

CHATRA RAMAI PANDIT MAHAVIDYALAYA

DEPARTMENT OF PHYSICAL EDUCATION

TEACHING PLAN

2023-24
ODD SEMESTER

SYLLABUS AS PER CHOICE BASED CREDIT SYSTEM (CBCS)
(For 3rd & 5th Semester)

&

SYLLABUS AS PER NEW EDUCATIONAL POLICY (NEP)
(For 1st Semester)

ABBREVIATIONS USED

1. **DSC - DISCIPLINE SPECIFIC CORE COURSE**
2. **DSE - DISCIPLINE SPECIFIC ELECTIVE COURSE**
3. **SEC - SKILL ENHANCEMENT CORE COURSE**
4. **GE - GENERIC ELECTIVE COURSE**
5. **AECC - ABILITY ENHANCEMENT COMPULSORY CORE COURSE**
6. **ESE - END SEMESTER EXAMINATION**
7. **MJ - MAJOR COURSE**
8. **MN - MINOR COURSE**
9. **MTD - MULTI DISCIPLINARY COURSE**

NAME OF THE TEACHERS

1. **Dr. Sumalya Roy (S.R) - Assistant Professor**
2. **Shri Srimonta Biswas (SB) - SACT**

1st SEM Theory Classes –

Major	- MON, WED, THU & FRI	= 4 Class (4 Credit)
Minor	- TUE, WED, THU & SAT	= 4 Class (4 Credit)
SEC (Practical)	- MON, TUE, WED & FRI	= 3 Class (3 Credit) +1 Practice Class
Multidisciplinary	-	

3rd SEM Theory Classes –

DSC (Programme)	- TUE, THU, FRIDAY & SAT	= 4 Class (6 Credit)
SEC (Programme)	- MON, WED & THU	= 2 Class (2 Credit) +1 Practice Class

5th SEM Theory Classes –

DSC (Programme)	- MON, TUE, WED, FRI & SAT	= 4 Class (6 Credit)
SEC (Programme)	- WED, & FRIDAY	= 2 Class (2 Credit)
GE (Programme)	- TUE & SAT	= 2 Class (2 Credit)

- As per Class Routine 2023-24 (ODD SEMESTER)
 - **1ST Sem Class Start on 01.08.2023**
 - **3rd and 5th Sem Class Start on 04.09.2023**

ACADEMIC SESSION 2023-24

New Curriculum and Credit Framework

NEP (2020) SYLLABUS

FOR

FOUR YEARS UNDER-GRADUATE COURSE

IN

PHYSICAL EDUCATION AND SPORTS

(w.e.f. 2023)

1st Semester Teaching Plan



BANKURA UNIVERSITY

BANKURA

WEST BENGAL

PIN 722155

Physical Education and Sports

SEMESTER -1

Course Type – MAJOR -1

Course Code: A/PHES/101/MJC-1

Course Title: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

Total Marks = 50 {Theory Marks: 40: Internal Assessment: 10}

Contact Hours per week: 4 (4 Credits) Examination Duration: 2 hours

UNIT-I: INTRODUCTION

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
1.1	Meaning, Definition, Scope of Physical Education and Sports.	5	1 st – 11 th August	S.R.
1.2	Aim, Objectives of Physical Education and Sports.	3	14 th – 18 th August.	S.R.
1.3	Misconceptions and Modern concept of Physical Education.	3	1 st -9 th August	S.B
1.4	Need and Importance of Physical Education and Sports in present era.	2	10 th - 16 th August	S.B.
<i>Remedial and discussion class</i>		2	<i>Last Monday of the month</i>	SR & SB
<i>Internal Assessment on Unit -I</i>		1	<i>Last Tuesday of the month</i>	SR & SB

UNIT-II: HISTORICAL DEVELOPMENT

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
2.1	Historical Development of Physical Education and Sports in India in Pre and Post Independences periods. Historical Development of Physical Education and Sports by special emphasis on West Bengal.	6	19 th –31 st August 01 st -9 th Sept.	S.B.
2.2	Historical background and concept of Asian Games, Commonwealth Games and SAF Games and National Sports Scheme	4	13 rd – 23 rd Sept.	S.B.
2.3	National Sports Awards- Arjuna Award, Dronacharya Award, Dhyanchand Award, Major Dhyan Chand Khel Ratna Award, Maulana Abul Kalam Azad Trophy, Rashtriya Khel Protsahan Puruskar.	4	21 st - 31 st August	S.R.
2.4	Famous personalities and National Institute in the field of Physical Education – Plato, Aristotle, James Buchanan, P.M. Joseph and LNIPE, YMCA, SAI.	4	1 st - 11 th September	S.R.
<i>Remedial and discussion class</i>		2	<i>Last Monday of the month</i>	SR & SB
<i>Internal Assessment on Unit -II</i>		1	<i>Last Tuesday of the month</i>	SR & SB

