

**DEBRA THANA SAHID KSHUDIRAM
SMRITI MAHAVIDYALAYA
(AUTONOMOUS)**

Chakshyampur, Debra, West Bengal



PROPOSED CURRICULUM AND SYLLABUS OF

**BACHELOR OF ARTS WITH PHYSICAL
EDUCATION
(MULTIDISCIPLINARY STUDIES)**

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

Based on

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

DEBRA THANA SKS MAHAVIDYALAYA
BACHELOR OF ARTS IN SOCIAL SCIENCE with PHYSICAL EDUCATION
(under CCFUP, 2023)

Level	YR.	SEM	Course Type	Course Code	Course Title	Credit	L-T-P	Mark s			
								CA	ESE	TOTAL	
B.A. in Humanities with Physical Education	1st	I	SEMESTER-I								
			Major-1 (Disc.-A1)	PEDPMJ101	T: Foundation and History of Physical Education and Sports. <i>(To be studied by the students taken Physical Education as Discipline-A)</i>	4	3-0-1	15	60	75	
			SEC	PEDESEC1	P: Gymnastics and Yoga <i>(To be studied by the students taken Physical Education as Discipline-A)</i>	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	VAC-01: ENV5 <i>(common for all programmes)</i>	4	2-0-2	50	50	100	
			Minor-1 (Disc.-C1)	PEDMI01	T: Historical background of Physical Education and Sports. <i>(To be studied by the students taken Physical Education as Discipline-C)</i>	4	3-0-1	15	60	75	
		Semester-I Total						20			400
		II	SEMESTER-II								
			Major-2 (Disc.- B1)	PEDPMJ201	T: Foundation and History of Physical Education and Sports. <i>(To be studied by the students taken Physical Education as Discipline-B)</i>	4	3-0-1	15	60	75	
			SEC	PEDESEC02	P: Gymnastics and Yoga <i>(To be studied by the students taken Physical Education as Discipline-B)</i>	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	3-0-1	10	40	50	
			Minor-2 (Disc.-C2)	PEDMI02	T: Management of Physical Education and Sports <i>(To be studied by the students taken Physical Education as Discipline-C)</i>	4	3-0-1	15	60	75	
Summer Intern.	CS	Community Service	4	0-0-4	-	-	50				
Semester-II Total						24			400		
TOTAL of YEAR-1						44	-	-	800		

PMJ= Major Programme (Multidisciplinary), MI = Minor, A/B = Choice of Major Discipline; C= Choice of Minor Discipline; 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, ENV5 = Environmental Studies

MAJOR (MJ)

Major A1/B1: Foundation and History of Physical Education and Sports

Credits 04 (75 Marks)
(ESE:60; CA:15)

Major-A1/B1-T: Foundation and History of Physical Education and Sports

Credits 03 (40 Marks)

Unit-I: Concept of Physical Education and Sports

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

Unit-II: Biological, Psychological and Sociological Foundation

- 2.1 Philosophical Foundation in Physical Education and Sports: Idealism, Realism, Pragmatism and Naturalism
- 2.2 Biological Foundation -Meaning and Definition of Growth and Development. Factors Affecting Growth and Development. Difference Between Growth and Development. Body Types: Relationship of Body Type and Sports Performance
- 2.3 Psychological Foundation – Concept of Learning, Types of Learning. Factors affecting Learning. Role of Sports Psychology in the Field of 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

Unit-III: Historical Development of Physical Education and Sports.

