

Department of PHYSICAL EDUCATION

Academic Calender and Academic Plan

1st Semester General Course (July 2018 - Dec 2018) CC / GE / GEH

Name of the paper	Module or Unit No	Topic	Name of the teacher	To be Completed during the month and year	No of PPT classes	Continuous Internal Assessment in which month
CC G -1 (Foundation and History of Physical Education)	Unit- I: Introduction	1.1. Meaning and Definition of Physical Education. 1.2. Aim and Objectives of Physical Education. 1.3. Misconceptions and Modern Concept of Physical Education. 1.4. Physical Education in Ancient and Modern Society.	PRASENJIT SAMANTA	JULY	1	JULY
CC G -1 (Foundation and History of Physical Education)	Unit- II: Foundations of Physical Education	2.1. Growth and Development: Meaning, Definition, Factors, Principles and Difference. 2.2. Age Characteristics: Chronological Age, Anatomical Age, Physiological Age and Mental Age. 2.3. Play, Game and Sports: Meaning, Definition and Characteristics; Play Theories; Play, Games and Sports for Human Development. 2.4. Society - Meaning and Definition; Social Groups, Sports as a Social Institution, Sports for National and International Harmony.	PRASENJIT SAMANTA	AUGUST to SEPTEMBER		AUGUST
CC G -1 (Foundation and History of Physical Education)	Unit- III: History of Physical Education	3.1 History of Physical Education and Sports in India: Pre-Independence and Post- Independence Period. 3.2 Olympic Movement: Ancient and Modern Olympic Games. 3.3 Asian Games, Commonwealth Games and SAF Games. 3.4 National Sports Awards: Arjuna, Dhyanchand, Dronacharya, Rajiv Gandhi Khel Ratna	PRASENJIT SAMANTA	SEPTEMBER	1	SEPTEMBER
CC G -1 (Foundation and History of Physical Education)	Unit- IV: Yoga Education	4.1 Yoga: Meaning, Definition, Aim, Objectives and Importance of Yoga for Health. 4.2 History of Yoga: Ancient Period, Vedic Period, Pre-Classical Period, Classical Period, Post-Classical Period, Contemporary Period. 4.3 Astanga Yoga: Meaning, Steps, Methods and Objectives. 4.4 Yogic Concept of Personality and Diet, Yoga for Health and Wellness	PRASENJIT SAMANTA	NOVEMBER		NOVEMBER

Course Outcome	<p>This Paper introduces the learner to the</p> <ul style="list-style-type: none"> *Concept of Physical Education *Definition ,aim, objectives of Physical Education * Ancient and Modern Society’s Physical Activit *Concept of Growth and Development * Concept of Age Characteristics of Human *Concept of Play, Game , Sports . *Importance of Play, Game , Sports in Society. *Learn about Physical Education and Sports in Pre-Independence and Post- Independence Period. *Learn about Olympic Movement. *Learn about Asian Games, Commonwealth Games and SAF Games *Learn about National Sports Awards *Learned about Yoga History. *Benefit of Yoga in Human Life . *Technique of Yoga . *Yoga for Health and Wellness
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2nd Semester General Course (Jan 2019 - June 2019) CC / GE / GEH

Name of the paper	Module or Unit No	Topic	Name of the teacher	To be Completed during the month and year	No of PPT classes	Continuous Internal Assesment in which month
CCG -02 (Health Education, Physical Fitness and Wellness)	Unit- I: Introduction	1.1. Health: Meaning, Definition, Dimensions and Factors. 1.2. Health Education: Meaning, Definition, Aim, Objectives and Principles. 1.3. School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record; Care of Eyes, Ear, Nose, Skin, Mouth and Teeth. 1.4. Aim, Objectives and Functions: National Institute of Health & Family Welfare (NIHFW), World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children’s Emergency Fund (UNICEF).	PRASENJIT SAMANTA	JANUARY		JANUARY

