



COOCH BEHAR PANCHANAN BARMA UNIVERSITY

PANCHANAN NAGAR, VIVEKANANDA STREET, COOCH BEHAR – 736101

4 Year Under Graduate Degree (Honours) In Physical Education

Course: *MDC 1 st*

Course Title: **Introduction of Physical Education and Sports**

Paper Code: **PED- MDC 1**

Credit: 3

Marks: 35

Objectives:

- i. Students may understand the historical development and the concept of Physical Education and Sports.
- ii. Students may learn the Philosophical, Biological and Sociological foundations of this subject.

Outcomes:

- i. Students may know a strong background in Physical Education and Sports.
- ii. This subject may generate vibration for further development of Physical Education and Sports.

Theory Part:

UNIT- 1: Concept of Physical Education and Sports

- 1.1 Meaning, Definition, Importance of Physical Education and Sports. Aim, Objectives & Scope of Physical Education & Sports.
- 1.2 Misconceptions and Modern concept of Physical Education and Sports
- 1.3 Need and Importance of Physical Education and Sports in Modern Society.

UNIT- 2: Historical Development of Physical Education and Sports

- 2.1 Historical development of Physical Education and Sports in India- Pre& Post Independence period
- 2.2 National Sports Awards- Arjuna Award, Dronacharya Award, Dhyanchand Award
- 2.3 Olympic Movement in India- Ancient Olympic Game & Modern Olympic Games.

UNIT- 3: Biological, Psychological and Sociological Foundation

- 3.1 Biological Principles: Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
- 3.2 Psychological Foundation- Concept of learning, Learning Curve, Laws of Learning. in Physical Education and Sports: Idealism, Realism, Pragmatism and Naturalism
- 3.3 Sociological Foundation: Meaning and definition of Sociology, Society and Socialization. Role of games and sports in National and International Integration

Suggested Reading:

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.



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10. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
 11. Kansal, D.K. (2012) A Practical Approach to Test Measurement and Evaluation Sports and Spiritual Science Publication, New Delhi.

4 Year Under Graduate Degree (Honours) In Physical Education

Programme Objective:

1. To help understand the importance of a healthy lifestyle
2. To familiarize students about physical and mental health
3. To create awareness of various life style related diseases
4. To provide understanding of stress management

Programme Outcome:

1. Improved understanding of the importance of maintaining a healthy lifestyle
2. Improved understanding of movement and the human body
3. Improved knowledge of rules and strategies of particular games and sports
4. Self-confidence and self-worth as they relate to physical education recreation programs

Course: MDC 2nd

Paper Name: FITNESS AND WELLNESS

Paper Code: PED- MDC 2

Credit: 3

Marks: 35

UNIT-I: FITNESS

- 1.1 Meaning, Definition, Need and Importance of Fitness and Physical Fitness
- 1.2 Physical Fitness Components. Meaning Definition and Usefulness of Health-related and Sports Performance Related Physical Fitness
- 1.3 Ageing- Meaning and Definition. Aging Phenomenon. Role of Exercise in Aging
- 1.4 Contemporary Health Problems of College Youth- Alcohol, Drugs, Tobacco, (Chewing, Sniffing, Smoking) their Harmful Effects Substance Abuse Management

UNIT- II – NUTRITION

- 3.1 Meaning and Definition of Nutrition, Sports Nutrition & Types of Nutrition
- 3.2 Basic nutritious Gradients and guidelines. Source and function of Carbohydrates, Proteins, Fat, Vitamins, Minerals and Water
- 3.3 Nutrition: Daily Calorie intake and Expenditure, Balance Diet and Athletic Diet
- 3.4 Factors affecting Physical Fitness

UNIT – III: FITNESS TESTS

- 3.1 AAHPERD Youth Physical Fitness Test
- 1.2 JCR test and Indiana Motor Fitness Test
- 3.3 Kraus Weber Minimum Muscular Fitness Test
- 3.4 Harvard Step Test and Queens College Step Test

Unit –IV: WELLNESS

- 4.1 Wellness- Concept, Definition, Components, Significance with reference to Positive Lifestyle
- 4.2 Concepts of Quality of Life and Body Image



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- 4.3 Factor affecting wellness
 - 4.4 Wellness Programmes with Special Reference to Physical Education Programme

