

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

Chakshyampur, Debra, West Bengal, Pin- 721124



DRAFT CURRICULUM AND CREDIT FRAMEWORK OF

**BACHELOR OF PHYSICAL EDUCATION AND SPORTS
(BPES)
(Honours)**

**4-YEAR SINGLE MAJOR UNDERGRADUATE
PROGRAMME
(w.e.f.: Academic Year 2026-2027)**

Based on
**Curriculum & Credit Framework for Undergraduate
Programme
(CCFUP), 2026 & NEP - 2020**

DEBRA THANA SAHID KSHUDIRAM SMRITI MAHAVIDYALAYA (AUTONOMOUS)

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

Level	YR.	SEM	Course Type	Course Code	Course Title	Credit	L-T-P	Marks				
								CA	ESE	TOTAL		
BPES (Honours)	2nd	III	SEMESTER-III									
			Major-3	PEDS-MJ-301	T: Yoga Education	4	3-1-0	15	60	75		
			Major-4	PEDS-MJ-302	T: Basic and Systematic Anatomy, Physiology and Exercise P: Lab Practical	4	3-0-1	15	40+20	75		
			SEC	PEDS-SEC-03	P: Yoga and Gymnastics	3	0-0-3	10	40	50		
			AEC	AEC-03	Communicative English-2 (<i>common for all programmes</i>)	2	2-0-0	10	40	50		
			MDC	MDC-03	Multidisciplinary Course-1 (<i>to be chosen from the list</i>)	3	3-0-0	10	40	50		
			Minor-1 (Disc.-1)	PEDS-MI-03	(<i>To be opted by the students of other Disciplines</i>)	4	3-1-0	15	60	75		
		Semester-III Total						20			375	
		IV	SEMESTER-IV									
			Major-5	PEDS-MJ-401	T: Health Education and Weight Management P: First Aid	4	3-0-1	15	60	75		
			Major-6	PEDS-MJ-401	T: Officiating and Coaching P: Football	4	3-0-1	15	60	75		
			Major-7	PEDS-MJ-401	P: Indian Game, Racket Game, Self-Defence Activity	4	0-0-4	15	60	75		
			AEC	AEC-04	MIL-2 (<i>Common for all programmes</i>)	2	2-0-0	10	40	50		
			Minor-2 (Disc.-2)	PEDS-MI-04	(<i>To be opted by the students of other Disciplines</i>)	4	3-1-0	15	60	75		
			Internship/ Apprenticeship		(<i>To be opted by the students of Major Disciplines</i>)	4	0-0-4	-	-	50		
		Semester-IV Total						22			400	
		TOTAL of YEAR-2						42	-	-	-	775

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- III

Course Type – **MAJOR -3**

Course Code: **A/PEDS/301/MJ-3**

Course Title: **YOGA EDUCATION**

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

Examination Duration: **3 Hours**

Contact Hours per week: **4 hrs**

(Credit- 4)

COURSE OUTCOMES-

- ✓ *They will recognize the benefits and necessity of yoga in the modern era, both for physical and mental well-being.*
- ✓ *They will comprehend the concept of Astanga Yoga, including its eight limbs: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.*
- ✓ *Students will gain knowledge about the different schools (streams) of yoga.*
- ✓ *They will understand the historical and modern contexts of yoga through the study of traditions associated with figures.*
- ✓ *Students will grasp the meaning, definitions, and etymology of Pranayama and Kriya, as well as their effects on various systems of the human body.*
- ✓ *They will learn a variety of Pranayama and Kriya techniques and understand the concept of Mudra and become familiar with various types of Mudras.*
- ✓ *Students will grasp the meaning and definition of Asana and be able to categorize different types of Asanas based on their sitting, standing, prone, and supine positions.*
- ✓ *They will learn a variety of yoga poses (Asanas) and their physical, mental, and spiritual benefits.*
- ✓ *They will develop a holistic understanding of yoga as a transformative practice that integrates physical, mental, and spiritual dimensions, fostering overall well-being and self-awareness. ,*

Major-3T: Yoga Education

Credits: 04

UNIT – I: INTRODUCTION

- 1.1 Meaning, Definitions, Aim and Objectives of Yoga, Historical Background of Yoga, Concepts and Misconceptions of Yoga
- 1.2 Benefit and necessity of Yoga in the modern era in reference to Physical Education and Sports
- 1.3 Preparation for Yoga Practice – Place, Time, Food, Dress, Contraindications.
- 1.4 Concept of Raj Yoga, Astanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi), Hata Yoga.

