

UNIVERSITY OF KALYANI

COURSE STRUCTURE

For

Four-year Bachelor Degree

In

PHYSICAL EDUCATION AND SPORT

(Major & Minor)

Based on

NEP 2020 Guidelines

Semester-I

Course Code	Course Title	Nature of Course	Credit of Course	Class hour/Week	Evaluation		Total Marks
					Internal	Semester End	
PEDS-M-T-1	Theory: Introduction and History of Physical Education and Sport Practical: Formal Activities: Callisthenics, Dumbbell and Marching	Major Course	Theory:4 Practical:2 Total : 6	Theory:4 Practical:4 Total :8	Theory:10 Practical:5 Total :15	Theory:40 Practical:20 Total : 60	75
PEDS-MI-T-1	Theory: Foundation and History of Physical Education and Sport	Minor Course	Total :4	Total :4	Total :10	Total :40	50
PEDS-MU-T-1	Theory: Health and Wellness	Multidisciplinary Course	Total :3	Total :3	Total :10	Total :35	45
PEDS-SEC-P-1	Practical: Gymnastics	Skill Enhancement Course	Total :3	Total :6	Total :10	Total :35	45
***	Theory: Environmental Education	Value Added Course	Total :4	Total :4	Total :10	Total :40	50
			20	25	55	210	265

Semester-II

Course Code	Course Title	Nature of Course	Credit of Course	Class hour/Week	Evaluation		Total Marks
					Internal	Semester End	
PEDS-M-T-2	Theory: Biological Basis of Physical Education and Sport Practical: Yoga	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total :8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-MI-T-2	Theory: Foundation and History of Physical Education and Sport	Minor Course	Total :4	Total :4	Total :10	Total :40	50
PEDS-MU-T-2	Theory: Yoga Education	Multidisciplinary Course	Total :3	Total :3	Total :10	Total :35	45
***	Communicative English	Ability Enhancement Course	Total :4	Total :4	Total :10	Total :40	50
PEDS-SEC-P-2	Practical: Track & Field (Running) and Ball Games (Football and Handball)	Skill Enhancement Course	Total :3	Total :6	Total :10	Total :35	45
***	Summer Internship (Additional for Certificate/Diploma)	Summer Internship	Total :4	Total :4	* For Exit Students		

			20	29	55	210	265
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Semester-III

Course Code	Course Title	Nature of Course	Credit of Course	Class hour/Week	Evaluation		Total Marks
					Internal	Semester End	
PEDS-M-T-3	Theory: Sociological Basis of Physical Education and Sport Practical: Formal Activities (Wand & Lezium) and Indigenous Sport (Kabaddi)	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total :8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-MI-T-3	Management in Physical Education and Sport	Minor Course	Total :4	Total :4	Total :10	Total :40	50
PEDS-MU-T-3	Modern Olympic & Paralympics	Multidisciplinary Course	Total :3	Total :3	Total :10	Total :35	45
PEDS-SEC-P-3	Track & Field(Jumping& Throwing)and Aerobics	Skill Enhancement Course	Total :3	Total :6	Total :10	Total :35	45
***	***	Value Added Course	Total :4	Total :4	Total :10	Total :40	50
			20	25	55	210	265

Semester-IV

Course Code	Course Title	Nature of Course	Credit of Course	Class hour/Week	Evaluation		Total Marks
					Internal	Semester End	
PEDS-M-T-4	Theory: Psychological Basis of Physical Education and Sport Practical: Indigenous Sport (Kho-Kho) and Racket Sport (Badminton/Table Tennis)	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total :8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-M-T-5	Theory: Test, Measurement and Evaluation in Physical Education and Sport Practical: Fitness and Posture test	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total :8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-MI-T-4	Management in Physical Education and Sport	Minor Course	Total :4	Total :4	Total :10	Total :40	50
***	MIL ***	Ability Enhancement Course	Total :4	Total :4	Total :10	Total :40	50

***	Summer Internship (Additional for Certificate/Diploma)	Summer Internship	Total :4	Total :4	* For Exit Students		
			20	28	50	200	250

