



Cooch Behar Panchanan Barma University

B.A. Program in Physical Education 1st Semester

Course Code	Course Title	Course Type	LTP	Credit	Marks
CC1A	Foundation and History of Physical Education and Field Practical	Core course	4-0-2	4+2	50
CC2A	Discipline-2 (Core-1) other than Physical Education	Core course		5	50
CC (Language)	Language 1A	Core course Language	5-1-0	5	50
AECC 1	Environmental Studies	AECC-1 compulsory	2-0-0	5	50
SEMESTER TOTAL				21	200

B.A. Program in Physical Education 3rd Semester

Course Code	Course Title	Course Type	LTP	Credit	Marks
CC1C	Anatomy, Physiology and Exercise Physiology and Lab Practical	Core course	4-0-2	4+2	50
CC2C	Discipline-2 (Core-3) other than Physical Education	Core course		5	50
CC (Language)	Language 1B	Core course Language	5-1-0	5	50
SEC (1)	Track and Field	SEC	0-0-2	4	50
SEMESTER TOTAL				20	200

B.A. Program in Physical Education
5th Semester

Course Code	Course Title	Course Type	LTP	Credit	Marks
DSE 1	DSE (Any one from Discipline-1 and any one from Discipline-2)				
	Discipline-1 (any one)	DSE		4+2	50
	Tests, Measurements and Evaluation in Physical Education & Field Practical		4-0-2		
	Sports Training & Field Practical		4-0-2		
	Discipline-2(Other than physical Education)			5	50
	1		5-0-1		
	2		5-0-1		
GE 1	GE -1 (for the students other than Phy. Edn.)	GE		5	50
	Modern trends in Physical Education and Sports Sciences		6-0-0		
SEC 3	SEC 3	SEC		4	50
	Indian Games (any one)- Kabaddi / Kho-Kho And Racket Sports (Any one)- Badminton/ Table Tennis		0-0-2		
		SEMESTER TOTAL		20	200

SEMESTER- 1
CORE PAPER-1: Foundation and History of Physical Education
Course Code- CC1A

Unit- I: Introduction

Meaning and definition of Physical Education.

Aim and objectives of Physical Education.

Unit- II: Biological and Sociological Foundations of Physical Education

Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.

Physical Education & Sports as a socialization force.

Unit- III: History of Physical Education

Historical development of Physical Education and Sports in India- Pre-Independence period.

Historical development of Physical Education and Sports in India-Post-Independence period.

Unit- IV: Yoga Education

Meaning and definition of the term Yoga.

Aim and objectives of Yoga.

FIELD PRACTICAL

Learn and demonstrate the technique of Suryanamaskar.

REFERENCES

1. Graham, G. (2001) Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics, Champaign, Illinois, USA.
2. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
3. Lau, S.K. (1999) Great Indian Players, New Delhi, Sports.
4. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
5. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
6. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
7. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
8. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
9. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.

SEMESTER- 3

CORE PAPER- 3: Anatomy, Physiology and Exercise Physiology Course Code- CC1C

Unit- I: Introduction

Meaning and definition of Anatomy, Physiology and Exercise Physiology.
Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.
Human Cell- Structure and function.

Unit- II: Musculo-skeletal System

Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female.
Muscular System- Type, location, function and structure of muscle.

Unit- III: Circulatory System

Heart- Structure and functions.
Blood Pressure, Athletic Heart and Bradycardia.
Effect of exercise on circulatory system.

Unit- IV: Respiratory System

Structure and function of Respiratory organs.
Vital Capacity, O₂ Debt and Second Wind.
Effect of exercise on respiratory system.

LAB PRACTICAL

Assessments of BMI

REFERENCES

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
3. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
4. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
5. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
6. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
7. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
8. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
9. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

SEMESTER- 3

Track and Field

Course code: SEC 1

1. Track Events

Starting Techniques: Standing start and Crouch start (its variations) and use of Block. Acceleration with proper running techniques.

Finishing technique: Run Through, Forward Lunging and Shoulder Shrug.

2. Field events (any two)

Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.

