

**Seva Bharati Mahavidyalaya**  
**Department of Physical Education**  
**Semester-I, 2021**

<b>Name of the Subject: HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION &amp; OLYMPIC MOVEMENT (CORE COURSE)</b>				
<b>Paper:CC-101 (Total Credit-4, Total Hours-40)</b>				
<b>Unit-1</b>	<b>Introduction to the Concept of Physical Education</b>	<b>Teacher's name</b>	<b>Credit-1</b>	<b>Total Hours-10</b>
Sub unit-1.1	Meaning, Definition, Misconceptions and Scope of Physical Education.	Dr. Prasenjit Barman	$\frac{1}{4}$	2½ hours
Sub unit-1.2	Aims and Objective of Physical Education.		$\frac{1}{4}$	2½ hours
Sub unit-1.3	Relationship of Physical Education with General Education, Need for Physical		$\frac{1}{4}$	2½ hours
Sub unit-1.4	Physical Education as an Art and Science.		$\frac{1}{4}$	2½ hours
<b>References:</b>				
1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.				
2. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.				
3. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.				
<b>Unit-2</b>	<b>History of Development of Physical Education</b>	<b>Teacher's name</b>	<b>Credit-1</b>	<b>Total Hours-10</b>
Sub unit-2.1	History of the development of Physical Education during pre-independence period.	Dr. Mritunjoy Das	$\frac{1}{4}$	2½ hours
Sub unit-2.2	Post-Independence Period - Physical Education in India with reference to development of Physical education in West Bengal.		$\frac{1}{4}$	2½ hours
Sub unit-2.3	Contribution of Akhras, Vyayamshalas & YMCA.		$\frac{1}{4}$	2½ hours

Sub unit-2.4	Contribution of Eminent Physical Educationists: J.B. Basedow, J.F. Gustmuth, F.L.Jahn, Franz Natchtegall, Niles Bukh, P.H.Ling. H.C.Buck, James Buchanan, P.M. Joshep, Rabindranath Tagore, Swami Vivekananda, Rishi Aurobindo.	$\frac{1}{4}$	2½ hours
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**References:**

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
3. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

Unit-3	Foundation & Principles of Physical Education	Teacher's name	Credit-1	Total Hours-10
Sub unit-3.1	Philosophical foundation: Idealism, Realism, Pragmatism and Naturalism in Physical Education	Dr. Suprakash Das	$\frac{1}{4}$	2½ hours
Sub unit-3.2	Biological Principles: Change of locomotion from Biped to Quadruped position – Advantages and Disadvantages. - Age & Gender Characteristics, Body type, Fitness and wellness movement in the contemporary perspectives.		$\frac{1}{4}$	2½ hours
Sub unit-3.3	Psychological principles: Psychological factors affecting sports performance, Growth and Development – meaning, difference and principles.		$\frac{1}{4}$	2½ hours
Sub unit-3.4	Sociological principles: Socialization through Physical Education, social integration and cohesiveness, National & International integration through sports.		$\frac{1}{4}$	2½ hours

**References:**

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
3. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

Unit-4	Olympic Movement	Teacher's name	Credit-1	Total Hours-10
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Sub unit-4.1	The history of ancient Olympic movement.	Dr. Alope Sen Barman	$\frac{1}{4}$	2½ hours
Sub unit-4.2	The significant stages in the development of the modern Olympic movement, Philosophy of Olympic movement.		$\frac{1}{4}$	2½ hours
Sub unit-4.3	Significance of Olympic Ideals, Olympic Rings, Olympic Flag, Olympic Oath.		$\frac{1}{4}$	2½ hours
Sub unit-4.4	International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Types of Olympic Games.		$\frac{1}{4}$	2½ hours

**References:**

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
3. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

<b>Name of the Subject: ANATOMY AND PHYSIOLOGY</b>				
<b>Paper:CC-102 (Total Credit-4, Total Hours-40)</b>				
<b>Unit-1</b>	<b>Introduction of the Human Body</b>	<b>Teacher's name</b>	<b>Credit-1</b>	<b>Total Hours-10</b>
Sub unit-1.1	Organization of the human body and Brief introduction of Anatomy Physiology in the field of Physical Education and Sports.	Professor Ajoy Bag	$\frac{1}{4}$	2½ hours
Sub unit-1.2	Cell-structure and functions of cells		$\frac{1}{4}$	2½ hours
Sub unit-1.3	Tissue- Types of tissue and their functions.		$\frac{1}{4}$	2½ hours
Sub unit-1.4	Skeletal System- Bones of the human body- Axial and Appendicular skeleton. Classification and functions of bone Anatomical sex difference. Brief description of Joints.		$\frac{1}{4}$	2½ hours

**References:**

1. Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.
2. Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.

