

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

Name of the Subject: Foundation and History of Physical Education				
Paper:DSC-1A (Total Credit-4, Total Hours-40)				
Unit-1	Introduction to the Concept of Physical Education	Teacher's name	Credit-1	Total Hours-10
Sub unit-1.1	Meaning, definition and scope of Physical Education.	Dr. Prasenjit Barman	$\frac{1}{4}$	2½ hours
Sub unit-1.2	Aims and objectives of Physical Education.		$\frac{1}{4}$	2½ hours
Sub unit-1.3	Misconception and modern concept of Physical Education.		$\frac{1}{4}$	2½ hours
Sub unit-1.4	Needs and importance of Physical Education in modern society.		$\frac{1}{4}$	2½ hours

References:

1. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
2. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.
3. Kansal, D.K. (2012) A Practical Approach to Test Measurement and Evaluation Sports and Spiritual Science Publication, New Delhi.

Unit-2	Biological and Sociological Foundations of Physical Education	Teacher's name	Credit-1	Total Hours-10
Sub unit-2.1	Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth	Dr. Mritunjoy Das	$\frac{1}{4}$	2½ hours
Sub unit-2.2	Age- Chronological age, anatomical age, physiological age and mental age.		$\frac{1}{4}$	2½ hours
Sub unit-2.3	Sociological Foundation- Meaning and definition of Sociology, Society, Socialization in Physical Education and Sports, Sports		$\frac{1}{4}$	2½ hours
Sub unit-2.4	Role of games and sports in National and International integration.		$\frac{1}{4}$	2½ hours

References:

1. Siedentop, D. (2004) Introduction to Physical Education, Fitness and Sport, McGraw Hill Companies Inc., New York, USA.
2. Shaffer, D.R. (2002) Development Psychology: Childhood and Adolescence. Thomson, Sydney, Australia.
3. Shukla, (2000) Mother on Education, National Council of Teacher Education, New Delhi.

Unit-3	History of Physical Education	Teacher's name	Credit-1	Total Hours-10
Sub unit-3.1	Historical development of Physical Education and Sports in India-Pre-Independence period and Post-Independence period.	Dr. Suprakash Das	¼	2½ hours
Sub unit-3.2	Olympic Movement- Ancient Olympic Games and Modern Olympic Games.		¼	2½ hours
Sub unit-3.3	Brief historical background of Asian Games and Commonwealth Games.		¼	2½ hours
Sub unit-3.4	National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award.		¼	2½ hours

References:

1. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
2. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
3. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.

Unit-4	Yoga Education	Teacher's name	Credit-1	Total Hours-10
Sub unit-4.1	Meaning and definition of the term Yoga, types, aims, objectives and importance of Yoga.	Dr. Pradipta Kumar Giri	¼	2½ hours
Sub unit-4.2	History of Yoga.		¼	2½ hours
Sub unit-4.3	Astanga Yoga		¼	2½ hours
Sub unit-4.4	Hatha Yoga		¼	2½ hours

References:

1. Singh, A. et al. (2000) Essential of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
2. Wuest, D.A. & C.A. Bucher (2006) Foundation of Physical Education, Exercise Science, and Sports. McGraw Hill Companies Inc.; New York, USA.
3. Fahey, T.D., M.P. Insel and W.T. Rath (2006) Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York.

Seva Bharati Mahavidyalaya
Department of Physical Education
Semester-II, 2022

Name of the Subject: Management of Physical Education and Sports				
Paper:DSC-1B (Total Credit-4, Total Hours-40)				
Unit-1	Introduction	Teacher's name	Credit-1	Total Hours-10
Sub unit-1.1	Concept and definition of Sports Management.	Professor Ajoy Bag	$\frac{1}{4}$	2½ hours
Sub unit-1.2	Purpose of Sports Management, Importantance of Sports Management		$\frac{1}{4}$	2½ hours
Sub unit-1.3	Principles of Sports Management.		$\frac{1}{4}$	2½ hours
Sub unit-1.4	Sports Manager and his duties.		$\frac{1}{4}$	2½ hours

References:

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Lolis: The C.V. Hosby Co.
3. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.

Unit-2	Tournaments	Teacher's name	Credit-1	Total Hours-10
Sub unit-2.1	Tournaments: Meaning and definition, and types of tournaments (Knock-out, League, Combination, Challenge).	Dr. Keshab Chandra Gope	$\frac{1}{4}$	2½ hours
Sub unit-2.2	Procedure of drawing fixture.		$\frac{1}{4}$	2½ hours
Sub unit-2.3	Method of organizing Annual Athletic Meet and Play Day.		$\frac{1}{4}$	2½ hours
Sub unit-2.4	Method of organizing of Intramural and Extramural competition.		$\frac{1}{4}$	2½ hours

References:

1. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
2. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
3. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.

