

First Year SEMESTER-1	NUMBER OF LECTURE	JULY-SEPTEMBER	OCTOBER-DECEMBER
Paper-1 Full Marks-75		<p>Part-1</p> <p>Unit1: Meaning and Definition of Physical Education, Modern Concept Changing Concept, Importance nature and Scope of Physical Education.</p> <p>Unit2: Biological, Sociological and Philosophical foundation of Physical Education. Naturalism, Pragmatism, Realism, Idealism.</p> <p>Unit3: History of Physical Education.</p> <p>Unit4: Meaning and Definition of the term Yoga, Type, Aim, Objective.</p> <p>Part-2 Physical Through Marching.</p>	<p>Part-1</p> <p>Unit2: Principal of growth and development. Age-chronological age, Anatomical age, Physiological age, Mental age.</p> <p>Unit3: Asian Games and Common Wealth games.</p> <p>Unit4: History of Yoga, Astanga Yoga, Hatha Yoga.</p> <p>Part-2 Calisthenics Development of Physical Fitness and Co-ordination through aerobic.</p>
First Year Semester 2	NUMBER OF LECTURE	JANUARY-MARCH	APRIL-JUNE
Paper- 1 Full Mark-75		<p>Part-A</p> <p>Unit1: Concept and Definition of Sport Management. Important Sport Management.</p> <p>Unit2: Tournaments- knockout, League etc.</p> <p>Unit3: Calculation of Standard Athletic Track and field marking. Care maintain playground. Basic rules- Football, Kabaddi, Kho-Kho.</p> <p>Unit4: Definition of leadership, Qualities of good Leader in Physical education. Principal of leadership activity.</p> <p>Part-B Track and Field Event.</p>	<p>Part-A</p> <p>Unit1: Purpose of sport management, Principal of sport management.</p> <p>Unit2: Method of organizing annual athletic meet and playday. Intramural and extramural.</p> <p>Unit3: Layout of Badminton and volleyball.</p> <p>Unit4: Hierarchy of leadership in school, college and university. Time table, meaning , importance.</p> <p>Part-B Games- Football, kabaddi, kho-Kho, Badminton, Volleyball (any two).</p>

GENERAL	NUMBER OF LECTURE	JULY-SEPTEMBER	OCTOBER-DECEMBER	JANUARY-MARCH	APRIL-JUNE
PART-II PAPER-II & III	230	<p>Physical Education Theory and Practical</p> <p>Group-A Number of Class-15 Management of sports games and in schools and university. Type of Tournaments Layout of Playfield and Basic Rules</p> <p>Group-B Number of Class-15 Sports Training</p> <p>Group-C Number of Class-15 Muscular system effect of Exercise on circulatory system, Respiratory system, vital capacity, oxygen debt.</p> <p>Group-D Number of Class-15 Health Education. Environment Pollution. Safety Education. Practical Class- Gymnastic.</p>	<p>Physical Education Theory and Practical</p> <p>Group-A Number of Class-12 Care and maintenance of sports equipment</p> <p>Group-B Number of Class-35 Various Physical Fitness- Speed, Strength, Endurance, Agility Balance. Various Training- Interval, Fartlek Cross Country</p> <p>Group-C Number of Class-11 Muscular System</p> <p>Group-D Number of Class-12 Environment Hygiene. Environment Pollution. Communicable Diseases.</p>	<p>Physical Education</p> <p>Group-A Number of Class-30 Track Measurement</p> <p>Group-B Number of Class-20 Normal Load, Crest Load, Over Load, Principle of Over Load.</p> <p>Group-C Number of Class-10 Mental Health Problem of Mal-adjustment Practical- Indian Game Kabaddi, Kho-kho.</p>	<p>Physical Education</p> <p>Group-A Number of Class-10 Mechanical principles Applied to Sports Law of Motion, Lever etc.</p> <p>Group-D Number of Class-30 First Aid management, Sprain, Muscle pull Dislocation, Fracture. Ball game(Practical)- Football, Volleyball, Cricket, Hockey, athletics.</p>

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Part –III Paper-IV	230	<p>PHYSICAL EDUCATION PRACTICAL THEORY-60</p> <p>Group-A Number of Class-30 1.Exercise and chronic diseases : osteoporosis, obesity, hypertension diseases, cardiovascular diseases. 2.Exercise Therapy : Corrective, Isotonic, Isometric and resistance exercise, Massage Therapy, Yoga as a Therapy.</p> <p>Group-B Number of Class- 30 3.Physical Activities, Health and Wellness- Modern Concepts. 4. Health and Fitness Active Lifestyle.</p> <ul style="list-style-type: none"> • Practical- Hard bard step test, physical fitness test. 	<p>PHYSICAL EDUCATION PRACTICAL THEORY-70</p> <p>Group-A Number of Class-35 Electro Therapy, Cry Therapy, Thermo Therapy- Basic Principles.</p> <ul style="list-style-type: none"> • Various Field Measurment <p>Group-B Number of Class-35 1. Physical Activity and Childhood- Growth and Development. 2. Physical Activity and Woman-Puberty, adolescent, Post-Adolescent Periods.</p> <ul style="list-style-type: none"> • Practical Field Marking- Kho-kho, Kabaddi, Shot-put, Discuss. 	<p>PHYSICAL EDUCATION PRACTICAL THEORY-60</p> <p>Group- A Number of Class-30 Basic Principal and Rehabilitation- Modalities and Relaxation Techniques.</p> <ul style="list-style-type: none"> • Others skill Techniques of Various Games <p>Group-B Number of Class-30 Physical Activity for Aged: Exercise and Physiology of aging, Loss of Functional reserve with age.</p>	<p>PHYSICAL EDUCATION PRACTICAL THEORY-40</p> <p>Group-A Number of Class-10 Various Yoga Benefit</p> <p>Group –B Number of Class-30 Physical activity for the disable: Types of Disability, Programme for The Disable. Revision All Measurement of Field.</p>