

**DEPARTMENT OF PHYSICAL EDUCATION
MUGBERIA GANGADHAR MAHAVIDYALAYA
DISTRIBUTION OF SYLLABUS
SEMESTER - I**

Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
					CA	ESE	Total
Core-1 (DSC-1A)		Foundation and History of Physical Education	4+2	4-0-4	15	60	75
		Practical					

DSC-1A (CC-1)	DSC 1AT	Foundation and History of Physical Education	Total Credits 04 (04×15= 60 Classes)				
--------------------------	--------------------	---	---	--	--	--	--

Course Contents

Unit-I	Introduction	Credit-1	Taken By
1.1	Meaning, definition and scope of Physical Education.	3 Classes.	Mrs. Anindita Si (A.SI)
1.2	Aims and objectives of Physical Education.	4 Classes	
1.3	Misconception and modern concept of Physical Education.	4 Classes	
1.4	Needs and importance of Physical Education in modern society.	4 Classes	

Unit-II	Biological and Sociological Foundations of Physical Education	Credit-1	Taken By
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.	3 Classes.	Mr. Jisu Krishna Jana (J.K.J)
2.2	Age- Chronological age, anatomical age, physiological age and mental age.	4 Classes	
2.3	Sociological Foundation- Meaning and definition of Sociology, Society, Socialization in Physical Education and Sports, Sports Ethics.	4 Classes	
2.4	Role of games and sports in National and International integration.	4 Classes	

Unit-III	History of Physical Education	Credit-1	Taken By
3.1	Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period.	3 Classes.	Dr. Biswajit Garai (B.G.)
3.2	Olympic Movement- Ancient Olympic Games and Modern Olympic Games.	4 Classes	
3.3	Brief historical background of Asian Games and Commonwealth Games.	4 Classes	
3.4	National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award	4 Classes	

Unit-IV	Yoga Education	Credit-1	Taken By
4.1	Meaning and definition of the term Yoga, types, aims, objectives and importance of Yoga.	3 Classes.	J.K.J
4.2	History of Yoga.	4 Classes	
4.3	Astanga Yoga	4 Classes	B.G.
4.4	Hatha Yoga	4 Classes	

DSC-1AP	Field Practical	Credit- 2	Taken By
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	10 Classes	A.SI J.K.J (B.G.)
2.	Learn and demonstrate the technique of Suryanamaskar.	10 Classes	
3.	Development of physical fitness through Callisthenics and Aerobic activities.	10 Classes	