CCG -02 (Health Education, Physical Fitness and Wellness)	Unit- II: Health Problems in India - Prevention and Control	2.1. Communicable Disease: Meaning, Definition and Types; Causes, Prevention and Control of Malaria, Dengue, Chicken Pox and Diarrhea. 2.2. Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders. 2.3. Nutrition: Nutrients and their Functions and Daily Requirements. Balanced Diet. Balanced Diet principles for Growing ups, Adults, Elderly and Athletes of both Genders and Mothers. Health disorders for deficiency of Protein, Vitamins and Minerals. 2.4. Posture: Meaning and Definition. Types of Postural Deformities; Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot. Importance of Good Posture.	PRASENJIT SAMANTA	FEBRUARY TO MARCH	1	FEBRUARY
CCG -02 (Health Education, Physical Fitness and Wellness)	Unit- III: Physical Fitness and Wellness	3.1 Physical Fitness: Meaning and Definition, Need and Importance of Physical Fitness. 3.2 Physical Fitness Components: Meaning, Definition and Usefulness of Health-related and Sports Performance-related Physical Fitness. 3.3 Concept of Wellness. Meaning, Definition and Components of Wellness; Relationship between Physical Activities and Wellness. 3.4 Ageing: Meaning and Definition; Aging Phenomenon; Role of Exercise in Aging.	PRASENJIT SAMANTA	MARCH TO APRIL		MARCH
CCG -02 (Health Education, Physical Fitness and Wellness)	Unit- IV: Health and First-aid Management	4.1 First-aid: Meaning, Definition, Need and Importance; Golden Rules of First-aid. 4.2 Sports Injuries: Meaning, Definition and Types; Management of Sprain, Strain, Wound, Fracture and Dislocation. 4.3 Therapeutic Modalities: Therapy - Meaning and Definition; Principles and Sports Injury Management Procedure of Cryo-therapy and Thermo-therapy. 4.4 Sports Injury Management: Types of Massage. Principles and methods of Sports Injury Management through Exercise and Massage.	PRASENJIT SAMANTA	MAY	1	MAY

Course Outcome	<p>This Paper introduces the learner to the</p> <ul style="list-style-type: none"> *Concept of Health, Health Education, School Health Program . *Function of WHO,NIHFW,UNESCO and UNICEF for Society. * Meaning, Definition and Types Communicable Disease . * Causes, Prevention and Control Communicable Disease. * Meaning, Definition , Causes and Management of Obesity, Diabetes, Asthma and Cardiovascular disorders. *Concept of Nutrition. * Functions and Daily Requirements for Adults, Elderly and Athletes of both Genders and Mothers. * Meaning , Definition, Types of Posture. * Types of Postural Deformities; Causes and Corrective Exercise. *Concept of Physical Fitness. * Meaning , Definition, Components , Need and Importance of Physical Fitness. * Meaning, Definition and Components of Wellness in Human Life. *Meaning, Definition and Role of Exercise in Aging. *Concept of First-aid, Sports Injuries, Therapeutic Modalities and Sports Injury Management * Meaning, Definition, Need and Importance First-aid, Sports Injuries, Therapeutic Modalities and Sports Injury Management
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3rd Semester General Course (July 2019 - Dec 2019) CC / GE / GEH

Name of the paper	Module or Unit No	Topic	Name of the teacher	To be Completed during the month and year	No of PPT classes	Continuous Internal Assessment in which month
CC G-3 (Anatomy, Physiology and Exercise Physiology)	Unit- I: Introduction	1.1. Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance. 1.2. Cell: Definition, Structure and Function of Human Cell. 1.3. Tissue: Definition, Types and Functions. 1.4. System: Definition, Types and Functions in Human Body.	PRASENJIT SAMANTA	JULY	1	JULY