References:

1. A.C. Pandey (2013). “Ozone” Academic Excellence, New Delhi.
2. K. Tones, Y.K. Robinson’s, S. Tilfor (2013). Health Education, Springer.
3. L.B. Lave, E.P. Seskin (2013). Air Pollution and Human Health, Ref. Press, New York.
4. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018
5. Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well Being by Nashay Lorick, 2022
6. P. Elliot, J.C. Wakefield, N.G. Best, D.J. Biggs (2000). Spatial Epidemiology: Methods and Application.
7. P.K. Gupta (2001) Methods in Environmental Analysis, Water, Soil and Air, AGROBIOS (India).
8. Park J.E. & Park K. (2002). Textbook of preventive and social medicine. Jabalpur: Banarasi Das Bhanot Publication.
9. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell
10. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013
11. UGC (2005). Textbook of Environmental Studies, University Press.
12. W.P. Cummingham, B.W. Saigo (2001). A Global Concern, Cummingham
13. WHO (2006) Preventing diseases through healthy environment.



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4 Year Under Graduate Degree (Honours) In Physical Education

Programme Objective:

1. To help understand the importance of a healthy lifestyle
2. To familiarize students about physical and mental health
3. To prevent the worsening of a patient's medical condition
4. To promote recovery
5. To help for ensuring safe transportation to the nearest healthcare facility

Programme Outcome:

1. Improved understanding of the importance of maintaining a healthy lifestyle
2. Improved understanding of movement and the human body
3. Demonstrate knowledge about the first-aid sector & emergency situations.
4. Demonstrate dressing & bandages & management of fracture.
5. Demonstrate first – aid to victims of road accidents.

Course: *MDC 3rd*

Paper Name: **HEALTH EDUCATION, AND FIRST- AID MANAGEMENT**

Paper Code: **PED-MDC-3**

Credit: **3**

Marks: **35**

UNIT – I: HEALTH AND HEALTH EDUCATION

- 1.1. Health- Meaning, Definition, Dimension and Factor effecting health
- 1.2. Health Education- Meaning, Definition, Aims, Objectives and Principles
- 1.3. School Health Program- Health Service, Health Instruction, Health Supervision, Health Appraisal and Health Record, Personal hygiene.

UNIT- II: HEALTH PROBLEMS IN INDIA- PREVENTION AND CONTROL

- 2.1 Communicable Diseases- Meaning, Definition, and Types. Causes, Prevention and Control of Malaria, Dengue and Chicken Pox and Diarrhea
- 2.2. Hypokinetic Disorder- Meaning, Definition, and Causes. Management of Obesity, Diabetes, Asthma and Cardio Vascular Disorder
- 2.3. Posture: Meaning and Definition. Types of Postural Deformities . Causes and corrective exercises for Kyphosis, Lordosis, Scoliosis, Bow-leg, Knock Knee, Flat Foot. Importance of Good Posture

UNIT- III: FIRST AID BASICS

- 3.1 Meaning, Definition, aim, objective and importance of first-aid
- 3.2 Quality of a good first-aider dealing with an emergency and Principals of First-aid
- 3.3 Application of Triangular Bandage- Slings (Arm, Sling, Collar & Cuff Sling), Roller Bandages- Simple Spiral, Reverse Spiral, Figure of Eight, Spica

UNIT- IV: FIRST-AID MANAGEMENT

- 4.1 CPR, steps for performing CPR. First-aid in drowning, Snakebite
- 4.2 First-aid of Skin and Muscles Injuries (Blisters, Corns, Abrasions, Bruises, Burns, Avulsion, Cuts Lacerations, Muscles Strain and Ruptures)
- 4.3 First-aid of Tendon, Ligament, Cartilage and Bone Injuries



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References:

1. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell.
2. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.
3. Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well Being by Nashay Lorick, 2022
4. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.
5. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013.
etics Book.
6. AAOS, Caroline, N. L., Elling, B., & Smith, M. (2010). Nancy Caroline's Emergency Care in theStreets. Jones & Bartlett Learning.
7. Parvensky Barwell, C. A. (2011). Emergency Medical Technician Transition Manual. Jones & Bartlett Publishers.