

**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
GE1T		Foundation and History of Physical Education	4+2	4-0-4	15	60	75
		Practical					

GE1T	GE1T	Foundation and History of Physical Education	<b>Total Credits 04 ( 04×15= 60 Classes )</b>				
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**Course Contents**

Unit-I	Introduction	Credit-1	Taken By
1.1	Meaning, definition and scope of Physical Education.	3 Classes.	<b>Mrs. Anindita Si (A.SI)</b>
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.	<b>Mr. Jisu Krishna Jana (J.K.J)</b>
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.	<b>Dr. Biswajit Garai (B.G.)</b>
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.	<b>Mr. Jisu Krishna Jana (J.K.J)</b>
4.2	History of Yoga.	4 Classes	
4.3	Astanga Yoga	4 Classes	<b>Dr. Biswajit Garai (B.G.)</b>
4.4	Hatha Yoga	4 Classes	

GE1P	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	<b>Mrs. Anindita Si (A.SI), Mr. Jisu Krishna Jana (J.K.J), Dr. Biswajit Garai (B.G.)</b>
2.	Learn and demonstrate the technique of Suryanamaskar.	10 Classes	
3.	Development of physical fitness through Callisthenics and Aerobic activities.	10 Classes	