

THE UNIVERSITY OF BURDWAN



Syllabus of 3-Year Degree / 4-Year Honours in Physical Education and Sports

**Under Curriculum & Credit Framework for Under Graduate
Programmes (CCFUP) as per NEP-2020**

w.e.f. 2023-2024

Total Credit- 174

*UG Certificate- 40 Credit (SEM- I & II)

** UG Diploma- 83 Credit (SEM- I to IV)

***3 Year Degree- 124 Credit (SEM- I to VI)

****4 Year UG Degree Honours - 174 Credit (SEM- I to VIII)

****4 Year UG Degree Honours with Research - 174 Credit (SEM- I to VIII)

Semester	Course Type	Level	Name of the Course	Credit	Lect.	Tuto.	Pract./Viva	Full Marks	Distribution of Marks		
									Theory	Pract. / Tuto./ Viva-voce	Internal Assessment
I	Major/DS Course (Core)	100-199	Foundation and History of Physical Education and Sports Science	4	3	0	1	75	40	20	15
	Minor Course	100-199	(Course of any allied subject for the students with Major Physical Education and Sports)	4	3	1	0	75	60	0	15
			Introduction of Physical Education and Sports (For the students without Physical Education and Sports as Major)								
	Multi/Interdisciplinary		Fitness and Wellness (For the students other than Physical Education and Sports as Major or Minor)	3	2	1	0	50	40	0	10
	Ability Enhancement Course (AEC) [L-1 MIL]		Arabic/ Bengali/ Hindi/ Sanskrit/ Santali/ Urdu or Equvlt. Course from SWAYAM or UGC recognized others	2	2	0	0	50	40	0	10
	Skill Enhancement Course (SEC)		Exercise and Sports for Elementary Students	3	0	0	3	50	0	40	10
Value Added (VA) Course		Environmental Science/ Education	4	3	0	1	100	60	20	20	
	Total			20				400			

Semester	Course Type	Level	Name of the Course	Credit	Lect.	Tuto.	Pract. /Viva	Full Marks	Distribution of Marks			
									Theory	Pract. / Tuto. / Viva-voce	Internal Assessment	
II	Major/DS Course (Core)	100-199	Health and Wellness Education	4	3	0	1	75	40	20	15	
	Minor Course	100-199	(Course of any allied subject for the students with Major Physical Education and Sports)	4	3	1	0	75	60	0	15	
			Health and Life Style Management (For the students without Physical Education and Sports as Major)									
	Multi/Interdisciplinary			Yoga Vyayama (For the students other than Physical Education and Sports as Major or Minor)	3	0	0	3	50	40	0	10
	Ability Enhancement Course (AEC)[L₂-1]			English or EquvInt. Course from SWAYAM or UGC recognized others	2	2	0	0	50	40	0	10
	Skill Enhancement Course (SEC)			Sports Massage	3	0	0	3	50	40	0	10
Value Added (VA) Course				4				100				
Skill based vocational course (addl. 4 Cr) during summer term for 8 weeks, who will exit the programme after securing 40 cr.												
For UG Certificate 40 cr + Additional 4 cr (work based vocational course) = 44 cr. Students are allowed to re-enter within 3 years and complete the programme within the stipulated max. period of 7 years												
Total				20				400				

Physical Education and Sports

SEMESTER- I

Course Title: Foundation and History of Physical Education and Sports Science

Course Type: Major (Code: PEDS1011)

Credit: 4 (Lect.- 3 & Pract.- 1)

Full Marks- 75 (Theory: 40, Practical: 20 & Internal Assessment: 15)

Objectives:

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

Outcomes:

- i. Students may know the strong background of Physical Education, Exercise and Sports Science
- ii. This subject may generate vibration for further development of Physical Education, Exercise and Sports Science

UNIT- 1: Concept of Physical Education and Sports Science

L- 5H

- 1.1 Meaning, Definition and Scope of Physical Education and Sports Science
- 1.2 Concept of Play, Games and Sports
- 1.3 Aim, Objectives and Importance of Physical Education and Sports Science
- 1.4 Modern concept of Physical Education and Sports Science

UNIT- 2: Historical Development of Physical Education and Sports Science

L- 10H

- 2.1 Ayurveda: Concept of human, Yoga, Vyayama (exercise) and Krida (Sports)
- 2.2 Historical development of Physical Education and Sports in India of Pre-Independence period
- 2.3 Historical development of Physical Education and Sports in India of Post-Independence period
- 2.4 National Sports Awards: Major Dhyana Chand Khel Ratna Award, Arjuna Award, Dronacharya Award

