

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

Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
					CA	ESE	Total
Core-5 (DSC-1C)		Anatomy , Physiology and Exercise Physiology	4+2	4-0-4	15	60	75
		Practical					
DSC-1C (CC-3)	DSC 1CT	Anatomy , Physiology and Exercise Physiology	Total Credits 04 (04×15= 60 Classes)				

Course Contents			
Unit-I	Introduction	Credit-1	Taken By
1.1	Meaning and definition of Human Anatomy, Physiology and Exercise Physiology.	3 Classes.	Mrs. Anindita Si (A.SI)
1.2	Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education.	4 Classes	
1.3	Cell- Structure and function.	4 Classes	
1.4	Tissue- Types and functions.	4 Classes	
Unit-II	Musculo-skeletal System	Credit-1	Taken By
2.1	Skeletal System- Structure of Skeletal System. Classification and locations of bones and joints. Anatomical differences between male and female.	3 Classes.	B.G.
2.2	Muscular System- Type, location, function and structure of muscle.	4 Classes	
2.3	Types of muscular contraction.	4 Classes	
2.4	Effect of exercise and training on muscular system.	4 Classes	
Unit-III	Circulatory System	Credit-1	Taken By
3.1	Blood- Composition and function.	3 Classes.	Mr. Jisu Krishna Jana (J.K.J)
3.2	Heart- Structure and functions. Mechanism of blood circulation through heart.	4 Classes	
3.3	Blood Pressure, Athletic Heart and Bradycardia.	4 Classes	
3.4	Effect of exercise and training on circulatory system.	4 Classes	
Unit-IV	Respiratory System	Credit-1	Taken By
4.1	Structure and function of Respiratory organs.	3 Classes.	Mr. Jisu Krishna Jana (J.K.J)
4.2	Mechanism of Respiration.	4 Classes	
4.3	Vital Capacity, O ₂ Debt and Second Wind.	4 Classes	Dr. Biswajit Garai (B.G.)
4.4	Effect of exercise and training on respiratory system.	4 Classes	
DSC-1CP	Practical	Credit- 2	Taken By
1.	Assessment of BMI, and WHR.	10 Classes	A.SI, J.K.J, B.G.
2.	Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.	10 Classes	