Unit-3	Facilities and Equipments	Teacher's name	Credit-1	Total Hours-10
Sub unit-3.1	Method of calculation of Standard Athletic Track marking.	Dr. Pradipta Kumar Giri	$\frac{1}{4}$	2½ hours
Sub unit-3.2	Care and maintenance of play ground and gymnasium.		$\frac{1}{4}$	2½ hours
Sub unit-3.3	Importance, care and maintenance of sports equipment.		$\frac{1}{4}$	2½ hours
Sub unit-3.4	Time Table: Meaning, importance and factors affecting school Physical Education Time Table.		$\frac{1}{4}$	2½ hours

References:

1. Pandey, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
2. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
3. Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.

Unit-4	Leadership	Teacher's name	Credit-1	Total Hours-10
Sub unit-4.1	Meaning and definition of leadership.	Dr. Nitu Dutta	$\frac{1}{4}$	2½ hours
Sub unit-4.2	Qualities of good leader in Physical Education.		$\frac{1}{4}$	2½ hours
Sub unit-4.3	Types of Leadership.		$\frac{1}{4}$	2½ hours
Sub unit-4.4	Principles of leadership activities.		$\frac{1}{4}$	2½ hours

References:

1. Tirunaryanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
2. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
3. Singh, A. et al. (2010) Essential of Physical Education. Kalyani Publishers.

Seva Bharati Mahavidyalaya
Department of Physical Education
Semester-III, 2022

Name of the Subject: Anatomy, Physiology and Exercise Physiology				
Paper:DSC-1C (Total Credit-4, Total Hours-40)				
Unit-1	Introduction	Teacher's name	Credit-1	Total Hours-10
Sub unit-1.1	Meaning and definition of Human Anatomy, Physiology and Exercise Physiology.	Professor Saheb Lohar	¼	2½ hours
Sub unit-1.2	Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education.		¼	2½ hours
Sub unit-1.3	Cell- Structure and function.		¼	2½ hours
Sub unit-1.4	Tissue- Types and functions.		¼	2½ hours
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.

Unit-2	Musculo-skeletal System	Teacher's name	Credit-1	Total Hours-10
Sub unit-2.1	Skeletal System- Structure of Skeletal System. Classification and locations of bones and joints. Anatomical differences between male and female.	Dr Binod Chowdhury	¼	2½ hours
Sub unit-2.2	Muscular System- Type, location, function and structure of muscle.		¼	2½ hours
Sub unit-2.3	Types of muscular contraction.		¼	2½ hours
Sub unit-2.4	Effect of exercise and training on muscular system.		¼	2½ hours
References:				

1. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
2. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
3. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.

Unit-3	Circulatory System	Teacher's name	Credit-1	Total Hours-10
Sub unit-3.1	Blood- Composition and function.	Professor Sujan Barman	$\frac{1}{4}$	2½ hours
Sub unit-3.2	Heart- Structure and functions. Mechanism of blood circulation through heart.		$\frac{1}{4}$	2½ hours
Sub unit-3.3	Blood Pressure, Athletic Heart and Bradycardia.		$\frac{1}{4}$	2½ hours
Sub unit-3.4	Effect of exercise and training on circulatory system.		$\frac{1}{4}$	2½ hours

References:

1. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- 2 Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
3. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.

Unit-4	Respiratory System	Teacher's name	Credit-1	Total Hours-10
Sub unit-4.1	Structure and function of Respiratory organs.	Dr Anindya Bhowmick	$\frac{1}{4}$	2½ hours
Sub unit-4.2	Mechanism of Respiration.		$\frac{1}{4}$	2½ hours
Sub unit-4.3	Vital Capacity, O2 Debt and Second Wind.		$\frac{1}{4}$	2½ hours
Sub unit-4.4	Effect of exercise and training on respiratory system.		$\frac{1}{4}$	2½ hours

References:

1. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
2. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
3. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

Seva Bharati Mahavidyalaya
Department of Physical Education
Semester-IV, 2023

Name of the Subject: Health Education, Physical Fitness and Wellness				
Paper: DSC-1D(Total Credit-4, Total Hours-40)				
Unit-1	Introduction	Teacher's name	Credit-1	Total Hours-10
Sub unit-1.1	Concept, definition and dimension of Health.	Professor Anirudha Mallick	$\frac{1}{4}$	2½ hours
Sub unit-1.2	Definition, aims, objectives and principles of Health Education.		$\frac{1}{4}$	2½ hours
Sub unit-1.3	Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF)		$\frac{1}{4}$	2½ hours
Sub unit-1.4	School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record, Personal hygiene.		$\frac{1}{4}$	2½ hours

References:

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, et. al." The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".