UNIT- 3: Olympic Movement, Commonwealth and Asian Games

L- 15H

- 3.1 Ancient Olympic Games
- 3.2 Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony
- 3.3 Historical background of Commonwealth and Asian Games
- 3.4 Analysis of Indian Sports performance: Olympic, Commonwealth and Asian Games

UNIT- 4: Foundation & Principles of Physical Education and Sports Science

L- 15H

- 4.1 Philosophical Foundation in Physical Education and Sports: Idealism, Realism, Pragmatism and Naturalism
- 4.2 Biological Principles: Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development. Age: Chronological age, Anatomical age, Physiological age and Mental age
- 4.3 Psychological Foundation- Meaning and definition of Psychology and Sports Psychology. Importance of Psychology and Sports Psychology in Physical Education and Sports Science
- 4.4 Sociological Foundation: Meaning and definition of Sociology, Society and Socialization. Role of games and sports in National and International integration

FIELD PRACTICAL (Preparation of Record Book is Compulsory)

P-30H

1. Physical Fitness Test through AAHPERD (10 Marks)
2. Preparation of record book of Indian Sports performance: Olympic, Commonwealth and Asian Games (10 Marks)

Physical Education and Sports

SEMESTER- I

Course Title: Introduction of Physical Education and Sports

Course Type: Minor (Code: PEDS1021)

Credit: 4 (Lect.- 3 & Tuto.- 1)

Full Marks- 75 (Theory: 60 & Internal Assessment: 15)

Objectives:

- i. To educate the students about Physical Education and sports
- ii. To improve the students understanding about the benefit Physical Education and sports

Outcomes:

- i. Students may be interested for participating in Physical Education and sports
- ii. Students may convince others for exercise and sports participation

UNIT- 1: Concept of Physical Education and Sports Science

L- 15H

- 1.1 Meaning, Definition and Scope of Physical Education and Sports Science
- 1.2 Concept of Play, Games and Sports
- 1.3 Aim, Objectives and Importance of Physical Education and Sports Science
- 1.4 Modern concept of Physical Education and Sports Science

UNIT- 2: Historical Development of Physical Education and Sports Science

L- 15H

- 2.1 Historical development of Physical Education and Sports in India of Pre-Independence period
- 2.2 Historical development of Physical Education and Sports in India of Post-Independence period
- 2.3 National Sports Awards: Major Dhyana Chand Khel Ratna Award, Arjuna Award, Dronacharya Award
- 2.4 Sports schemes in India

UNIT- 3: Olympic Movement, Commonwealth and Asian Games

L- 15H

- 3.1 Ancient Olympic Games
- 3.2 Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony
- 3.3 Historical background of Commonwealth and Asian Games
- 3.4 Indian Sports performance: Olympic, Commonwealth and Asian Games

UNIT- 4: Foundation & Principles of Physical Education and Sports Science

L- 15H

- 4.1 Biological Principles: Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
- 4.2 Age: Chronological age, Anatomical age, Physiological age and Mental age
- 4.3 Psychological Foundation- Meaning and definition of Psychology and Sports Psychology. Importance of Psychology and Sports Psychology in Physical Education and Sports Science
- 4.4 Sociological Foundation: Meaning and definition of Sociology, Society and Socialization. Role of games and sports in National and International integration

Physical Education and Sports

SEMESTER- I

Course Title: Fitness and Wellness

Course Type: Multi/Interdisciplinary (Code: PEDS1031)

Credit: 3 (Lect.- 2 & Tuto.- 1)

Full Marks- 50 (Theory: 40 & Internal Assessment: 10)

Objectives:

- i. To educate students about physical fitness, mental fitness and wellness
- ii. To motivate students for maintaining own fitness and wellness

Outcomes:

- i. Students may accept fitness and wellness programme in daily life
- ii. They may lead healthy lifestyle and convince others

UNIT- 1: Health Related Physical Fitness

L- 15H

- 1.1 Concept of Fitness and Physical Fitness
- 1.2 Concept of Health Related Physical Fitness
- 1.3 Components of Health related Physical Fitness
- 1.4 Assessment Techniques of Health related Physical Fitness