UNIT-III: OLYMPIC MOVEMENT

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
3.1	Ancient Olympic Games	3	27 th Sep – 04 th Oct	S.B.
3.2	Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes and Olympic Village; Opening, Victory and Closing Ceremony.	4	07 th – 18 th Oct.	S.B.
3.3	Similarities and Dissimilarities between Ancient Olympic Games and Modern Olympic Games.	3	14 th -18 th September	S.R.
3.4	Olympic Movement in India	4	21 th - 29 th September	S.R.
<i>Remedial and discussion class</i>		2	<i>Last Monday of the month</i>	SR & SB
Internal Assessment on Unit -III		1	<i>Last Tuesday of the month</i>	SR & SB

UNIT -IV: BIOLOGICAL, PHILOSOPHICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATIONS

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
4.1	Biological Foundation- Meaning, definition and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development. Meaning and Classification of Body types, Age and Sex differences in relation to physical activities.	12	5 th – 31 st October & 01 st -10 th November	S.R.
4.2	Philosophical Foundation – Concept of School of Philosophy, Naturalism, Pragmatism, Idealism and Realism.	8	25 th – 31 st Oct 01 st – 11 th Nov	S.B.
4.3	Psychological Foundation- Concept of learning, Learning Curve, Laws and theories of learning, Types of learning, factors affecting learning, learning outcomes. Concept of Motivation, Emotion, Self-Concept, Anxiety, Depression and Personality.	10	16 th -31 th November & 01 st -07 th December	S.R.
4.4	Sociological Foundation- Concept of Socialization, Socialization through Physical Education and Sports, Role of Games and Sports in National and International Integration, Sports Ethics.	8	18 th - 30 th Nov 01 st -9 th December	S.B.
<i>Remedial and discussion class</i>		2	<i>Last Monday of the month</i>	SR & SB
Internal Assessment on Unit -IV		1	<i>Last Tuesday of the month</i>	SR & SB

Physical Education and Sports

SEMESTER -1

Course Type – MINOR -1

Course Code: A/PHE/101/MN-1

Course Title: HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

Total Marks = 50 {Theory Marks: 40: Internal Assessment: 10}

Contact Hours per week: 4 (4 Credits) Examination Duration: 2 hours

UNIT-I: INTRODUCTION

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
1.1	Meaning, Definition, Scope of Physical Education and Sports.	5	1 st – 12 th August	S.R.
1.2	Aim, Objectives of Physical Education and Sports.	3	17 th – 24 th August.	S.R.
1.3	Misconceptions and Modern concept of Physical Education.	3	1 st -9 th August	S.B
1.4	Need and Importance of Physical Education and Sports in present era.	2	10 th - 16 th August	S.B.
<i>Remedial and discussion class</i>		2	<i>Last Wednesday of the month</i>	SR & SB
Internal Assessment on Unit -I		1	<i>Last Thursday of the month</i>	SR

UNIT-II: HISTORICAL DEVELOPMENT

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
2.1	Historical Development of Physical Education and Sports in India in Pre and Post Independences periods. Historical Development of Physical Education and Sports by special emphasis on West Bengal.	6	19 th –31 st August 01 st -9 th Sept.	S.B.
2.2	Historical background and concept of Asian Games, Commonwealth Games and SAF Games and National Sports Scheme	4	13 rd – 23 rd Sept.	S.B.
2.3	National Sports Awards- Arjuna Award, Dronacharya Award, Dhyanchand Award, Major Dhyan Chand Khel Ratna Award, Maulana Abul Kalam Azad Trophy, Rashtriya Khel Protsahan Puruskar.	4	25 st - 31 st August	S.R.
2.4	Famous personalities and National Institute in the field of Physical Education – Plato, Aristotle, James Buchanan, P.M. Joseph and LNIPE, YMCA, SAL.	4	1 st - 14 th September	S.R.
<i>Remedial and discussion class</i>		2	<i>Last Wednesday of the month</i>	SR & SB
Internal Assessment on Unit -II		1	<i>Last Thursday of the month</i>	SR