Semester-V

Course Code	Course Title	Nature of Course	Credit of Course	Class hour/Week	Evaluation		Total Marks
					Internal	Semester End	
PEDS-M-T-6	Theory: Anatomy, Physiology and Exercise Physiology Practical: Physiology of Exercise	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total :8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-M-T-7	Theory: Sports Training Practical : Weight Training	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total :8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-MI-T-5	Health Education, Fitness and Wellness	Minor Course	Total :4	Total :4	Total :10	Total :40	50
PEDS-MI-P-6 ***	Practical: Formal Activities (Callisthenics, Aerobics& Marching – any two) and Ball Games (Football & Volleyball, Handball, Basketball, Netball-any two)	Minor Course	Total :4	Total :8	Total :10	Total :40	50
			20	28	50	200	250

Semester-VI

Course Code	Course Title	Nature of Course	Credit of Course	Class hour/Week	Evaluation		Total Marks
					Internal	Semester End	
PEDS-M-T-8	Theory: Kinesiology in Physical Education and Sport Practical: Kinesiology Practical	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total :8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-M-T-9	Theory: Theory of Games and Sport Practical: Ball Games (Volleyball, Cricket, Basketball, Netball)(any Two)	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total :8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-M-T-10	Theory: Health Education Practical: First Aid	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total :8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75

***	Adventure Sports/Camp, Internship at Fitness Centre/Yoga Centre, Tournament Organization (As Trainee)	Major Course (OutReach/ Internship)	Total : 2				
			20	24	45	180	225

Semester-VII

Course Code	Course Title	Nature of Course	Credit of Course	Class hour/Week	Evaluation		Total Marks
					Internal	Semester End	
PEDS-M-T-11	Theory: Sports Management Practical: Field work	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total : 8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-M-T-12	Theory: Research Methodology Practical: Preparation and Presentation of Research Proposal	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total : 8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-M-T-13	Theory: Statistics in Physical Education and Sport Practical: Data Analysis	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total : 8	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-MI-P-7	Practical: Formal Activities (Callisthenics, Aerobics& Marching – any two) and Ball Games (Football & Volleyball, Handball, Basketball, Netball-any two)	Minor Course	Total :4	Total :8	Total :10	Total :40	50
PEDS-MI-T-8	Health Education, Physical Fitness and Wellness	Minor Course	Total :4	Total :4	Total :10	Total :40	50
			26	36	65	260	325

Semester-VIII

Course Code	Course Title	Nature of Course	Credit of Course	Class hour/Week	Evaluation		Total Marks
					Internal	Semester End	
PEDS-M-T-14	Theory: ICT in Physical Education and Sport	Major Course	Total :4	Total :4	Total :10	Total :40	50
PEDS-M-T-15	Theory: Instrumentation in Physical Education and Sport	Major Course	Total :4	Total :4	Total :10	Total :40	50
PEDS-M-T-16	Theory: Introduction to Sports Medicine	Major	Total :4	Total :4	Total :10	Total :40	50

		Course					
PEDS-M-T-17	Theory: Career Opportunities in Physical Education and Sport. Practical: Project on Handling and Creating Account inOnline Job Portal	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:4 Total : 6	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
PEDS-M-T-18	Theory: Value Education in Physical Education and Sport Practical: Project Work	Major Course	Theory: 4 Practical:2 Total : 6	Theory: 4 Practical:2 Total : 6	Theory:10 Practical:5 Total : 15	Theory:40 Practical:20 Total : 60	75
			24	24	60	240	300

Course Code	Course Title	Nature of Course	Credit of Course	Class hour/Week	Evaluation		Total Marks
					Internal	Semester End	
PEDS-SI-T-3	Research Project/ Dissertation	Summer Internship	Total :12	Total :12	Total :30	Total :120	150
SI-3 for UG (Major) in respective Subject with Research							
M-17 and M-18 for UG (Major) in respective Subject without Research							

* Boxes that contains ‘***’ will be filled by the University Authority in general for all courses as common course codes and course Title.