- 3.1 Historical Development of Physical Education and Sports in India: Pre-Independence Period and Post-Independence Period
- 3.2 National & State Sports Awards
- 3.3 Physical Education Teachers' Training Institutions in West Bengal
- 3.4 Professional Preparation in Physical Education and Sports: YMCA, LNIPE, IGIPSS, SAI

Unit-IV: Olympic Movement, Commonwealth and Asian Games

- 4.1 Ancient Olympic Games
- 4.2 Modern Olympic Games: History, Objectives, Motto, Flag. Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony
- 4.3 Historical Background of Commonwealth and Asian Games
- 4.4 Success of Indian in the Olympic, Commonwealth, and Asian Games in the Last Decade

Major-A1/B1-P: Field Practical: Formal and Rhythmic Activity

Credit: 01 (20 Marks)

I. Marching:

8 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

II. Callisthenics: Minimum 06 exercises with 16 counts

6 marks

III. Aerobics: Minimum any 06 exercises

6 marks

Suggested Readings:

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

MINOR (MI)

MI-1/ C1: Historical background of Physical Education and Sports

Credits 04 (70 Marks)
(ESE:60; CA:15)

MI-1/ C1T: Historical background of Physical Education and Sports

Credits 03 (40 Marks)

Unit-I: Concept of Physical Education and Sports

- 1.1 Meaning, Definitions and Scope of Physical Education and Sports
- 1.2 Aims and Objectives of Physical Education and Sports
- 1.3 Misconceptions and Modern Concepts of Physical Education.
- 1.4 Needs and Importance of Physical Education and Sports in Modern Society

Unit-II: Biological, Psychological and Sociological Foundation

- 2.1 Philosophical Foundation in Physical Education and Sports: Idealism, Realism, Pragmatism and Naturalism
- 2.2 Biological Foundation -Meaning and Definition of Growth and Development. Factors Affecting Growth and Development
- 2.3 Psychological Foundation – Concept of Learning, Types of Learning, Factors Affecting Learning, Role of Sports Psychology in the Field of Physical Education and Sports
- 2.4 Sociological Foundation- Concept of Socialization. Socialization through Physical Education and Sports.

Unit-III: Historical Development of Physical Education and Sports.

- 3.1 Historical Development of Physical Education and Sports in India: Pre-Independence Period and Post-Independence Period
- 3.2 National Sports Awards
- 3.3 Physical Education Teachers' Training Institutions in West Bengal
- 3.4 Professional Preparation in Physical Education and Sports: YMCA, LNIPE, SAI

Unit-IV: Olympic Movement, Commonwealth and Asian Games

- 4.1 Ancient Olympic Games
- 4.2 Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony
- 4.3 Similarities and Dissimilarities between Ancient Olympic Games and Modern Olympic Games
- 4.4 Historical Background of Commonwealth and Asian Games

MI-1/ C1P: Field Practical: Formal and Rhythmic Activity

Credit: 01 (20 Marks)

I. Marching:

8 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.

II. Callisthenics: At least 06 exercises with 16 counts.

6 marks

III. Aerobics: At least any 06 exercises.

6 marks

Suggested Readings:

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.

MI-2/C-2: Management of Physical Education and Sports

Credits 04 (75 Marks)
(ESE:60; CA:15)

MI-2/C-2-T: Management of Physical Education and Sports

Credits 03 (40 Marks)

Unit-I

- 1.1 Sports Management: Meaning, Definition, Aim and Objectives
- 1.2 History and Importance of Sports Management
- 1.3 Qualities, Duties and Responsibilities of Sports Manager
- 1.4 Leadership: Definition, Types, and Principles; Qualities of a Good Leader in Physical Education

Unit-II

- 2.1 Management of Physical Education Programs and Games & Sports Meet in Schools, Colleges and Universities
- 2.2 Tournaments: Meaning, Definition, and Types: Knock-out and League; Organisation: Procedure of Fixture Drawing, Merits and Demerits of Knock-Out and League
- 2.3 Annual Programme: Organisation and Management of Athletic Meet and Play Day
- 2.4 Year-Round Programme: Intramural and Extramural Competition Organisation

Unit-III

- 3.1 Structure and Functions of University Sports Council and A.I.U.
- 3.2 Meaning, Methods, Need, and Importance of Care and Maintenance Sports Equipment; Care and Maintenance of Field, Playground, Gymnasium, and Swimming Pool.
- 3.3 Awareness: List of Consumable and Non-consumable Sports Goods and Equipments in the Department of Physical Education and Maintenance, Storing and Distribution of the Same
- 3.4 Purchase: Procedure to Purchase Sports Goods and Equipments in the Department of Physical Education and Stock Entry