UNIT-III: OLYMPIC MOVEMENT

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
3.1	Ancient Olympic Games	3	27 th Sep – 04 th Oct	S.B.
3.2	Modern Olympic Games, Objectives, Motto, Flag, Emblem, Torch, Oath, Prizes and Olympic Village; Opening, Victory and Closing Ceremony.	4	07 th – 18 th Oct.	S.B.
3.3	Similarities and Dissimilarities between Ancient Olympic Games and Modern Olympic Games.	3	15 th -21 st September	S.R.
3.4	Olympic Movement in India	4	22 th - 30 th September	S.R.
<i>Remedial and discussion class</i>		2	<i>Last Wednesday of the month</i>	SR & SB
Internal Assessment on Unit -III		1	<i>Last Thursday of the month</i>	SR

UNIT -IV: BIOLOGICAL, PHILOSOPHICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATIONS

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
4.1	Biological Foundation- Meaning, definition and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development. Meaning and Classification of Body types, Age and Sex differences in relation to physical activities.	10	3 rd – 31 st October & 01 st -10 th November	S.R.
4.2	Philosophical Foundation – Concept of School of Philosophy, Naturalism, Pragmatism, Idealism and Realism.	8	25 th – 31 st Oct 01 st – 11 th Nov	S.B.
4.3	Psychological Foundation- Concept of learning, Learning Curve, Laws and theories of learning, Types of learning, factors affecting learning, learning outcomes. Concept of Motivation, Emotion, Self-Concept, Anxiety, Depression and Personality.	8	16 th -31 th November & 01 st -07 th December	S.R.
4.4	Sociological Foundation- Concept of socialization, Socialization through Physical Education and Sports, Role of Games and Sports in National and International Integration, Sports Ethics.	8	18 th - 30 th Nov 01 st -9 th December	S.B.
<i>Remedial and discussion class</i>		2	<i>Last Wednesday of the month</i>	SR & SB
Internal Assessment on Unit -IV		1	<i>Last Thursday of the month</i>	SR

Physical Education and Sports

SEMESTER -1

Course Type – MULTIDISCIPLINARY -1

Course Code: A/PHE/103/MD-1

Course Title: INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS

Total Marks = 50 {Theory Marks: 40: Internal Assessment: 10}

Contact Hours per week: 3 (3 Credits) Examination Duration: 2 hours

UNIT-I: INTRODUCTION

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
1.1	Meaning, Definition, Importance of Physical Education & Sports.	4	1 st – 11 th August	S.R.
1.2	Aim, Objectives & Scope of Physical Education & Sports.	3	17 th – 24 th August.	S.R.
1.3	Misconceptions and Modern concept of Physical Education.	2	7 th -14 th August	S.B
1.4	Need and Importance of Physical Education and Sports in modern society.	2	14 th – 21 st August	S.B.
<i>Remedial and discussion class</i>		1	<i>Last Friday of the month</i>	SR
<i>Internal Assessment on Unit -I</i>		1	<i>Last Saturday of the month</i>	SB

UNIT-II: HISTORICAL DEVELOPMENT

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
2.1	Historical Development of Physical Education and Sports in India in Pre & Post Independence periods.	4	25 th –31 st August 01 st Sept.	S.R.
2.2	National Sports Awards- Arjuna Award, Dronacharya Award, Dhyanchand Award	2	4 th – 14 th Sept.	S.R.
2.3	Olympic Movement - Ancient Olympic Games & Modern Olympic Games	5	28 th - 31 st Aug 01 st -11 th Sept.	S.B.
2.4	Asian Games and SAF Games	3	18 th - 30 th Sept 01 st -09 th Oct	S.B.
<i>Remedial and discussion class</i>		1	<i>Last Friday of the month</i>	SR
<i>Internal Assessment on Unit -II</i>		1	<i>Last Saturday of the month</i>	SB