UNIT – II: SCHOOL OF YOGA AND YOGIC PRACTICES

- 2.1 Schools (Streams) of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana yoga)
- 2.2 Yoga in Modern Times: Yogic Traditions of Ramakrishna – Swami Vivekananda and Shri Aurobindo, Yoga in the Bhagwat Gita (Karma, Raj, Jnana, and Bhakti yoga)
- 2.3 Different philosophical thoughts of Yoga.
- 2.4 Science of Yogic Practice, Common Yoga Protocol- by AYUSH.

UNIT -III: PRANAYAMA, KRIYA AND BANDHA

- 3.1 Concept and Definition of Pranayama, Kriya, and Bandha, Effect of Kriya on various systems of human body, Breathing Technique – Puraka, Kumbhaka and Rechaka.
- 3.2 Procedure, Benefit, Contraindication and types of Pranayama, Kriya and Bandha– Anulom Vilom, Bhramri, Bhastrika, Nadi Shodan, Shitali, Sheetkari, Ujjayi; Kapalbhata, Neti, Dhauti, Nauli, Trataka; Mula Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha Bandha
- 3.3 Benefits for regular Practice of Pranayam, Mechanism and its effects on various system of body and mind
- 3.4 Pranayama in prevention, cure and rehabilitation of Sedentary diseases and illnesses.

UNIT -IV: MEDITATION, MUDRA AND ASANA

- 4.1 Definition of Meditation, Benefits of Meditation, Mindfulness meditation, spiritual meditation, focused meditation, movement meditation, mantra meditation, transcendental meditation, progressive relaxation, loving-kindness meditation, visualisation meditation.
- 4.2 Meditation as a remedy for ADHD (Attention-deficit hyperactivity disorder).
- 4.3 Concept and Definition of Mudra, Type of Mudra - Gyan Mudra, Dhyan Mudra, Pran Mudra, Maha mudra, Khechari Mudra
- 4.4 Meaning and definition of Asana, Differences between Yoga Asana and Physical Exercise. Preparation of yogic practice: Time, Place, Food, Dress, and Contraindication

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	75
10 Out of 15	4 Out of 6	2 Out of 4				
10X2=20	4X5=20	2X10=20				

SUGGESTED READINGS:

1. Goyanka, Harikrishandass : Yoga Darshan, Geeta Press, Gorakhpur (Samvat 2061).
2. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas.,1975
3. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
4. Gore M. M. Geeta Press, Gorakhpur: Anatomy and Physiology of Yogic Practices,
5. Bhogal, R. S Bihar Yoga Publication Trust, 2006, Munger : Yoga and Modern Psychology
6. Basavaraddi, : A Monograph on Pranayama, MDNIY, New Delhi, 2016
7. Iyengar, B. K. S :Light on Yoga,Harper Collins Publisher, New Delhi, 2005
8. Muktibodhananda S. (2013). Hatha Yoga Pradipika, Munger, Bihar School of Yoga Publication (3rd ed.). ISBN-10:9788185787381.
9. Niranjananda S. S. Gheranda Samhita. (2012). Munger, Bihar School of Yoga. Publication ISBN-9789381620199
10. Maheshananda S, Sharma B.R., Sahay GS, BodhaR. K, Jha B. L, Bharadwaj CL. (2009). Siva Samhita Lonavalla, Kaivalyadhama Publication. ISBN: 9788189485535.
11. Maheshananda S, Sharma B.R, Sahay G.S. (2005). Vasistha Samhita. Lonavalla Kaiva lyadhama Publication. ISBN:8189485377.
12. Kunalayananda S. (1993). Asanas. Lonavalla, Kaivalyadhama Publication, India.
13. Satyananda S.S. (2004). Asana Pranayama Mudra Bandha, Munger, Yoga Publications Trust, Bihar, India. ISBN: 8186336141.
14. Nagarathna R, Nagendra H.R. (2008). Yoga for Promotion of Positive Health Vivekananda Yoga Research Foundation Swami Vivekananda Yoga Prakashana ISBN:9788187313083.
15. Iyengar B.K.S. (2003). Light on Yoga, USA, HarperCollins. ISBN: 8172235011.
16. Mondal S. (2013). Science of exercise: ancient Indian origin. J Assoc Physicians India 61: 40-42.