**DETAILED SYLLABUS STRUCTURE IN PHYSICAL EDUCATION AND SPORT
SEMESTER- I**

MAJOR COURSE: Introduction and History of Physical Education and Sport

Course Code: PEDS-M-T-1

Total number of classes – 90 (60 Th + 60 Pr)

Unit – I: Introduction

LH - 12

- 1.1 Meaning and Definition of Physical Education
- 1.2 Aim and Objectives of Physical Education
- 1.3 Nature of Physical Education
- 1.4 Misconception and Modern Concept of Physical Education
- 1.5 Relation of Physical Education with General Education
- 1.6 Importance of Physical Education in modern society

Unit – II: History of Physical Education in Greece

LH - 20

- 2.1 Homeric Sports of the Heroic Age
- 2.2 The City States
- 2.3 Sparta – Women at Sparta, Education in Sparta, Physical Education in Sparta
- 2.4 Athens – Education, The Palestra, The Ephebos, Gymnasium, The Greek Teachers
- 2.5 Greek National Games and Festivals: Pythian Games, Isthmian Games, Nemean Games, Ancient Olympic Games, Modern Olympic Games

Unit – III: History of Physical Education in Rome

LH - 12

- 3.1 Education in Rome
- 3.2 The Field of Mars, The Public Games, The Circus Maximus, The Colosseum, Gladitorial Combats, The Thermae
- 3.3 The Roman Contribution

Unit-IV:History of Physical Education in India

LH - 16

- 4.1 Historical Development of Physical Education and Sports in India- Ancient Period, Medieval Period, Pre- Independence and Post-Independence Period
- 4.2 Brief historical background of Asian Games, Commonwealth Games, and SAF Games
- 4.3 National Sports Awards- Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award and Dhyanchand Award

Unit-V: Field Practical: Development of physical fitness through Callisthenics, Marching, and Dumbbell activities

LH –60

- 5.1 **Callisthenics:** Attention, Preparation, Four and Eight count exercises involving different body parts done to command/music, Standing Exercise, Jumping Exercise, Moving Exercise and Combination of above all
- 5.2 **Marching:** Fall In, Attention, Stand at ease, Stand Easy, Eyes right, Eyes front, Right Turn, Left Turn, Half Right Turn, Half Left Turn, About Turn, Mark Time Mark, Forward March. Salute.
- 5.3 **Dumbbell:** Grip and Attention with Light apparatus, Stand-at-ease with the dumbbell, and exercise with verbal command, drum, whistle, and music – Two counts, Four counts, Eight counts and Sixteen counts. Standing Exercise, Jumping Exercise, Moving Exercise and a Combination of above all

MINOR COURSE: Foundation and History of Physical Education

Course Code: PEDS-MI-T-1

Total number of classes – 60

Unit – I: Introduction

LH - 12

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

Unit – II: Biological and Sociological Foundations of Physical Education

LH - 18

- 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 and Physical Education
- 2.4 Role of games and sports in National and International Harmony

Unit-III:History of Physical Education

LH - 18

- 3.1 Historical Development of Physical Education and Sports in India- Pre-Independence period and post-Independence period
- 3.2 Olympic Movement-Ancient and Modern Olympic Games
- 3.3 BriefhistoricalbackgroundofAsianGames,CommonwealthGamesandSAFGames
- 3.4 National Sports Awards- Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award and Dhyan Chand Award

Unit-IV:Yoga Education

LH - 12

- 4.1 Meaning and definition of the term Yoga, types, aim, objectives and importance of Yoga
- 4.2 History of Yoga
- 4.3 Ashtanga Yoga
- 4.4 Hatha Yoga

MULTIDISCIPLINARY COURSE: Health and Wellness

Course Code: PEDS-MU-T-1

Total number of classes – 45

Unit – I: Introduction

LH –10

- 1.1 Health and Wellness- Definition, Meaning and Concept
- 1.2 Dimensions of Health and Wellness. Factors affecting health and wellness
- 1.3 Importance of health and wellness Education
- 1.4 Determinants of healthy behavior

Unit – II: Nutritional value of Health and Wellness

LH –10

- 2.1 Diet and nutrition for health & wellness.
- 2.2 Malnutrition, under-nutrition and over-nutrition
- 2.3 Processed foods and unhealthy eating habits
- 2.4 Essential components of a balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals

Unit-III:Mental Health and Wellness

LH –10

- 3.1 Mental health- Definition and meaning. Relationship between mental health and wellness
- 3.2 Factors affecting mental health.
- 3.3 Management of Stress, anxiety, and depression
- 3.4 Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counseling and rehabilitation

Unit-IV:Physical Fitness, Health and Wellness

LH – 15

- 4.1 Physical Fitness- Definition and Meaning. Relationship among Physical Fitness, Health and Wellness
- 4.2 Types of Physical Fitness and its Health Benefits.
- 4.3 Physical activity, Lifestyle management and Hypokinetic diseases prevention
- 4.4 Weight management and the role of Yoga, asanas, and meditation in maintaining health and wellness.