UNIT -III: *BIOLOGICAL, PSYCHOLOGICAL AND SOCIOLOGICAL FOUNDATION*

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
3.1	Biological Foundation- Meaning, Definition and Principles of Growth and Development, Differences between Growth and Development, Factors affecting Growth and Development.	8	15 th – 31 st September & 01 st -12 th October	S.R.
3.2	Meaning and importance of Body types, Classification of Sheldon’s Body types, Age and Sex differences in relation to physical activities.	6	18 th – 31 st Oct 01 st – 10 th Nov	S.R.
3.3	Psychological Foundation- Concept of learning, Learning Curve, Laws of learning, Types of learning, factors affecting learning, learning outcomes, Motivation, Emotion, Anxiety, Personality	6	16 th -30 th November & 01 st -07 th December	S.R.
3.4	Sociological Foundation- Concept of socialization, Socialization through Physical Education and Sports, Role of Games and Sports in National and International Integration, Sports Ethics.	6	16 th – 31 st Oct 01 st -30 th Nov.	S.B.
<i>Remedial and discussion class</i>		1	<i>Last Friday of the month</i>	SR
<i>Internal Assessment on Unit -III</i>		1	<i>Last Saturday of the month</i>	SB

Physical Education and Sports

SEMESTER – I

Course Type – Skill Enhancement Course -1

Course Code: A/PHES/104/SEC-1

Course Title: FORMAL AND RYTHMIC ACTIVITES AND INDIGENOUS GAMES

Total Marks: = 50 (Practical Marks: 40: Internal Marks {Practical}: 10)

Contact Hours per week: 6 (3 Credits) Examination Duration- N.A.

UNIT 1: FORMAL AND RYTHMIC ACTIVITES

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
1.1	Marching- (6 Marks) 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, Right and Left salute.	6	5 th – 26 th August	S.B.
1.2	Calisthenics activities- (5 Marks) With different Apparatus (Minimum 5 Exercises with 16 Count) and without Apparatus (Minimum 5 Exercises with 16 Count)	8	1 st – 25 th August.	S.R
1.3	Aerobics activities/ Bratachari (5 Marks)	10	28 th -31 st August 1 st -22 nd Septem	SR
<i>Practice and Correction class</i>		2		SR +SB

UNIT – 2 INDIGENOUS GAMES

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
2.1	Kabaddi	15	3 rd –31 st Oct 1 st -30 th November	S.R.
2.2	Kho- Kho	18	1 st – 30 th Sept. 1 st -31 st October 1 st Nov -11 th Nov	S.B.
<i>Preparation of Record book</i>		1	1 st Dec - 07 th Dec	SR
<i>Practice and Correction class</i>		4	11 th Nov - 30 th Nov	SB

ACADEMIC SESSION 2023-24

CBCS SYLLABUS

FOR

THREE YEARS UNDER-GRADUATE COURSE

IN

PHYSICAL EDUCATION (PROGRAMME)

(w.e.f. 2022)

3rd Semester Teaching Plan



BANKURA UNIVERSITY

BANKURA

WEST BENGAL

PIN 722155

B.A Program in Physical Education

SEMESTER - III

Core Paper 5 (DSC-5) Course Code: AP/PHE /301/C-3

Course Title: Track & Field and its Rules Regulations

Total Marks:= 50

{Theory Marks: 25:: Practical Marks:15 :: Internal Assessment (Theory + Practical): 10 }

Contact Hours per Week: 6

Examination Duration- 1:15 Hours

THEORY PART:

UNIT-I: TRACK MARKING

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
1.1	Concept of Different types of Track & Characteristics of Standard Track	3	4 th – 11 th Sept.	S.B.
1.2	Lay out procedure of Complete Track and Field Event arena.	2	08 th – 12 th Sept.	S.R.
1.3	Lay out and Marking Procedure of Standard Track & Lay out and Marking Procedure of Non Standard Track.	5	16 th Sept. - 7 th Oct.	S.B
1.4	Calculation of Stagger Distance.	1	9 th Oct.	S.B.
<i>Remedial and discussion class</i>		2	<i>Last Monday of the month</i>	SR & SB
<i>Internal Assessment on Unit -I</i>		1	<i>Last Tuesday of the month</i>	SR & SB

UNIT-II: FIELD MARKING AND COMBINED EVENT

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
2.1	Lay out and Marking Procedure of Throwing Sector: Shot Put, Discus Throw, Javelin Throw.	5	15 th Sept. –3 rd Oct.	S.R.
2.2	Lay out and Marking Procedure of Jumping Pit and Run way: Long Jump, High Jump, Triple Jump	4	06 th – 17 th Oct.	S.R.
2.3	Combined Events- Heptathlon, Decathlon.	2	16 th – 30 th Oct.	S.B.
<i>Remedial and discussion class</i>		2	<i>Last Monday of the month</i>	SR & SB
<i>Internal Assessment on Unit -II</i>		1	<i>Last Tuesday of the month</i>	SR & SB