UNIT- 2: Performance Related Physical Fitness

L- 15H

- 2.1 Modern concept of Physical Fitness
- 2.2 Concept of Performance Related Physical Fitness
- 2.3 Components of Performance related Physical Fitness
- 2.4 Assessment Techniques of Performance related Physical Fitness

UNIT- 3: Wellness

L- 15H

- 3.1 Concept of Wellness
- 3.2 Aim and Objectives of Wellness
- 3.3 Components of Wellness
- 3.4 Importance of Wellness in the Modern Society

Physical Education and Sports

SEMESTER- I

Course Title: Exercise and Sports for Elementary Students

Course Type: Skill Enhancement Course (Code: PEDS1051)

Credit: 3 (Practical: 3)

Full Marks- 50 (Practical: 40 & Internal Assessment: 10)

Objectives:

- i. Prepare the students to organise exercise & sports for elementary school children
- ii. Students may develop self-confidence about nurturing elementary students

Outcomes:

- i. Students may get jobs in nursery, kindergarten, play school and elementary school
- ii. Students may start their own play school in their area

Unit- 1: Exercise for Elementary Students

P- 30H

- 1.1 Rhymes Exercise
- 1.2 Mimicking Exercise
- 1.3 Partner Exercise

Unit- 2: Recreational Games for Elementary Students

P- 30H

- 2.1 Recreational Games- Individual
- 2.2 Recreational Games- Group
- 2.3 Recreational Games- with Teacher / Parents

Unit- 3: Sports for Elementary Students

P- 30H

- 3.1 Fundamental Movement Sports
- 3.2 Low Level Individual Sports
- 3.3 Low Level Group Sports

Physical Education and Sports

SEMESTER- II

Course Title: Health and Wellness Education

Course Type: Major (Code: PEDS2011)

Credit: 4 (Lect.- 3 & Pract.- 1)

Full Marks- 75 (Theory: 40, Practical: 20 & Internal Assessment: 15)

Objectives:

- i. To educate students about good and bad health habits
- ii. To prepare students about wellbeing and wellness culture

Outcomes:

- i. Mental set up would be ready for maintaining good health habits
- ii. Students may follow wellness guidelines

Unit- 1: Health and Health Education

L- 9H

- 1.1 Concept, Definition, Spectrum and Dimension of Health
- 1.2 Definition, aim, objectives, Importance and principles of Health Education
- 1.3 Health Agencies: World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO)
- 1.4 School Health Program: Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record

Unit- 2: Health Problems in India- Prevention and Control

L- 12H

- 2.1 Communicable Diseases: Malaria, Dengue and COVID-19
- 2.2 Life style Diseases (Hypokinetic): Obesity and Diabetes
- 2.3 Life style Diseases (Hyperkinetic): Hypertension and Psychological Disorder- Stress
- 2.4 Postural Disorders- Spine: Kyphosis, Lordosis, Scoliosis; Leg: Bow leg, Knock knee, Flat foot

Unit- 3: Diet and Nutrition

L- 12H

- 3.1 Concept of diet; Meaning, definition and role of Nutrition
- 3.2 Macro nutrients and micro nutrients
- 3.3 Role of macro and micro nutrients for exercise
- 3.4 Concept of Balance Diet: Factors and Importance

Unit- 4: Physical Fitness and Wellness

L- 12H

- 4.1 Concept of Physical Fitness
- 4.2 Components of Health related and Performance related Physical Fitness
- 4.3 Concept of Wellness
- 4.4 Components of Wellness

FIELD PRACTICAL (Preparation of Record Book is Compulsory)

P- 30H

1. Physical Fitness Test through AAHPERD (10 Marks)
2. Measurement of Health related physical fitness (10 Marks)

Physical Education and Sports

SEMESTER- II

Course Title: Health and Life Style Management

Course Type: Minor (Code: PEDS2021)

Credit: 4 (Lect.- 3 & Tuto.- 1)

Full Marks- 75 (Theory: 60 & Internal Assessment: 15)

Objectives:

- i. Students may understand the modern life and its positive management skill
- ii. Students will be educated about lifestyle diseases

Outcomes:

- i. Students may repair flaws in lifestyle and advice others
- ii. Students may start practicing positive lifestyle skills

Unit- 1: Health and Health Education

L- 15H

- 1.1 Concept, Definition, Spectrum and Dimension of Health
- 1.2 Definition, aim, objectives, Importance and principles of Health Education
- 1.3 Health Agencies: World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO)
- 1.4 School Health Program: Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record

