

# Vidyasagar University

## Curriculum for B.A (General) in Physical Education [Choice Based Credit System]

### Semester-I

Course	Course Code	Name of the Subjects	Course Type/ Nature	Teaching Scheme in hour per week			Credit	Marks
				L	T	P		
CC1 [DSC-1A]		<b>C1T:</b> Foundation and History of Physical Education	Core Course-1	4	0	0	6	75
		<b>C1P:</b> Field Practical		0	0	4		
CC2 [DSC-2A]	TBD	<b>DSC-2A (other Discipline)</b>	Core Course-2				6	75
AECC Core[L-1]		<b>English-1</b>	AECC-Core [Language core]	5	1	0	6	75
AECC (Elective)		<b>English</b>	AECC(Elective)	1	1	0	2	50
<b>Semester Total</b>							<b>20</b>	<b>275</b>

**L**=Lecture, **T**=Tutorial, **P**=Practical, **CC** = Core Course, **TBD** = To be decided, **AECC (Elective)** = Ability Enhancement Compulsory Course (Elective)

**DSC-1** = Discipline Specific Core of Subject-1, **DSC -2** = Discipline Specific Core of Subject-2,

**AECC- Core [L-1]:** Ability Enhancement Compulsory Course-Core [Language Core-1]

**Semester-I**  
**Core Courses (CC)**

**CC-1: Foundation and History of Physical Education** **Credits 06**

**C1T: Foundation and History of Physical Education** **Credits 04**

**Unit- I: Introduction**

- 1.1. Meaning, definition and scope of Physical Education.
- 1.2. Aim and objectives of Physical Education.
- 1.3. Misconception and Modern concept of Physical Education.
- 1.4. Need and Importance of Physical Education in modern society.

**Unit- II: Biological and Sociological Foundations of Physical Education**

- 2.1. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.
- 2.2. Age- Chronological age, anatomical age, physiological age and mental age.
- 2.3. Sociological Foundation- Meaning and definition of Sociology, Society, Socialization in Physical Education and Sports, Sports Ethic.
- 2.4. Role of games and sports in National and International integration.

**Unit- III: History of Physical Education**

- 3.1 Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period.
- 3.2 Olympic Movement- Ancient Olympic Games and Modern Olympic Games.
- 3.3 Brief historical background of Asian Games and Commonwealth Games.
- 3.4 National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award.

**Unit- IV: Yoga Education**

- 4.1 Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga.
- 4.2 History of Yoga.
- 4.3 Astanga Yoga
- 4.4 Hatha Yoga

**C1P: Field Practical** **Credits 02**

1. Marching- fall in attention, Stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward Mark
2. Learn and demonstrate the technique of Suryanamaskar.
3. Development of physical fitness through Callisthenics and Aerobic activities.

### **Suggested Readings:**

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.
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.