Course Type – **MAJOR -4**

Course Code: **A/PEDS/302/MJ-4**

Course Title: **BASIC AND SYSTEMATIC ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY**

Full Marks = 75 {ESE: 60 (T-40 & P-20) IA: 10 CA: 5}

Examination Duration: **3 Hours**

Contact Hours per week: **4 hrs**

(Credit- **4**)

COURSE OUTCOMES-

- ✓ *Understand the basic principles of physiology and Exercise Physiology.*
- ✓ *Apply the knowledge in the field of Physical Education and movement activity.*
- ✓ *Analyse the practical knowledge during the practical situation.*
- ✓ *Remember and recall the definition of physiology and co-relate the principles of physiology.*
- ✓ *Appraise the effects during the training and practical sessions.*

Major-4T: Basic and Systematic Anatomy, Physiology and Exercise Physiology

Credits: 03

UNIT-I: INTRODUCTION AND BASIC CONCEPT OF THE HUMAN BODY

- 1.1 Meaning and Definition of Anatomy, Physiology and Physiology of Exercise
- 1.2 Need and Importance of Anatomy, Physiology and Physiology of Exercise in the field of Physical Education and Sports
- 1.3 Cell & Tissue - Meaning, Definition, Structure and Function of different parts of cell.
- 1.4 Concept, Definition, Structure and Functions of different Organs (Kidney, Nephron, Liver, Pancreas, Large and small Intestine, Eyes, Ears and Nose)

UNIT-II: SKELETAL SYSTEM, MUSCULAR SYSTEM, NERVOUS SYSTEM AND ENDOCRINE SYSTEM

- 2.1 Meaning and definition of the Skeletal System and Muscular System. Definition of muscle and its types
- 2.2 Types of bones, names of the bones of the human body, functions of bones, Structure and function of muscle, Major muscles' attachment to Elbow, Shoulder, Trunk, Hip Knee and Ankle joints
- 2.3 Nervous System: Definition, Classification, Structure and Function of Brain and Spinal Cord. Autonomic Nervous System. Concept, structure and function of Nerve, Neuromuscular Junction and Neurotransmission
- 2.4 Meaning and definition of Endocrine system; Name, Location and Function of Endocrine glands; (Pituitary gland, Thyroid gland, Para- Thyroid gland, Adrenal gland)

UNIT-III: RESPIRATORY SYSTEM AND CIRCULATORY SYSTEM

- 3.1 Meaning, definition and function of Respiratory system, Circulatory system, Concept of Respiration and Blood Circulation
- 3.2 Different organs associated with Respiration and Mechanism of Internal and External Respiration, Concept of Oxygen debt / EPOC, Second wind, Vital capacity, Tidal Volume and Pulmonary ventilation, VO₂ Max
- 3.3 Heart: Location, Structure and Functions, Mechanism of Blood Circulation, Blood: compositions and Functions, Athletic Heart and Bradycardia
- 3.4 Concept of Stroke Volume, Cardiac Output, Blood Pressure, Blood Group and Coagulation procedure of Blood. Blood and Immunity

UNIT- IV: PHYSIOLOGY OF EXERCISE AND SPORTS

- 4.1 Meaning and Definition of Physiology of Exercise and Sports. Concept, types and Benefits of Warming up, cooling down and conditioning
- 4.2 Effects of Exercise and Training (Immediate and Prolonged effects) on the Muscular System
- 4.3 Effects of Exercise and Training (Immediate and Prolonged effects) on the Respiratory System
- 4.4 Effects of Exercise and Training (Immediate and Prolonged effects) on the Circulatory System

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			
05 Out of 08	4 Out of 6	1 Out of 2	40	10	05
05X2=10	4X5=20	1X10=10			

Major-4P:- Practical: Lab

Credit: 1

LAB: Measurement procedure of each item of individual/students should be noted in the practical notebook with their own photographs:

Height, Weight, BMI, WHR, Core Temperature, Resting Heart Rate, Exercise Heart Rate (Submaximal), Target Heart Rate Zone, Resting Respiratory Rate, Exercise Respiratory Rate, Blood Pressure, Blood Sugar (Fasting, Random and PP), Oxygen Saturation, Vital Capacity

(Required Equipment- Stethoscope, Sphygmomanometer, Glucometer, Wet Spirometer, Stopwatch, Metronomes, Stadiometer, Weighing Machine, Wooden Box, Measuring tape, etc)

Preparation of the Record Book is compulsory and will be evaluated by the Internal Examiner. Internal Practical Marks will be provided based on the Internal Practical Test and Practical Performance throughout the entire semester.