Unit-2	Health Problems in India- Prevention and Control	Teacher's name	Credit-1	Total Hours-10
Sub unit-2.1	Communicable Diseases- Malaria, Dengue and Chicken Pox and Diarrhea.	Professor Anirudha Mallick	$\frac{1}{4}$	2½ hours
Sub unit-2.2	Non-Communicable Diseases- Obesity, Diabetes and Asthma.		$\frac{1}{4}$	2½ hours

Sub unit-2.3	Nutrition- Nutritional requirements for daily living. Preparation and Principles of Balance Diet. Health disorders due to deficiencies of Protein, Vitamins and Minerals.	Dr.Prasenjit Barman	$\frac{1}{4}$	2½ hours
Sub unit-2.4	Postural deformities- Causes and corrective exercises of Kyphosis, Lordosis, Scoliosis, Knock Knee, Flat Foot and Bow Legs.		$\frac{1}{4}$	2½ hours

References:

- 1.Delbert, Oberteuffer, et. al." The School Health Education".
- 2.Ghosh, B.N. "Treaties of Hygiene and Public Health".
3. Hanlon, John J. "Principles of Public Health Administration" 2003.

Unit-3	Physical Fitness and Wellness	Teacher's name	Credit-1	Total Hours-10
Sub unit-3.1	Physical Fitness- Meaning, definition and importance of Physical Fitness.	Professor Deb Kumar Mahato	$\frac{1}{4}$	2½ hours
Sub unit-3.2	Components of Physical Fitness- Health and performance related Physical Fitness.		$\frac{1}{4}$	2½ hours
Sub unit-3.3	Concept of Wellness. Relationship between physical activities and wellness.		$\frac{1}{4}$	2½ hours
Sub unit-3.4	Ageing- Physical activities and its importance.		$\frac{1}{4}$	2½ hours

References:

1. Hanlon, John J. "Principles of Public Health Administration" 2003.
- 2.Turner, C.E. "The School Health and Health Education".
3. Moss et. al. "Health Education" (National Education Association of U.T.A.).

Unit-4	Health and First-aid Management	Teacher's name	Credit-1	Total Hours-10
Sub unit-4.1	First aid- Meaning, definition, importance and golden rules of First-aid.	Dr. Binod Chowdhury	$\frac{1}{4}$	2½ hours
Sub unit-4.2	Concept of sports injuries- Sprain, Strain, Fracture, Dislocation and Wound.		$\frac{1}{4}$	2½ hours
Sub unit-4.3	Management of sports injuries through the application of Hydro-therapy and Thermotherapy.		$\frac{1}{4}$	2½ hours

Sub unit-4.4	Physiotherapy: Basic concept, types & principles. Management of sports injuries through the application of exercise and massage therapy.	$\frac{1}{4}$	2½ hours
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References:

- 1.Nemir A. 'The School Health Education" (Harber and Brothers, New York).
- 2 Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
3. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.

**Seva Bharati Mahavidyalaya
Department of Physical Education
Semester-V, 2023**

Name of the Subject: Tests, Measurements and Evaluation in Physical Education				
Paper: DSE-1A(Total Credit-4, Total Hours-40)				
Unit-1	Introduction	Teacher's name	Credit-1	Total Hours-10
Sub unit-1.1	Concept of test, measurement & evaluation.	Professor Anirudha Mallick	$\frac{1}{4}$	2½ hours
Sub unit-1.2	Criteria of good test.		$\frac{1}{4}$	2½ hours
Sub unit-1.3	Principles of evaluation.		$\frac{1}{4}$	2½ hours
Sub unit-1.4	Importance of Test, Measurement and Evaluation in Physical Education and Sports.		$\frac{1}{4}$	2½ hours

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.

Unit-2	Measurements of Body Compositions and Somatotype Assessment	Teacher's name	Credit-1	Total Hours-10
Sub unit-2.1	Body Mass Index (BMI) - Concept and method of measurement.	Dr. Aloka San Berman	$\frac{1}{4}$	2½ hours
Sub unit-2.2	Body Fat - Concept and method of measurement.		$\frac{1}{4}$	2½ hours

Sub unit-2.3	Lean Body Mass (LBM) - Concept and method of measurement.		$\frac{1}{4}$	2½ hours
Sub unit-2.4	Somatotype- Concept and method of measurement.		$\frac{1}{4}$	2½ hours

References:

1. Getchell B (1979): Physical Fitness A Way of Life, 2nd Edition New York.
2. 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.
3. Kansal D.K. (1996): "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.