CC G-3 (Anatomy, Physiology and Exercise Physiology)	Unit-II: Musculo-skeletal System	2.1 Skeletal System: Structure of Skeletal System; Classification of Bones and Joints; Anatomical Differences between Male and Female. 2.2 Muscular System: Types, Location, Structure and Function of Skeletal Muscle. 2.3. Muscular Contraction: Meaning, Types, Definition and Characteristics. 2.4. Effect of Exercise and Training on Muscular System.	PRASENJIT SAMANTA	AUGUST	1	AUGUST
CC G-3 (Anatomy, Physiology and Exercise Physiology)	Unit- III: Circulatory System	3.1 Blood: Definition, Composition and Functions. 3.2 Heart: Definition, Structure and Functions. Blood Circulation Mechanism within Heart. 3.3 Meaning and Definition of Term: Heart Rate, Pulse Rate, Stroke Volume, Cardiac Output Blood Pressure – Systolic and Diastolic, Athletic Heart and Bradycardia. 3.4 Effect of Exercise and Training on Circulatory System.	PRASENJIT SAMANTA	SEPTEMBER TO OCTOBER	1	SEPTEMBER
CC G-3 (Anatomy, Physiology and Exercise Physiology)	Unit- IV: Respiratory System	4.1 Structure and Functions of Human Respiratory Organs. 4.2 Respiration Mechanism. 4.3 Meaning and Definition of Term: Respiratory Rate, Tidal Volume, Residual Volume, Vital Capacity, O ₂ Debt and Second Wind. 4.4 Effect of Exercise and Training on Respiratory System.	PRASENJIT SAMANTA	NOVEMBER	1	NOVEMBER

Course Outcome	<p>This Paper introduces the learner to</p> <ul style="list-style-type: none"> *The Anatomy, Physiology and Exercise Physiology. *The Cell, Tissue And Various System in Human Body. * Skeletal System, Muscular System and Muscular Contraction in Human Body *Definition, Composition and functions of Blood. *Definition, Structure and Functions of Heart. * Effect of Exercise and Training on Circulatory System. *Definition, Structure and Functions of Respiratory System . * Effect of Exercise and Training on Circulatory System. 					
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3rd Semester General Course (July 2019 - Dec 2019) SEC

Name of the paper	Module or Unit No	Topic	Name of the teacher	To be Completed during the month and year	No of PPT classes	Continuous Internal Assessment in which month
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SEC -1 (Track and Field)	1. Track Events	1.1. Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block. 1.2. Acceleration with proper running techniques. 1.3. Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug. 1.4. Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing.	PRASENJIT SAMANTA	JULY TO SEPTEMBER	1	
SEC -1 (Track and Field)	2. Field Events (Any three; Students' choice)	2.1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing. 2.2. High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing. 2.3. Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique). 2.4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle). 2.5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).	PRASENJIT SAMANTA	SEPTEMBER TO NOVEMBER	1	NOVEMBER

Course Outcome	<p>This Paper introduces the learner to</p> <ul style="list-style-type: none"> * How the prepared the Track on the Ground. * various event in track Events. * Starting and Finishing Techniques in Runinr Event. * Techniques of Relay Race. * How the prepared the Long Jump, High jump Pit on the Ground. * How the prepared the Shot put , Discus , Javelin Throw Sector on the Ground. * Techniques of Long Jump ,High jump ,Shot put ,Discus Throw and Javelin Throw . 					
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4th Semester General Course (Jan 2020 - Jun 2020) CC / GE / GEH