Unit-IV

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

MI-1/ C1-P: Field Practical (Indigenous Games)

Credit: 01 (20 Marks)

KHO-KHO

Marks:10

Fundamental skills:

- a) Chasing Skills: Sitting on the box-Parallel and Bullet Toe Method; Getting up from the Box Proximal and Distal Foot Method; Giving Kho- Simple, Early, Late and Judgment Kho; Pole Turn, Pole Diving, Tapping, Hammering, Rectification of Foul
- b) Running Skills: Chain Play, Ring Play and Chain, Ring Mixed Play, Running Zigzag, Avoiding and Dodging. c) Game Practice with Application of Rules and Regulations
- d) Rules and their Interpretations and Duties of the Officials
- e) Layout of the Kho-Kho Court

KABADDI

Marks:10

Fundamental skills:

- a) Raiding Skills: Cant, Touching with Hands, Use of Leg-Toe Touch, squat Leg Thrust, Side Kick, Mule Kick, Arrow Flying Kick, Roll Back; Crossing of Baulk Line; Crossing of Bonus Line
- b) Holding Skills: Ankle, Knee, Thigh, Wrist, Crocodile and Washer Man Hold

- c) Formation During Holding: Various Formations, Catching from Particular Position
- d) Additional Raiding Skills: Escaping from Various Holds, Techniques of Escaping from Chain Formation, Offense and Defense
- e) Game Practice with the Application of Rules and Regulations
- f) Rules and their Interpretations and Duties of the Officials
- g) Layout of the Kabaddi Court

Suggested Readings:

1. Broyles, F. J. & Robert, H. D. Administration of Sports, Athletic Programme: A Managerial Approach. New York: Prentice Hall Inc.
2. Bucher, C. A. Administration of Physical Education and Athletic Programme. St. Louis: The C.V. Mosby Co.
3. Thomas, J. P. Organization & Administration of Physical Education. Madras: Gyanodayal Press.
4. Nanda, S.M. Sports Management, Friend Publications, New Delhi.
5. Paul, A. Sarirsikshay Management, Classic Publishers, Kolkata.
6. Bucher, C. A. Administration of Physical Education and Athletic Programme St. Louis The C.V. Mosby Co.
7. Thomas, J. P. Organization & Administration of Physical Education. Madrai: Gyanodiyal Press.
8. Kar, S. & B. A.K. Sishoy Sarirshiksha. Clasiqie Books. Kolkata.
9. Roy Pranab, Bharatiyo Khela Kho-Kho, Classique Books, Kolkata.
10. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
11. Bandopadhyay, K. Sarir Siksha Parichay, Classic Books, Kolkata

SEC 1/2- P: Gymnastics and Yoga

1. GYMNASTICS

Compulsory a) Forward Roll b) T-Balance c) Forward Roll with Split Leg d) Backward Roll e) Cart-Wheel	Optional (any two) a) Dive and Forward Roll b) Hand Spring c) Neck Spring d) Hand Stand and Forward Roll e) Summersault
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2. YOGA:

2.1. Asanas: Standing Posture

- 2.1.1. Ardhashandrasana
- 2.1.2. Brikshasana
- 2.1.3. Padahasthasana

2.2. Sitting Posture

- 2.2.1. Ardhakurmasana
- 2.2.2. Paschimottanasana
- 2.2.3. Gomukhasana

2.3. Supine Posture

- 2.3.1. Setubandhasana
- 2.3.2. Halasana
- 2.3.3. Matsyasana

2.4. Prone Posture

- 2.4.1. Bhujangasana
- 2.4.2. Salvasana
- 2.4.3. Dhanurasana

3. SURYANAMASKARA: As per AIU Norm.

4. PRANAYAMA

- 3.1. Anulam Vilom
- 3.2. Bhramari
- 3.3. Bhastika

5. KRIYA

- 5.1. Kapalbhathi