Unit- 2: Metabolic Disorders and Lifestyle Management

L- 15H

- 2.1 Life style Diseases (Hypokinetic): Obesity and Diabetes
- 2.2 Life style Diseases (Hyperkinetic): Hypertension and Psychological Disorder- Stress
- 2.3 Postural Disorders- Spine: Kyphosis, Lordosis, Scoliosis; Leg: Bow leg, Knock knee, Flat foot
- 2.4 Hygiene: Personal and Community hygiene, Hygienic practices for all seasons and in climate weather

Unit- 3: Diet and Nutrition

L- 15H

- 3.1 Concept, meaning, definition, Nutrition and health for all ages
- 3.2 Macro nutrients and micro nutrients
- 3.3 Role of macro and micro nutrients for exercise
- 3.4 Balance Diet: Factors and Importance

Unit- 4: Physical Fitness and Wellness

L- 15H

- 4.1 Concept of Physical Fitness
- 4.2 Components of Health related and Performance related Physical Fitness
- 4.3 Concept of Wellness
- 4.4 Components of Wellness

Physical Education and Sports

SEMESTER- II

Course Title: Yoga Vyayama

Course Type: Multi/Interdisciplinary (Code: PEDS2031)

Credit: 3 (Practical: 3)

Full Marks- 50 (Practical: 40 & Internal Assessment: 10)

Objectives:

- i. To know the benefit of yoga in daily life
- ii. To understand the utility of regular scheduled vyayama

Outcomes:

- i. After practicing Yoga vyayama students may feel its flavour
- ii. They may include it in their daily routine

Unit- 1: Vyayama

P- 30H

1. Suksma Vyayama: Netra-Sakthi Vikasaka (Eye), Kapola-Sakthi Vikasaka (Cheek), Karna-Sakthi Vikasaka (Ear), Griva-Sakthi Vikasaka (Neck)
2. Sthula Vyayama: Rekha-Gati, Hrd-Gati, Utkurdana, Urdhva-Gati, Sarvanga-Pusti

Unit- 2: Asanas

P- 30H

1. Vishramasana (Relaxative Posture): Shavasana, Makarasana
2. Dhyanasana (Meditative Posture): Sukhasana, Padmasana, Vajrasana, Sastikasana
3. Swasthyasana (Cutural Posture):

Standing Posture: Ardhashandrasana, Brikshasana, Padahastasana

Sitting Posture: Ardhakurmasana, Paschimottanasana, Gomukhasana

Supine Posture: Setubandhasana, Halasana, Matsyasana

Prone Posture: Bhujangasana, Salvasana, Dhanurasana

Unit- 3: Pranayama and Meditation

P- 30H

1. Pranayama
 - a. Anulom-Vilom
 - b. Bhastrika
 - c. Bhramari
2. Meditation
 - a. Sakshi-Bhava
 - b. Maitri-Bhava
 - c. OM-Meditation

Physical Education and Sports

SEMESTER- II

Course Title: Sports Massage

Course Type: Skill Enhancement Course (Code: 2051)

Credit: 3 (Practical: 3)

Full Marks- 50 (Practical: 40 & Internal Assessment: 10)

Objectives:

- i. To prepare the students about basic and advance massage in Indian style (Mardana) and western style
- ii. To educate the students about the special types of sports massage

Outcomes:

- i. Students may join in the massage parlor, spa centre and health club
- ii. Students may be self employed as a masseur

Unit- 1: Historical and Scientific Background of Massage (Record Book Preparation) P- 30H

- 1.1 Massage in Ancient time in India and abroad
- 1.2 Relationship of Anatomy and Physiology to massage and body work
- 1.3 Physiological changes during massage- muscular, circulatory, lymph-vascular system
- 1.4 Roll of Therapeutic massage in stress and pain

Unit- 2: Techniques of Massage

P- 30H

- 2.1 Superficial Massage- Rubbing, Scrubbing, Wringing, Stroking
- 2.2 Deep Tissue Massage- Rolling, Stretching, Gripping, Kneading
- 2.3 Massage with different oil and aroma
- 2.4 Ayurvedic Massage

Unit- 3: Techniques Sports Massage

P- 30H

- 3.1 Compression and Broadening
- 3.2 Friction
- 3.3 Effleurage
- 3.4 Petrissage