHUDIRAM SMRITI MAHAVIDYALAYA (AUTONOMOUS)

Chakshyampur, Debra, West Bengal



PROPOSED CURRICULUM AND SYLLABUS OF

MDC-01 - Sports and Fitness

3-YEAR UNDERGRADUATE PROGRAMME
(Academic Year 2024-2025)

Based on

**Curriculum & Credit Framework for Undergraduate
Programmes**
(CCFUP), 2024 & NEP, 2020

Syllabus of Sports and Fitness (MDC-01)

Course Code	Course Title	Credit	L-T-P	CA	ESE	TOTAL
MDC01	SPORTS AND FITNESS	3	2-0-1	10	40	50

MDC-01T: Sports and Fitness (Theory)

Marks -20

Unit -1: Introduction of Sports

1. Concept of Play, Games, and Sports.
2. Importance of Play, Games, and Sports.
3. Fundamental movements of Sports around joints of the Human Body.
4. Warming up and Limbering down:
 - a. General warm-up — Meaning, Importance, and Benefits
 - b. Specific warm-up Meaning, Importance and Benefits

Unit-2: Health and Performance-Related Physical Fitness

1. Meaning and Definition of Fitness and Physical Fitness
2. Components and types of Physical Fitness
3. Importance of Physical Fitness in present society
4. Assessment of Physical Fitness

MDC -01P Sports and Fitness (Practical)

Marks -20

1. **Calisthenics:** 16 Count Calisthenics exercises without/with lightweight apparatus (*At least 6 sets of exercises*)

Marks - 6
2. **Marching:** 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, Mark Time, Forward March/Quick March, Right Turn at the March, Left Turn at the March, About Turn at the March, Saluting to the Front, Salute to the Right. Eye Right & Eye Front, Fall Out, Dismiss

Marks -8
3. **Aerobics:** *At least 4 exercises*

Marks -6

Suggested Readings:

- a. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
- b. Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.