SUGGESTED READINGS

1. Sil, P. Sarirsiskhay Sarirbidya, Clasiq Books, Kolkata
2. Kar, S. & Banerjee, A.K. Bishoy Sarirshiksha. Clasiq Books. Kolkata
3. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs
4. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics
5. Fox, E.L... and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics Philadelphia: Sanders College Publishing
6. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers
7. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Publications
8. Vincent, T. Murche: (2007). Elementary Physiology. Hyderabad: Publication
9. Yoga-The Science of Holistic Living, Vivekananda Kendra Prakashan Trust, Chennai
10. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani
11. Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
12. Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
13. Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
14. Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
15. William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
16. Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone 9 D
17. D. Rajlakshmi (2007), Anatomy and Physiology in Physical Education, Sports Edu. Technologies, New Delhi-110002
18. Prakash A. (1998), Text-Book of Anatomy & Physiology, Khel Sahitya Kendra, Delhi-110052

SKILL ENHANCEMENT COURSE (SEC)

Course Type – *SEC-1*

Course Code: A/PEDS/303/SEC-3

Course Title: **YOGA AND GYMNASTICS**

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

Contact Hours per week: 6 hrs

(Credit- 3)

Practical : Yoga and Gymnastics

Credit: 03

(FULL MARKS: 40)

COURSE OUTCOMES-

- ✓ *Students will grasp the meaning and definition of Asana and be able to categorize different types of Asanas based on their sitting, standing, prone, and supine positions.*
- ✓ *Students will demonstrate proficiency in performing yoga asanas from standing, sitting, and supine positions*
- ✓ *They will develop physical flexibility, strength, and balance through regular practice of yogasanas.*
- ✓ *Students will master various pranayama techniques to regulate their breath and energy and They will experience increased mental alertness and concentration through pranayama.*
- ✓ *Mudra practice will promote physical, mental, and emotional well-being.*
- ✓ *Meditation practice will enhance students' ability to focus and concentrate and They will experience reduced anxiety and stress through regular meditation practice.*
- ✓ *Students will experience increased relaxation and tranquillity through mudra practice.*
- ✓ *Students will develop physical strength, agility, and coordination through gymnastics training.*
- ✓ *Gymnastics practice will enhance students' overall physical fitness and athleticism.*

Unit- I: YOGASANA

1. Standing Position:

- 1.1 ArdhaChandrasana
- 1.2 ArdhaChakrasana
- 1.3 Padahasthasana
- 1.4 Brikshasana
- 1.5 Natarajasana

2. Sitting Position:

- 2.1 Paschimothanasana
- 2.2 Gomukhasana
- 2.3 Padmasana
- 2.4 Supta Vajrasana
- 2.5 Vakrasana

3. Supine Position:

- 3.1 Halasana
- 3.2 Matsyasana
- 3.3 Setubandhasana
- 3.4 Naukasana
- 3.5 Karnapidasana

4. Prone Position:

- 4.1 Bhujangasana
- 4.2 Salavasana
- 4.3 Dhanurasana
- 4.4 Bhekasana
- 4.5 Mayurasana

5. Inverted Position

- 5.1 Sarvangasana
- 5.2 Shirshasana
- 5.3. Bhagrasana
- 5.4 Bakasana
- 5.5 Kopotasana

Unit- II: PRANAYAMA & KRIYA

Pranayama – Anulom Vilom , Bhramri ,Bhastrika, Shitali , Sheetkari.
Kriya-- Kapalbhati

UNIT- III: MEDITATION & MUDRA

Meditation: Mindfulness Meditation, Spiritual Meditation, Focused Meditation, Mantra Meditation, Progressive Meditation, Visualisation Meditation, Vipasana meditation, Guided Meditation

Mudra: Gyan Mudra, Dhyana Mudra, Pran Mudra. Maha mudra, Khechari Mudra

Unit- IV: GYMNASTICS

1. Roll in Acro Skill

- 1.1 Forward Roll
- 1.2 Backward Roll
- 1.3 Sideways Roll
- 1.4 Dive Roll
- 1.5 Hand Stand Followed by Roll

2. Static Pose in Gymnastics

- 2.1 T- Balance
- 2.2 Frog Balance
- 2.3 Forward Split
- 2.4 Arching/ Bridge
- 2.5 Headstand

3. Basic Acro Skill

- 3.1 Cart-wheel
- 3.2 Hand Spring
- 3.3 Head Spring
- 3.4 Neck Spring
- 3.5 Somersault

(Required Equipment for yoga- Yoga mats, Yoga blocks (cork or foam), Yoga straps, Yoga blankets or bolsters, Comfortable, flexible yoga clothes, yoga wheel, meditation cushion, small speakers and a first-aid kit.
for Gymnastics- Gymnastics floor mats and crash mats and Springboard

For External (Examination Purpose Only):

Unit I - Any Two Yogasana from each Position: (Marks - 2+2) x 5 = 20 Marks

Unit II - Any one Pranayama and any one Kriya (Marks - 2+2) = 4 Marks

Unit III - Any One Meditation and Any One Mudra: (Marks - 2+2) = 4 Marks

Unit IV - Any Two Gymnastics Activities from each Group: (Marks - 2+2) x 3= 12 Marks

From Unit -I, Unit -II & Unit – IV each one activity should be selected by External Examiner and rest of activities should be selected of his/her best choice by the Examinee.