SKILL ENHANCEMENT COURSE: Gymnastics

Course Code: PEDS-SEC-P-1

Total number of classes – 90

Unit – I: Compulsory

LH - 40

- 1.1 Forward Roll
- 1.2 T-Balance
- 1.3 Backward Roll
- 1.4 Forward Roll with Split leg
- 1.5 Cart-Wheel

[Note: Perform the above Gymnastics skills continuously in the same sequence]

Unit – II: Optional (any two)

LH - 50

- 2.1 Hand Spring
- 2.2 Head Spring
- 2.3 Neck Spring
- 2.4 Hand Stand and Forward Roll
- 2.5 Summersault

VALUE ADDED COURSE: Environmental Education

Course Code: ***

Total number of classes – 50

* *‘***’ will be filled by the University Authority in general for all courses as common course code and course Title. The title may be ‘Environmental Education’.*

SEMESTER II

MAJOR COURSE: Biological Basis of Physical Education and Sport

Course Code: PEDS-M-T-2

Total number of classes – 90 (60 Th + 60 Pr)

Unit – I: Introduction

LH - 12

- 1.1 Evolution of Locomotion from Quadruped to Biped
- 1.2 Advantages and Disadvantages
- 1.3 Biological Basis of Life
- 1.4 Biological Basis of Physical Education
- 1.5 Exercise and its Types

Unit – II: Growth and Development

LH - 14

- 2.1 Meaning and Definition of Growth and Development
- 2.2 Differences between Growth and Development
- 2.3 Stages of Growth and Development
- 2.4 Characteristics of Growth and Development at Different Stages
- 2.5 Principles of Growth and Development
- 2.6 Factors Affecting Growth and Development

Unit – III: Age and Sex Differences in Physical Education

LH - 12

- 3.1 Age-Chronological age, Anatomical age, Physiological age and Mental age
- 2.2 Anatomical Differences and Physiological Differences
- 2.3 Age and Sex differences in relation to Physical activities and Sports
- 2.4 Hereditary Traits
- 2.5 Major Neurotransmitters and Their Effects
- 2.4 Principles of Activity and its Implications

Unit-IV:Somatotype

LH - 22

- 4.1 Somatotype – Meaning and Definition
- 4.2 Classification of Somatotype
- 4.3 Methods in the Assessment of Physique: Viola's Method; Kretschmar's Method; Sheldon's Method; Parnell's Method; Heath-Carter Method
- 4.4 Factors Affecting Somatotype
- 4.5 Posture – Meaning and Definition, Importance of Good Posture, Causes of Poor Posture, Postural Deformities and Remedial Measures

Unit-V:Field Practical

LH –60

- 5.1 Standing Posture : Ardachandrasana, Brikshasana, Padahasthasana
- 5.2 Sitting Posture : Ardhakurmasana, Paschimottanasana, Gomukhasana
- 5.3 Supine Posture : Setubandhasana, Halasana, Matsyasana
- 5.4 Prone Posture : Bhujangasana, Salvasana, Dhanurasana
- 5.5 Inverted Posture : Sarbangasana, Shirsasana, Bhagrasana

(One Asana is compulsory for each posture)

MINOR COURSE: Foundation and History of Physical Education

Course Code: PEDS-MI-T-2

Total number of classes – 60

Unit – I: Introduction

LH - 12

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

Unit – II: Biological and Sociological Foundations of Physical Education

LH - 18

- 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 and Physical Education
- 2.4 Role of games and sports in National and International Harmony

Unit-III: History of Physical Education

LH - 18

- 3.1 Historical Development of Physical Education and Sports in India- Pre-Independence period and post-Independence period
- 3.2 Olympic Movement-Ancient and Modern Olympic Games
- 3.3 Brief historical background of Asian Games, Commonwealth Games and SAF Games
- 3.4 National Sports Awards- Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award and Dhyan Chand Award

Unit-IV:Yoga Education

LH - 12

- 4.1 Meaning and definition of the term Yoga, types, aim, objectives and the importance of Yoga
- 4.2 History of Yoga
- 4.3 Ashtanga Yoga
- 4.4 Hatha Yoga

