



COOCH BEHAR PANCHANAN BARMA UNIVERSITY

PANCHANAN NAGAR, VIVEKANANDA STREET, COOCH BEHAR – 736101

Physical Education and Sports

Semester-1

Multi-Disciplinary Course (MDC)- 1

Course Title: Introduction of Physical Education and Sports

Total Credit: 3

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.



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9. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
 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.
 12. Sharma, N.P.(2009), Sports History, KSK Publisher & Distributors, New Delhi – 110002 14.
 13. Bhattacharyya, A.K. (2012), Dimensions of Physical Education: Principles, Foundations Interpretations, Classique Books, Kolkata-12



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4 Year Under Graduate Degree (Honours) In Physical Education

Course Outcome:

- Know sports management and employ principles of strategic planning, and financial and human resource management.
- Assess marketing needs and formulate short-term long terms solutions.
- Develop critical thinking in analyzing sports management issues and in managerial planning and decision.
- Able to organize tournament and activities.

Course: *MDC-2*

Paper Name: Introduction of Physical Education and Sports

Paper Code: PED-MDC-2

Unit-I: Introduction

- 1.1 Meaning, Definition and Importance, Scope, Principle and Management and Sports Management of Physical Education and Sports Programs.
- 1.2 Aims, Objectives and Management of Intramural and Extramural Competition.
- 1.3 Management of events, Equipment and Play Fields in Physical Education and Sports.

Unit-II: Leadership in Physical Education and Sports

- 2.1 Meaning, Definition, Importance and Principles of Leadership.
- 2.2 Form of Leadership (Autocratic, Laisser-faire, Democratic, Benevolent Dictator and qualities of administrative Leader).
- 2.3 Development Organizational Leadership Performance.

Unit-III: Management of Sports Programs and Tournament

- 3.1 Management of Physical Education Programs and Games & Sports Meets in School, College and University.
- 3.2 Concept of Management Planning and Factors Affecting Planning.
- 3.3 Meaning, Definition, Importance and Types of Tournaments and Procedure of Drawing Fixture.

References:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2. Nada, S.M. ports management, Friend Publication, New Delhi.
3. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Lolis: The C.V. Hosby Co.



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4. Kozman, H.C. Cassidly, R. & Jackson, C. (1960).Methods in Physical Education. London: W.B. Saunders Co.
 5. Pandy, L.K. (1977). Methods in Physical Education.Delhe: Metropolitan Book Depo.
 6. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education., Amaravati: Shakti Publication.
 7. Thomas, J. P.(1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
 8. Tirunarayanan, C. &Hariharan, S. (1969). Methods in Physical Education.Karaikudi: South India Press.
 9. Voltmer, E. F. &Esslinger, A. A. (1979).The organization and administration of Physical Education. New York: Prentice Hall Inc.
 10. Singh, A. et al. (2010) Essential of Physical Education. Kalyayani Publishers.
 11. Kar, S &Santra. D.C. (2018): SnatakSarirsikshaPorichaya (Vol.-1), Santra Publication, Kolkata.



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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 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- 3

Paper Name: FITNESS AND WELLNESS

Paper Code: PED- MDC 3

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
- 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.



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 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.