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Competition, Name of famous National and International Players, Major Skill (Fundamentals with Picture). Results in the last 5 years.

Note: Preparation of the Record Book is compulsory and will be evaluated by the Internal Examiner. Internal Practical Marks will be given based on the Internal Practical Test and Practical Performance throughout the entire semester.

SUGGESTED READING:

1. Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
2. The Complete Illustrated Book of YOGA, Swami Vishnudevananda, Bell Publishing, USA
3. 2100 Asanas, The Complete Yoga Poses, Daniel Lacerda, Hachette Book group, Leventhal Publisher.
4. Head over heels about Gymnastics, Floor Skills, Gemma Coles, www.dancemania.biz.
5. The Gymnastics book, Elfi Schlegel & Claire Ross Dunn, Firefly Books , Online Version
6. Gymnastics Skills Tips, and Tricks, JEFF SAVAGE, Enslow Publisher Inc, Online Version.
7. Bandopadhyay, K. Sarir Siksha Parichay, Classique Books, Kolkata
8. Tyagi Arun Kumar, Gymnastics: Skills and Rules, Khel Sahitya Kendra, New Delhi
9. Dubey, H.C. Gymnastics, Discovery Publishing House, New Delhi
10. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani
11. Bandopadhyay, K. Sarir Siksha Parichay, Classique Books, Kolkata
12. Tyagi Arun Kumar, Gymnastics: Skills and Rules, Khel Sahitya Kendra, New Delhi
13. Dubey, H.C. Gymnastics, Discovery Publishing House, New Delhi
14. Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha. Yoga Publications Trust, Munger
15. Swami Satyananda Saraswati, Suranamaskara. Yoga Publications Trust, Munger
16. Yoga-The Science of Holistic Living, Vivekananda Kendra Prakashan Trust, Chennai

SEMESTER- IV

Course Type – **MAJOR-5**

Course Code: **A/PEDS/401/MJ-5**

Course Title: **HEALTH EDUCATION AND WEIGHT MANAGEMENT**

Full Marks = 75 {ESE Marks: 60(T-40 & P-20) IA: 10 CA: 5}

Examination

Duration: 3 Hours

Contact Hours per week: 4 hrs

(Credit- 4)

COURSE OUTCOMES-

- ✓ Understand the concepts and significance of health education and healthy lifestyle practices.
- ✓ Explain the components and principles of physical fitness and wellness.
- ✓ Analyze the causes, prevention, and management of obesity and lifestyle disorders.
- ✓ Apply nutritional and exercise principles for fitness and weight management.
- ✓ Develop strategies to promote health, fitness, and weight control in educational and community settings.

Major-5T: Health Education and Weight Management

Credits: 03

Course Contents:

Unit-I: Introduction

- 1.1 Health: Meaning, Modern Concept, Definition, Dimensions and Factors of Health
- 1.2 Health Education: Meaning, Definition, Aim, Objectives and Principles, School health programme
- 1.3 Personal Hygiene; Care of Eyes, Ears, Nose, Skin, Mouth and Teeth and Feet
- 1.4 Aim, Objectives and Functions: World Health Organization (WHO), United Nations Educational, Scientific & Cultural Organization (UNESCO), United Nations Children's Fund (UNICEF) and AYUSH

Unit-II: Health Problems in India- Prevention and Control

- 2.1 Communicable Disease: Meaning, Definition and Types, Causes, Prevention and Control of Malaria, Dengue and Covid-19
- 2.2 Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders
- 2.3 Posture: Meaning and Definition and Importance of good posture
- 2.4 Types of Postural Deformities, Causes and Corrective Exercises for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot. Importance of Good Posture

Unit-III: First-aid and Injury Management

- 3.1 First-aid: Meaning. Definition, Need and Importance; Golden Rules of First-aid
- 3.2 Common Sports Injuries and their Management (Strain, Sprain, Lower Back Pain, Tennis and Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Abrasion, Laceration, Hematoma, Bleeding, Fracture and Dislocation)
- 3.3 Therapeutic Modalities: Therapy Meaning and Definition; Principles and Sports Injury Management procedure of Cryo-therapy and Thermo-therapy
- 3.4 Massage: Types, Benefits and Contraindications

Unit IV: Weight Management

- 4.1 Meaning and concept of weight management.
- 4.2 Factors affecting weight management programme.
- 4.3 Concept of B.M.I.(Body Mass Index) and assessment of weight status from BMI. Chart (WHO)
- 4.4 Obesity: meaning, causes and solution. Health risks associated with Obesity.