Name of the paper	Module or Unit No	Topic	Name of the teacher	To be Completed during the month and year	No of PPT classes	Continuous Internal Assesment in which month
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CC G - 4 (Psychology and Sociology in Physical Education and Sports)	Unit- I: Introduction	1.1. Psychology: Meaning, Definition and Scope of Psychology. 1.2. Nature of Psychology; Branches, Need and Importance of Psychology. 1.3. Sports Psychology: Meaning, Definition, Scope and Role of Sports Psychology. 1.4. Need for Psychology in Physical Education and Sports.	PRASENJIT SAMANTA	JANUARY		JANUARY
CC G - 4 (Psychology and Sociology in Physical Education and Sports)	Unit- II: Learning	2.1. Learning: Meaning, Definition and Characteristics. 2.2. Learning Phenomenon: Basic Theories and Laws of Learning. Learning Phenomena and Physical Education and Sports. 2.3. Learning Process: Learning Curve - Meaning, Stages and Features; Learning Motor Skills. 2.4. Transfer of Learning: Meaning, Definition and Types. Factors of Transfer of Learning/Training.	PRASENJIT SAMANTA	FEBRUARY TO MARCH	1	FEBRUARY
CC G - 4 (Psychology and Sociology in Physical Education and Sports)	Unit- III: Psychological Factors	3.1 Motivation: Meaning, Definition, Types and Role of Motivation in Life. 3.2 Instinct and Emotion: Meaning, Definition and Types; Physical Education and Sports for Emotional Development. 3.3 Stress: Meaning, Definition, Types and Causes; Physical Education and Sports for Students' Stress Relaxation. 3.4 Personality: Meaning, Definition, Types and Traits; Physical Education and Sports for Personality Development.	PRASENJIT SAMANTA	MARCH TO APRIL	1	APRIL
CC G - 4 (Psychology and Sociology in Physical Education and Sports)	Unit- IV: Sociological Aspects	4.1 Sociology: Meaning and Definition, Society and Social Group – Primary, Secondary and Remote Groups. 4.2 Culture: Features, Importance, Cultural Values of Games and Sports. 4.3 Leadership: Meaning, Definition and Types. Leadership and Sports Performance; Leadership and Physical Education and Sports. 4.4 Sports Related Social Issues: Empowerment, Gender Discrimination, Women and Sport, Socio-economic Status and Sports Participation, Sports in Modern Society.	PRASENJIT SAMANTA	MAY		MAY

Course Outcome	<p>This Unit introduces the learner to</p> <ul style="list-style-type: none"> *Meaning, Definition , Scope, Nature and Importance of Psychology and Sports Psychology. * Need for Sports Psychology in Physical Education and Sports . * Meaning, Definition and Characteristics of Learning . *About Theories and Laws of Learning . *About Learning Curve and Transfer of Learning . * Meaning, Definition, Types and Role of Motivation. * Meaning, Definition , Types and Causes of Instinct , Emotion,Stress and Personality . * How to control the Motivation ,Emotion,Stress and personality through Sports. * Meaning , Definition , Features, Importance of Sociology and Sports Sociology. * Meaning, Definition and Types Leadership in Sports. * Learn about Sports Related Social Issues.
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4th Semester General Course (Jan 2020 - Jun 2020) SEC

Name of the paper	Module or Unit No	Topic	Name of the teacher	To be Completed during the month and year	No of PPT classes	Continuous Internal Assessment in which month
SEC-2 (Gymnastics and Yoga)	GYMNASTICS	1.1. Forward Roll 1.2. T-Balance 1.3. Forward Roll with Split leg 1.4. Backward Roll 1.5. Cart-Wheel [Note: Student perform any three of the above skills compulsorily in the same sequence] 2. Optional (any three) 2.1. Dive and Forward Roll 2.2. Hand Spring 2.3. Head Spring 2.4. Neck Spring 2.5. Hand Stand and Forward Roll 2.6. Summersault	PRASENJIT SAMANTA	JANUARY TO FEBRUARY	1	

SEC-2 (Gymnastics and Yoga)	YOGA	3.1. Standing Posture - 3.1.1. Ardhashandrasana 3.1.2. Brikshasana 3.1.3. Padahasthasana 3.2. Sitting Posture- 3.2.1. Ardhakurmasana 3.2.2. Paschimottanasana 3.2.3. Gomukhasana 3.3. Supine Posture 3.3.1. Setubandhasana 3.3.2. Halasana 3.4 Prone Posture 3.4.1 Bhujangasana 3.4.2 Salvasana 3.4.3 Dhanurasana 3.5 Inverted Posture 3.5.1 Sarbhangasana 3.5.2 Shirsasana 3.5.3 Bhagrasana	PRASENJIT SAMANTA	MARCH TO MAY	1	
SEC-2 (Gymnastics and Yoga)	Suryanamaskara and Pranayama	4.1. Suryanamaskara 4.2 Kapalbhathi 4.3 Pranayama - Bhramari and Anulam Vilom.	PRASENJIT SAMANTA	MAY	1	MAY
Course Outcome	This Paper introduces the learner to the * Technique of Ground Gymnastics. *Technique of various Asana *Technique of Suryanamaskara, Kapalbhathi and Pranayama					