<b>Unit-2</b>	<b>System I</b>	<b>Teacher's name</b>	<b>Credit-1</b>	<b>Total Hours-10</b>
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Sub unit-2.1	Muscular system- Types of muscle and functions-Structure of skeletal muscle, Major muscles of shoulder, hip and knee joint.	Dr. Keshab Chandra Gope	$\frac{1}{4}$	2½ hours
Sub unit-2.2	Digestive system: The alimentary canal /G.I. tract, Accessory glands and digestive juices – Brief outline of process of carbohydrate, fat and protein digestion		$\frac{1}{4}$	2½ hours
Sub unit-2.3	Energy metabolism: Brief discussion on energy metabolism, Fuel for muscular work.		$\frac{1}{4}$	2½ hours
Sub unit-2.4	Circulatory System: Function of circulatory system. Composition and function of blood, Heart location and structure, pulmonary circulation, Systemic circulation. Cardiac cycle, Blood pressure, Blood group, Blood coagulation. Blood and immunity.		$\frac{1}{4}$	2½ hours

**References:**

- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.

Unit-3	System II	Teacher's name	Credit-1	Total Hours-10
Sub unit-3.1	Respiratory system: Organs of respiration, meaning internal and external respiration. mechanism of respiration,	Dr. Pradipta Kumar Giri	$\frac{1}{4}$	2½ hours
Sub unit-3.2	Excretory system: Structure and function of kidney, urine formation		$\frac{1}{4}$	2½ hours
Sub unit-3.3	Endocrine system: Location, secretion and functions of different endocrine glands.		$\frac{1}{4}$	2½ hours
Sub unit-3.4	Nervous system: organization, central nervous system- Brain, spinal cord, autonomic nervous system. Concept of nerve-muscle physiology: Neuromuscular junction and transmission		$\frac{1}{4}$	2½ hours

**References:**

- Moorthy, A.M. (2014). Anatomy physiology and health education. Karaikudi: MadalayamPub.
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co. Pearce,

Unit-4	Effect of Exercise on Different System	Teacher's name	Credit-1	Total Hours-10
Sub unit-4.1	Exercise-Concept and type	Dr. Nitu Dutta	$\frac{1}{4}$	2½ hours
Sub unit-4.2	Types of muscular contraction. Effect of exercise on muscular system.		$\frac{1}{4}$	2½ hours
Sub unit-4.3	Effect of exercise on circulatory system- Heart rate, stroke volume, cardiac output, athletic heart		$\frac{1}{4}$	2½ hours
Sub unit-4.4	Effect of exercise on respiratory system- Tidal volume, respiratory rate, pulmonary ventilation, oxygen uptake, oxygen debt or EPOC (Excess Post exercise oxygen consumption.)		$\frac{1}{4}$	2½ hours

**References:**

7. E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
8. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
9. Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.

Name of the Subject: HEALTH EDUCATION AND ENVIRONMENTAL STUDIES				
Paper:CC-103 (Total Credit-4, Total Hours-40)				
Unit-1	Health Education	Teacher's name	Credit-1	Total Hours-10
Sub unit-1.1	Concept, Dimensions, Spectrum and Determinants of Health.	Professor Saheb Lohar	$\frac{1}{4}$	2½ hours
Sub unit-1.2	Definition of Health, Health Education, Aims, objectives and principles of Health Education		$\frac{1}{4}$	2½ hours
Sub unit-1.3	Personal Hygiene: Care of eye, ear, skin, pumps & feet and hair.		$\frac{1}{4}$	2½ hours
Sub unit-1.4	School Health Program: Health service, Health instruction, Health supervision, health appraisal and Health record.		$\frac{1}{4}$	2½ hours

**References:**

1. Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
2. Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
3. Nemir, A. (n.d.). The school health education. New York: Harber and Brothers. Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.

<b>Unit-2</b>	<b>Health Problems in India- Prevention and Control</b>	<b>Teacher's name</b>	<b>Credit-1</b>	<b>Total Hours-10</b>
Sub unit-2.1	Communicable diseases: Malaria, Dengue, Dysentery, Cough and cold, chicken pox. COVID-19.	Dr Binod Chowdhury	$\frac{1}{4}$	2½ hours
Sub unit-2.2	Non-Communicable diseases: Obesity, Diabetes, Hyper Tension, Cancer.		$\frac{1}{4}$	2½ hours
Sub unit-2.3	Nutritional Disorder: Mother-child Health Care, Explosive Population, Food Adulteration, First- Aid and emergency care.		$\frac{1}{4}$	2½ hours
Sub unit-2.4	Postural Deformities and their prevention and remedies.		$\frac{1}{4}$	2½ hours

**References:**

1. Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
2. Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
3. Nemir, A. (n.d.). The school health education. New York: Harber and Brothers. Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.