QUESTION PATTERN

END SEMESTER EXAMINATION

Descriptive Type			Total	IA	CA	Grand Total
Number of Question To Be Answered						
02 Mark Question	05 Marks Question	10 Marks Question				

05 Out of 08	4 Out of 6	1 Out of 2	40	10	05	75
05X2=10	4X5=20	1X10=10				

Major-5P:- Practical: First aid Knowledge

Credit: 1

1. First aid - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica.
2. Instrument related to first aid
3. Practical Knowledge of Hydro-therapy, Thermo-therapy and Cryo-therapy. CPR and Basic Life Support (BLS), Stretcher Handling and Casualty safe Transportation, Emergency Moves (One/Two Person Lifts) without Stretcher, Fracture Management and Splinting Techniques , Severe Bleeding Control (Tourniquet and Pressure), Choking, Burn and Shock Management

(Required Equipment- for wound care (adhesive bandages, gauze, tape), infection control (gloves, antiseptic wipes), and tools for injuries (scissors, tweezers, instant cold packs, thermometer). A First Aid Manual and specialized items like burn gel, triangular bandages, and medications (painkillers, antihistamines) are also crucial for comprehensive care, etc)

Note: Preparation of the Record Book is compulsory and will be evaluated by the Internal Examiner. Internal Practical Marks will be given based on the Internal Practical Test and Practical Performance throughout the entire semester.

SUGGESTED READINGS:

1. Sil, P. (2023), Sports Nutrition and Weight Management; Classique Books. Kolkata.
2. K Roy & S Mitra; Ethics & Values Different Perspectives; Bethun college & Mohota Publishing House, Kolkata
3. Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of
4. Successful weight loss maintenance, Obesity (Silver Spring). 15(12),3091- 3096.
5. Fink, HH. Burgoon, LA. And Mikesky, AE. Practical application in Sports Nutrition; Jones and Bartlett Publishers, Boston, USA.
6. Bucher, Charles A. "Administration of Health and Physical Education Programme".
7. Delbert, Oberteuffer, et. al." The School Health Education".
8. Ghosh, B.N. "Treaties of Hygiene and Public Health".
9. Hanlon, John J. "Principles of Public Health Administration" 2003.
10. Turner, C.E. "The School Health and Health Education".
11. Moss et. al. "Health Education" (National Education Association of U.T.A.).
12. Nemir A. "The School Health Education" (Harber and Brothers, New York).
13. Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
14. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.

Course Type – **MAJOR-6**

Course Code: **A/PEDS/402/MJ-6**

Course Title: **OFFICIATING AND COACHING**

Full Marks = 75 {ESE Marks: 60(T-40 & P-20) IA: 10 CA: 5}

Examination Duration: **3 Hours**

Contact Hours per week: **4 hrs**

(Credit- 4)

COURSE OUTCOMES-

- ✓ *Understand the meaning, principles, and importance of officiating and coaching, including relations with management, players, and spectators.*
- ✓ *Perform duties of coaches and officials before, during, and after games, acting as mentors and role models.*
- ✓ *Apply officiating mechanics, ethics, and modern technology for fair play in various sports*

Major-6T: Officiating and Coaching

Credits: 03

Course Contents:

UNIT – I: Introduction of Officiating and Coaching

- 1.1 Concept of Officiating and Coaching
- 1.2 Importance and principles of Officiating and Coaching
- 1.3 Ethics of Officiating in sports
- 1.4 Ethics of Coaching in sports

UNIT-II: Methods of Officiating

- 2.1 Qualities and Qualification of officials
- 2.2 Duties of official in general, pre, during and post-game.
- 2.3 Relation of Officials with players and spectators
- 2.4 Relation of Coach with management and players.

UNIT - III: Introduction of Coaching

- 3.1 Philosophy of coaching
- 3.2 Good qualities of a Coach
- 3.3 Qualification of a Coach; Need of sports coaching degrees in sports
- 3.3 Responsibilities of a Coach on and off the field

UNIT-IV: Planning & application of Coaching in Sports

- 4.1 Importance of psychological training of athletes for competition
- 4.2 Meaning and importance of Coaching Plan
- 4.3 Factors for preparation of a coaching plan
- 4.4 Concept of Periodization and its importance in coaching plan.