Unit-3	Fitness Test	Teacher's name	Credit-1	Total Hours-10
Sub unit-3.1	Kraus-Weber Muscular Strength Test	Dr. Suprakash Das	$\frac{1}{4}$	2½ hours
Sub unit-3.2	AAHPER Youth Fitness Test		$\frac{1}{4}$	2½ hours
Sub unit-3.3	Queens College Step Test		$\frac{1}{4}$	2½ hours
Sub unit-3.4	Harvard Step Test		$\frac{1}{4}$	2½ hours

References:

1. Kansal D.K. (1996): "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications.
2. Krishnamurthy (2007): Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.
3. Vivian H. Heyward (2005): Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research.

Unit-4	Sports Skill Test	Teacher's name	Credit-1	Total Hours-10
Sub unit-4.1	Lockhart and McPherson Badminton Skill Test	Dr. Binod Chowdhury	$\frac{1}{4}$	2½ hours
Sub unit-4.2	Johnson Basketball Test Battery		$\frac{1}{4}$	2½ hours
Sub unit-4.3	McDonald Soccer Test		$\frac{1}{4}$	2½ hours
Sub unit-4.4	Brady Volleyball Test		$\frac{1}{4}$	2½ hours

References:

1. Vivian H. Heyward (2005): Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research.
2. Wilmore JH and Costill DL. (2005) : Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics.
3. Yobu, A (2010): Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

Seva Bharati Mahavidyalaya
Department of Physical Education
Semester-VI, 2023

Name of the Subject: Sports Training				
Paper: DSE-1B(Total Credit-4, Total Hours-40)				
Unit-1	Introduction	Teacher's name	Credit-1	Total Hours-10
Sub unit-1.1	Meaning and definition of Sports Training.	Professor Anirudha Mallick	$\frac{1}{4}$	2½ hours
Sub unit-1.2	Aim and characteristics of Sports Training.		$\frac{1}{4}$	2½ hours
Sub unit-1.3	Principles of Sports Training.		$\frac{1}{4}$	2½ hours
Sub unit-1.4	Importance of Sports Training.		$\frac{1}{4}$	2½ hours

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.

Unit-2	Principle of Training and Conditioning	Teacher's name	Credit-1	Total Hours-10
Sub unit-2.1	Warming up and cooling down- Meaning, types and methods.	Dr. Mritunjoy Das	$\frac{1}{4}$	2½ hours
Sub unit-2.2	Conditioning - Concept of Conditioning and its principles.		$\frac{1}{4}$	2½ hours
Sub unit-2.3	Training Methods- Circuit Training, Interval Training, Weight Training.		$\frac{1}{4}$	2½ hours
Sub unit-2.4	Periodisation- Meaning, types, aim and contents of different periods.		$\frac{1}{4}$	2½ hours

References:

1. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company.
2. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book.
3. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.

Unit-3	Training Load and Adaptation	Teacher's name	Credit-1	Total Hours-10
Sub unit-3.1	Training Load - Meaning, definition, types and factors of training load.	Dr. Keshab Chandra Gope	$\frac{1}{4}$	2½ hours
Sub unit-3.2	Components of training load.		$\frac{1}{4}$	2½ hours
Sub unit-3.3	Over Load - Meaning, causes, symptoms and tackling of over load.		$\frac{1}{4}$	2½ hours
Sub unit-3.4	Adaptation - Meaning and conditions of adaptation.		$\frac{1}{4}$	2½ hours

References:

1. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University.
2. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal.
3. Singh (1991) Science of Sports Training, New Delhi, DVS Publications.

Unit-4	Training Techniques	Teacher's name	Credit-1	Total Hours-10
Sub unit-4.1	Strength - Means, types and methods of strength development.	Dr. Nitu Dutta	$\frac{1}{4}$	2½ hours
Sub unit-4.2	Speed - Means, types and methods of speed development.		$\frac{1}{4}$	2½ hours
Sub unit-4.3	Endurance - Means, types and methods of endurance development.		$\frac{1}{4}$	2½ hours
Sub unit-4.4	Flexibility - Means, types and methods of flexibility development.		$\frac{1}{4}$	2½ hours

References:

1. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia.
2. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications.
3. Yograj Thani (2003), Sports Training, Delhi : Sports Publications