MULTIDISCIPLINARY COURSE: Yoga Education

Course Code: PEDS-MU-T-2

Total number of classes – 45

Unit – I: Introduction to Yoga and Yogic Practices

LH - 08

- 1.1 Concept and Principles of Yoga
- 1.2 Definition, Aim, Objectives, and Classification of Yoga
- 1.3 Importance of Yoga
- 1.4 Classical Approach to Yoga Practices : Kriyas, Yama, Niyama, Asana, and Pranayama
- 1.5 Bandha, Mudra & Dhyana as per Yogic Texts and Research-Based Principles of Yoga
- 1.6 General guidelines for performing yoga practices

Unit – II: Ancient systems of Indian Philosophy and Yoga System

LH - 08

- 2.1 Ancient Systems of Indian Philosophy - Shad-Darshanas
- 2.2 Jainism, Buddhism, Ajnana, Ajivika, Charvaka and Lokayata
- 2.3 Yoga and Sankhya philosophy and their relationship

Unit – III: Historical Aspect of Yoga

LH - 10

- 3.1 Historical Aspect of the Yoga Philosophy - Ancient Period/Indus Valley Civilization, Vedic Period, Pre-classical Era, Classical Era, Post-classical Period, Modern Period
- 3.2 Yoga as reflected in Bhagwat Gita

Unit-IV:Introduction to Yogic Texts

LH - 12

- 4.1 Significance of Yogic Texts in the Context of Schools of Yoga
- 4.2 Patanjali Yoga Shastra: Ashtanga Yoga and Kriya Yoga in Sadhana Pada
- 4.3 Hatha Yogic Texts: Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita
- 4.4 Complementarities Between Patanjali Yoga and Hatha Yoga
- 4.5 Meditational Process in Patanjali Yoga Sutras

Unit-V:Yoga and Health

LH - 07

- 5.1 Need of yoga for positive health for the modern man
- 5.2 Concept of health and disease: medical and yogic perspectives
- 5.3 Concept of disease
- 5.4 Concept of Panch Kosh for an integrated and positive health
- 5.5 Utilitarian value of yoga in modern age

ABILITY ENHANCEMENT COURSE: Communicative English

Course Code: ***

Total number of classes – 50

*‘***’ will be filled by the University Authority in general for all courses as common course code and course Title. The title may be ‘Communicative English’.*

**SKILL ENHANCEMENT COURSE: Track &Field (Running) and
Ball Games (Football and Handball)**

Course Code: PEDS-SEC-P-2

Total number of classes – 90

Unit – I: Track Events

LH - 20

- 1.1 Starting Techniques: Standing Start and Crouch Start (its variations), use of Starting Block
- 1.2 Acceleration with proper running techniques
- 1.3 Finishing technique: Run Through, Forward Lunging and Shoulder Shrug
- 1.4 Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in-between zone, and Finishing

Unit – II: Football

LH - 35

- 2.1 Kicking: kicking the ball with the inside of the foot, kicking the ball with the full instep of the foot, kicking the ball with the inner instep of the foot, kicking the ball with the outer instep of the foot and lofted kick
- 2.2 Trapping: trapping- the Rolling ball, and the Bouncing ball with sole of the foot
- 2.3 Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer step of the foot
- 2.4 Heading: In standing, running and jumping condition
- 2.5 Throw-in: Standing throw-in and Running throw-in
- 2.6 Feinting: With the lower limb and upper part of the body
- 2.7 Tackling: Simple Tackling, Slide Tackling
- 2.8 Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting
- 2.9 Game practice with the application of Rules and Regulations

Unit – III: Handball

LH - 35

- 3.1 Catching, Throwing and Ball Control
- 3.2 Goal Throws: Jump Shot, Center Shot, Dive shot, Reverse Shot
- 3.3 Dribbling: High and Low
- 3.4 Attack and counterattack, simple counterattack, counterattack from two wings and center
- 3.5 Blocking, Goal Keeping and Defensive skills
- 3.6 Game practice with application of Rules and Regulations

SUMMER INTERNSHIP (For Exit Students)

Course Code: ***

Total number of days – 30

Brief details of this program should be included in general I this section. The common instruction is necessary for conducting the Summer Internship for the exit students.