QUESTION PATTERN
END SEMESTER EXAMINATION

Descriptive Type			Total	IA	CA	Grand Total
Number of Question To Be Answered						
02 Mark Question	05 Marks Question	10 Marks Question	40	10	05	75
05 Out of 08	4 Out of 6	1 Out of 2				
05X2=10	4X5=20	1X10=10				

Major-6P:- Practical: Football

Credit: 1

- a. Kicking: kicking the ball with the inside of the foot, kicking the ball with the full instep of the foot, kicking the ball with the inner instep of the foot, kicking the ball with the outer instep of the foot and lofted kick
- b. Trapping: trapping- the Rolling ball, and the Bouncing ball with sole of the foot
- c. Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer step of the foot
- d. Heading: In standing, running and jumping condition
- e. Throw-in: Standing throw-in and Running throw-in

- f. Feinting: With the lower limb and upper part of the body
- g. Tackling: Simple Tackling, Slide Tackling
- h. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting
- i. Game practice and officiating with the application of Rules and Regulations

(Required Equipment- a ball, turf or firm ground shoes, protective shin guards, and long socks to hold them in place. For training, cones, bibs, and agility ladders are common. Goalkeepers need specialized padded gloves, while matches require a compliant kit, water bottle, etc)

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Competition, Name of famous National and International Players, Major Skill (Fundamentals with Picture). Results in the last 5 years.

Note: Preparation of the Record Book is compulsory and will be evaluated by the Internal Examiner. Internal Practical Marks will be given based on the Internal Practical Test and Practical Performance throughout the entire semester.

SUGGESTED READINGS:

1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice
3. Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London
4. Press Ltd. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
5. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
6. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.
7. Kar, S. (2016), Sharirsiksha O Krirar Poricalon Baboystha, Classique Books, Kolkata
8. Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
9. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
10. Bhattacharyya, A.K. & Bhowmick, S. (2009) Sarirsiksha. Paschimbanga Rajya Pustak Parsad.
11. Saha, A. K. (2008), Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
12. Bandopadhyay, K. (2028), Sarir Siksha Parichay, Classique Books, Kolkata.
13. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani
14. Bandopadhyay, K. Sarir Siksha Parichay, Classique Books, Kolkata
15. Dave Smith, Football Skills and Tactics, Chancellor Press
16. Norman Barrett, Super Soccer Skills, Dragon Grand Publishers, Glasgow

Course Type – **MAJOR-7**

Course Code: **A/PEDS/403/MJ-7**

Course Title: **INDIAN GAME, RACKET GAME AND SELF DEFENCE ACTIVITY**

Full Marks = **75 {ESE Marks: 60(P) IA: 10 CA: 5}**

Examination Duration: **3 Hours**

Contact Hours per week: **4 hrs**

(Credit- 4)

COURSE OUTCOMES-

- ✓ *Understand the rules, history, and significance of Indian games, racket games, and self-defence activities.*
- ✓ *Demonstrate fundamental skills and techniques in selected Indian and racket games.*
- ✓ *Apply basic tactics, rules, and officiating procedures during practice and competition.*
- ✓ *Demonstrate essential self-defence skills for personal safety and confidence.*
- ✓ *Develop physical fitness, coordination, teamwork, and leadership through active participation.*

Major-7P: Indian Game, Racket Game and Self Defence Activity

Credits: 04

INDIAN GAMES

A. KABADDI

Credit: 01

Fundamental Skills:

- a) Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line.
- b) Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques.
- c) Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense.
- d) Game practice with application of Rules and Regulations.
- e) Rules and their interpretations, and duties of the officials.

B. KHO KHO

Credit: 01

Fundamental Skills:

- a) Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Tum, Pole Dive, Tapping, Hammering, Rectification of foul.
- b) Skills in running: Chain Play, Ring play and Chain & Ring mixed play.
- c) Game practice with application of Rules and Regulations.
- d) Rules and their interpretations and duties of the officials.

BADMINTON OR TABLE TENNIS (Any one to be chosen):

Credit: 01

BADMINTON

- a) Basic Knowledge: Various Parts of the Racket; Grip: Forehand, Backhand, Beval, Panhandle
- b) Basic Footwork and Court Coverage
- c) Basic Stance: Defensive, Attacking and Net Stance
- d) Service: Short Service, Long service and Long-High Service
- e) Shots: Forehand, Backhand, Clearing, Lobbing, Over-Head Shot, Defensive Clear Shot, Attacking Clear Shot, Drop Shot, Net Shot and Smash
- f) Game Practice with Application of Rules and Regulations

TABLE TENNIS

- a) Basic Knowledge: Various Parts of the Racket and Grip; Shake Hand & Pen Hold Grip, Backhand and Forehand Grip
- b) Stance: Alternate and Parallel
- c) Service: Backhand and Forehand High Toss Service, Spin, Top Spin, Back Spin and Side Spin

- d) Chop: Backhand and Forehand
- e) Receive Return and Receiving: Push, Chop, Drive Loop and Flick with both Backhand & Forehand
- f) Game Practice with Application of Rules and Regulations

SELF DEFENSE ACTIVITY: (Any one (1) to be chosen)

Credit: 01 (30 Hrs.)