<b>Unit-3</b>	<b>Environmental Studies</b>	<b>Teacher's name</b>	<b>Credit-1</b>	<b>Total Hours-10</b>
Sub unit-3.1	Historical Background and concept of Environmental Studies.	Professor Sujan Barman	$\frac{1}{4}$	2½ hours
Sub unit-3.2	Definition, scope, need and importance of Environmental Studies. Observation of different Environmental Days		$\frac{1}{4}$	2½ hours
Sub unit-3.3	Recycling of wastes, plastic recycling and probation of plastic bag/cover.		$\frac{1}{4}$	2½ hours
Sub unit-3.4	Role of School in Environmental conservation and sustainable development. Different Environmental Laws and regulations.		$\frac{1}{4}$	2½ hours

**References:**

1. Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
2. Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
3. Nemir, A. (n.d.). The school health education. New York: Harber and Brothers. Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.

<b>Unit-4</b>	<b>Natural Resources and Related Environmental Issues</b>	<b>Teacher's name</b>	<b>Credit-1</b>	<b>Total Hours-10</b>
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Sub unit-4.1	Water resources, food resources and Land resources.	Dr Anindya Bhowmick	$\frac{1}{4}$	2½ hours
Sub unit-4.2	Definition, effects and control measures of air pollution, water pollution, soil pollution, Noise pollution and thermal pollution		$\frac{1}{4}$	2½ hours
Sub unit-4.3	Management of environment and Govt. Policies- role of Pollution Control Board		$\frac{1}{4}$	2½ hours
Sub unit-4.4	Celebration of various days in relation with environment.		$\frac{1}{4}$	2½ hours
<b>References:</b>				

1. Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
2. Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
3. Nemir, A. (n.d.). The school health education. New York: Harber and Brothers. Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.

<b>Name of the Subject: EC-102: OFFICIATING AND COACHING (ELECTIVE)</b>				
<b>Paper: EC-102 (Total Credit-4, Total Hours-40)</b>				
<b>Unit-1</b>	<b>Introduction of Officiating and Coaching</b>	<b>Teacher's name</b>	<b>Credit-1</b>	<b>Total Hours-10</b>
Sub unit-1.1	Concept of Officiating and Coaching	Professor Anirudha Mallick	$\frac{1}{4}$	2½ hours
Sub unit-1.2	Importance and principles of Officiating.		$\frac{1}{4}$	2½ hours
Sub unit-1.3	Relation of official and coach with management, players and spectators		$\frac{1}{4}$	2½ hours
Sub unit-1.4	Measures of improving the standards of Officiating and Coaching.		$\frac{1}{4}$	2½ hours
<b>References:</b>				

1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice
3. Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London
4. Press Ltd. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
5. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall. 6. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Unit-2	Coach as a Mentor	Teacher's name	Credit-1	Total Hours-10
Sub unit-2.1	Duties of coach in general, pre, during and post-game	Dr. Alope Sen Barman	¼	2½ hours
Sub unit-2.2	Philosophy of coaching.		¼	2½ hours
Sub unit-2.3	Responsibilities of a coach on and off the field		¼	2½ hours
Sub unit-2.4	Psychology of competition and coaching.		¼	2½ hours

**References:**

1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice
3. Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London
4. Press Ltd. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
5. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall. 6. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Unit-3	Duties of Official	Teacher's name	Credit-1	Total Hours-10
Sub unit-3.1	Duties of official in general, pre, during and post-game.	Professor Deb Kumar Mahato	¼	2½ hours
Sub unit-3.2	Philosophy of Officiating.		¼	2½ hours
Sub unit-3.3	Mechanics of Officiating – Position, singles and movement etc.		¼	2½ hours
Sub unit-3.4	Ethics of officiating		¼	2½ hours

**References:**

1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice
3. Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London
4. Press Ltd. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
5. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall. 6. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Unit-4	Qualities and Qualification of Coach and Official	Teacher's name	Credit-1	Total Hours-10
Sub unit-4.1	Qualities and Qualification of coach and official. Rule changes in different games and Sports (Under syllabus of all Games and Sports).		¼	2½ hours



Sub unit-4.2	General rules of game and sports.	Dr. Binod Chowdhury	$\frac{1}{4}$	2½ hours
Sub unit-4.3	Eligibility rules of inter-collegiate and inter-university tournaments, preparation of TA, DA bills.		$\frac{1}{4}$	2½ hours
Sub unit-4.4	Integrity and values of sports.		$\frac{1}{4}$	2½ hours

**References:**

1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
2. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice
3. Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London
4. Press Ltd. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
5. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall. 6. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.