Shot put: Holding the Shot, Placement, Initial Stance, Glide and Recovery (Perry O'Brien Technique).

SEMESTER- 5

Tests, Measurements and Evaluation in Physical Education

Course code: DSE 1

Unit- I: Introduction

Concept of test, measurement & Evaluation.

Criteria of good test.

Importance of Test, Measurement and Evaluation in Physical Education and Sports.

Unit- II: Measurements of Body Compositions and Somatotype Assessment

Body Mass Index (BMI)- Concept and method of measurement.

Body Fat- Concept, its merits and demerits in sports performance.

Unit- III: Fitness Test

AAHPER Youth Fitness Test

Harvard Step Test

Unit- IV: Sports Skill Test

Lockhart and McPherson Badminton Skill Test

McDonald Soccer Test

LAB & FIELD PRACTICAL

Assessment of AAHPER Youth Fitness Test and Harvard Step Test (any one).

REFERENCES

1. Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications.
2. Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press.
3. Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company.
4. Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York.
5. John Wiley and Sons, Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc.
6. Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.
7. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.
8. Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research.
9. Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics.
10. Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

SEMESTER- 5

Sports Training Course code: DSE1

Unit- I: Introduction

Meaning and definition of Sports Training.
Aim and objectives of Sports Training.
Principles of Sports Training.

Unit- II: Principle of Training and Conditioning

Warming up and Cooling down- Meaning, types and methods.
Training Methods- Circuit Training, Interval Training, Weight Training.

Unit- III: Training Load and Adaptation

Training Load- Meaning, definition, types and factors of training load.
Components of training load.
Over Load- Meaning, causes, symptoms and tackling of over load.

Unit- IV: Training Techniques

Strength- Meaning and methods of strength development.
Speed- Meaning and methods of speed development.

FIELD PRACTICAL

Practical Experience of Weight Training and Circuit Training (any one).

REFERENCES

1. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
2. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
3. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book.
4. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
5. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal.
6. Singh (1991) Science of Sports Training, New Delhi, DVS Publications.
7. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
8. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications.
9. Yograj Thani (2003), Sports Training, Delhi : Sports Publications

SEMESTER- 5

Modern Trends and Practices in Physical Education Exercise Sciences

(For the students other than Physical Education)

Course code: GE1

Unit- I: Introduction

Meaning, definition and importance of physical Education and Sports.

Aims, objectives and scope of Physical Education.

Unit- II: Biological, Psychological and Sociological Foundations of Physical Education

Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Principles of growth and development.

Role of games and sports in National and International integration.

Unit- III: History of Physical Education

Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period. Ancient Olympic Games

Unit- IV: Exercise Sciences

Effects of exercise on Circulatory System.

REFERENCES

1. Kamlesh, M.L. & Singh, M.K. (2006) Physical Education (Naveen Publication).
2. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, USA.
3. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
4. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
5. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.
6. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
7. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
8. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
9. Kansal, D.K. (2012) A Practical Approach to Test Measurement and Evaluation Sports and Spiritual Science Publication, New Delhi.
10. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
11. David, L. Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.

SEMESTER- 5

Indian Games and Racket Sports

Course Code: SEC3

KABADDI

A. Fundamental skills

1. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick.
2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques.
3. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

OR

KHO-KHO

A. Fundamental skills

1. 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 Turn, Pole Dive, Tapping.
2. Skills in running: Chain Play, Ring play and Chain & Ring mixed play.
3. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

AND

BADMINTON

A. Fundamental skills

1. Basic Knowledge: Various parts of the Racket and Grip.
2. Service: Short service, Long service, Long-high service.
3. Shots: Over head shot, Defensive clear shot, Net shot, Smash.
4. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

OR

TABLE TENNIS

A. Fundamental skills

1. Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip).
2. Stance: Alternate & Parallel.
3. Push and Service: Backhand & Forehand.
4. Chop: Backhand & Forehand.
5. Receive: Push and Chop with both Backhand & Forehand.
6. Game practice with application of Rules and Regulations.

B. Rules and their interpretations and duties of the officials.