KARATE

Fundamental Skills:

- a) Player Stances- Walking, Hand Positions, Front-Leaning, Side-Fighting.
- b) Hand Techniques - Punches (Form of a Punch, Straight Punch, and reverse punch), Blocks (Eight basics).
- c) Leg Techniques-Snap Kicks, Stretching Straight Leg, Thrust Kicks, Sidekicks, Roundhouse.
- d) Forms The first cause Katas, Self Defense Against punches, grabs and strikes, against basic weapons (knife, club sticks).
- e) Sparring-One step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks).
- f) Game practice with application of Rules and Regulations.
- g) Rules and their interpretations and duties of the officials.
- h) Strategically approach during competition.

WRESTLING

Fundamental Skills:

- a) Take downs, Leg tackles, Arm drag, Counters for take downs, Cross face, Whizzer series.
- b) Escapes from under-sit-out turn in tripped, Counters for escapes from under-Basic control back drop, Counters for stand up.
- c) Pinning combination-Nelson series (Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- d) Escapes from pinning: Wing lock series, Doble arm lock roll, Cridge.
- b) Standing Wrestling-Head under arm series, whizzer series.
- c) Game practice with application of Rules and Regulations.
- d) Rules and their interpretations and duties of the officials.
- e) Strategically approach during competition.

LATHI

Fundamental Skills:

- a) Introduction of Lathi and various grip -Basic Grip (Standard Grip), Overhand Grip, Underhand Grip, Reverse Grip, Middle Grip (Center Hold), One-Handed Grip, Double-End Grip
- b) Various Stance: Attention Position, Ready Position, Forward Stance, Backward Stance, Side Stance, Horse-Riding Stance, Low Stance, Cross Stance, Defensive Stance
- c) Technique - Lathi-Sidhi Bel, Ulti Bel, Do Rukh, Beliya, Beliya Choumukhi, Bagalwar, Jung war, Age Falang, Pichhe Falang.

JUDO

Fundamental Skills:

- a) Kumi Kata: Gripping
- b) Kuzushi: Breaking the opponent's balance
- c) Tachiwaza: tewaza, Koshiwaza and ashiwaza
- d) Sutemi Waza: ma sutemiwaza, yokosutemiwaza
- e) Katamewaza: Osaewaza, Shimewaza, Kansetu Waza
- f) Ate Waza: striking maneuvers by Hand, elbow, Knee, foot and heel.

(Required Equipment for Kabaddi- high-grip shoes, knee pads, elbow guards, ankle guards, and comfortable, breathable clothing (jersey/shorts), whistle, etc.

For Kho Kho- Pole, Stopwatches, Knee Caps/Ankle Guards, whistle, etc)

For Badminton- a lightweight racket (80–90g), durable shuttlecocks (feather for competitive, nylon for training), non-marking court shoes with good traction, comfortable sportswear, and a racket bag, etc.

For Table tennis- a regulation 9x5 ft table, a 6-inch high net, a specialized racket (paddle) with rubber, and 40mm plastic balls, etc.

For Karate- a Karate Gi (uniform), belt (obi), and protective gear for sparring (kumite), such as mouthguards, gloves (mitts), shin/instep guards, and groin/chest protectors, etc.

For Wrestling- specialized wrestling shoes, a one-piece singlet for competitions, and headgear to prevent ear injuries, etc.

For Lathi- lathi, etc.

For Judo- a judogi (uniform consisting of a heavy cotton jacket and trousers) and a belt (obi) indicating rank, tatami mats, mouthguard, athletic tape, blue gi, etc

Guideline for Record Book – Content of Record Book- History, Major Rules Regulation, National and International level Competition, Name of famous National and International Players, Major Skill (Fundamentals with Picture). Results in the last 5 years.

Note: Preparation of the Record Book is compulsory and will be evaluated by the Internal Examiner. Internal Practical Marks will be given based on the Internal Practical Test and Practical Performance throughout the entire semester

SUGGESTED READINGS

1. Ashok Kumar, Badminton, Discovery Publishing House, New Delhi
2. Narang, P. Play and Learn Badminton, Khel Sahitya Kendra, New Delhi
3. Bandopadhyay, K. Sarir Sikaba Parichay, Classique Books, Kolkata
4. David Fairholm, The Pocket Guide to Table Tennis Tactics, Bell & Heyman, London