UNIT-III: RULES REGULATIONS OF TRACK AND FIELD EVENTS

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
3.1	List of Track and Field Events with their Specifications.	1	31 st Oct	S.R.
3.2	Rules Regulation regarding Start, Finish, Hurdles Race and Relay Race	3	04 th – 18 th Nov.	S.B.
3.3	Rules Regulation regarding Jumping Event: Long Jump, High Jump, Triple Jump	3	03 rd -10 th Nov.	S.R.
3.4	Rules Regulation Regarding Throwing Event: Shot Put, Discus Throw, Javelin Throw	3	14 th Nov. – 01 st Dec.	S.R.
<i>Remedial and discussion class</i>		2	<i>Last Monday of the month</i>	SR & SB
<i>Internal Assessment on Unit -III</i>		1	<i>Last Tuesday of the month</i>	SR & SB

UNIT -IV: ORGANIZATIONAL PART OF TRACK AND FIELD

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
4.1	List of Officials and Their Responsibilities.	3	5 th – 12 th December	S.R.
4.2	Responsibilities of the Athletes related to participation in competition.	2	15 th – 19 st December	S.R.
4.3	Organizational setups-opening and closing ceremony.	2	25 th November 02 nd December	S.B.
4.4	Step to be followed to organize Institutional Annual Athletic Meet.	3	04 th - 16 th December	S.B.
<i>Remedial and discussion class</i>		2	<i>Last Monday of the month</i>	SR & SB
<i>Internal Assessment on Unit -IV</i>		1	<i>Last Tuesday of the month</i>	SR & SB

PRACTICAL PART:

PART-I: TRACK EVENTS:

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
1.1	Starting Technique: Standing Start, Crouch Start and its Variations. Use of Block.	2	13 th – 20 th Sept.	S.R.
1.2	Acceleration with Proper Running Techniques, Special emphasis on Arm Action, Knee Action and stride length.	1	27 th September	S.R.
1.3	Finishing Technique: Run Through, Forward Lunging, Shoulder Shrug.	1	04 th October	S.R.
Preparation of Record book		1		SR
<i>Practice and Correction class</i>		1		SR

PART-II: FIELD EVENTS

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
2.1	Long Jump: Approach Run, Take-Off, Flight in the air (Hang Style/ Hitch Kick) and Landing.	2	11 th October - 1 st November	S.R.
2.2	High Jump: Approach Run, Take-off, Bar Clearance (Straddle Role) and Landing.	2	8 th -22 nd November	S.R.
2.3	Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery. (O' Brien Technique)	2	29 th November – 6 th December	S.R.
2.4	Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery Techniques.	1	13 th December	S.R.
2.5	Javelin Throw: Grip, Carry, Release and Recovery Techniques.	2	20 th December	S.R.
Preparation of Record book		1		SR
<i>Practice and Correction class</i>		1		SR

B.A Program in Physical Education

SEMESTER - III

Skill Enhancement Course (SEC-1) Course Code: AP/PHE /304/SEC-1

Course Title: Yoga and Gymnastics

Total Marks:= 50 {*Practical Marks:40 :: Internal Assessment (Practical): 10*}

Contact Hours per week: 2

Examination Duration: N.A

Unit Code	Heading	Lect. Allot	Tentative period	Name of Professor
UNIT- I	YOGASANA	5	7 th Sep – 12 th Oct	S.R.
UNIT- II	PRANAYAMA	2	02 th – 9 th Nov	S.R.
UNIT- III	<i>Kriya</i>	1	16 th November	S.R.
Unit- IV	GYMNASTICS	5	23 RD November – 21 ST December	S.R.
<i>Preparation of Record book</i>		1		SR
<i>Practice and Correction class</i>		1		SR

B.A Program in Physical Education

SEMESTER - V

Discipline Specific Elective (DSE-1)

Course Code: UG/PEDG/501/DSE-1A

Course Title: Sports Training

Total Marks:= 50 (Theory Marks:40 :: Internal Marks(Theory: 10)

Contact Hours per week: 6

Examination Duration: 2 Hours

UNIT I: INTRODUCTION

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
1.1	Meaning and Definition of Sports Training	2	9 th – 12 th Septem.	S.B.
1.2	Aims , Objectives Sports Training	3	16 th – 23 rd Sept.	S.B.
1.3	Principles of Sports Training	3	26 th -30 th Sept.	S.B
1.4	Importance of Sports Training	1	03 rd October	S.B.
<i>Remedial and discussion class</i>		1	<i>Last Thursday of the month</i>	SR & SB
<i>Internal Assessment on Unit -I</i>		1	<i>Last Friday of the month</i>	SR & SB

UNIT II: LOAD & ADAPTATION

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
2.1	Meaning and Definition of Load & Adaptation	2	04 th - 08 th Sept.	S.R.
2.2	Type & Components of training load	4	11 th – 20 th Sept.	S.R.
2.3	Principles of Load	3	22 nd - 29 th September	S.R.
2.4	Causes, Symptoms & Control of Over Load	4	4 th Oct. - 11 th Oct.	S.R.
<i>Remedial and discussion class</i>		1	<i>Last Thursday of the month</i>	SR & SB
<i>Internal Assessment on Unit -II</i>		1	<i>Last Friday of the month</i>	SR & SB

UNIT-III: TRAINING COMPONENTS & TRAINING METHODS:

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
3.1	Meaning and Definition of Training Components: Strength ,Speed , Endurance , Co- ordination, Flexibility . Agility & Balance	2	13 th Oct. – 16 th Oct	S.R.
3.2	Continuous Training Methods 3.2.1 Slow Continuous Methods 3.2.2 Fast Continuous Methods 3.2.3 Fartlek Training Method	3	07 th – 13 th Oct.	S.B.
3.3	Interval Training Method 3.3.1 Intensive Interval Training Method 3.3.2 Extensive Interval Training Method	2	30 th Oct. - 1 st November	S.R.
3.4	Circuit Training Method	1	3 rd November	S.R.
3.5	Ballistic Method	1	06 th November	S.R.
<i>Remedial and discussion class</i>		1	<i>Last Thursday of the month</i>	SR & SB
<i>Internal Assessment on Unit -III</i>		1	<i>Last Friday of the month</i>	SR & SB

UNIT IV: TRAINING PROGRAMMING

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
4.1	Meaning and Definition & Types of Periodization	6	30 th Oct – 17 th November	S.R.
4.2	Aims & Content of Periods Preparatory , Competition & Transitional	4	20 th – 29 th November	S.R.
<i>Remedial and discussion class</i>		1	<i>Last Thursday of the month</i>	SR & SB
<i>Internal Assessment on Unit -IV</i>		1	<i>Last Friday of the month</i>	SR & SB

B.A Program in Physical Education

SEMESTER - V

Skill Enhancement Course (SEC-3) Course Code: UG/PEDG/504/SEC-3

Course Title: Indigenous & Minor Game and Excursion- Camping Program

Total Marks:= 50 (Practical Marks:40 :: Internal Marks(Practical: 10)

Contact Hours per week: 2

Examination Duration:

UNIT I: INTRODUCTION

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
1.1	Kabaddi	6	9 th Sept.– 14 th October	S.B.
1.2	Kho- Kho	6	4 th Nov. – 16 th December	S.B.
Preparation of Record book		1		S.B.
<i>Practice and Correction class</i>		1		S.B.

UNIT II: MINOR GAMES

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
2.1	Meaning of Different Terminology- Minor Game, Recreational Game, Traditional Game Lead up Activity, Folk games.	6	31 st Oct. -18 th Nov.	S.B.
2.2	Need, Importance and benefit of Minor games in present society as well as Physical Education Curriculum.	2	21 st – 25 th Nov.	S.B.
2.3	Practice of Five Minor Games in accordance with the available facilities, local tradition and climatic condition.	4	28 th Nov. – 12 th December	S.B.
Preparation of Record book		1		S.B.
<i>Practice and Correction class</i>		1		S.B.

UNIT-III: EXCURSIONS CUM CAMPING PROGRAM

Module Code	Contents	Lect. Allot	Tentative period	Name of Professor
3.1	Minimum 3 days (excluding traveling date) Lead up Camping Program to nearby feasible place.	Outdoor Program	2 nd Week of December	S.R+S.B.