

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

Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
					CA	ESE	Total
GE-2		Anatomy, Physiology and Exercise Physiology	4+2	4-0-4	15	60	75
		Practical					
GE-2T		Anatomy, Physiology and Exercise Physiology	<b>Total Credits 04 ( 04×15= 60 Classes )</b>				
<b>Course Contents</b>							
<b>Unit-I</b>	<b>Introduction</b>		<b>Credit-1</b>	<b>Taken By</b>			
1.1	Meaning and definition of Human Anatomy, Physiology and Exercise Physiology.		<b>3 Classes.</b>	<b>Mrs. Anindita Si (A.SI)</b>			
1.2	Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education.		<b>4 Classes</b>				
1.3	Cell- Structure and function.		<b>4 Classes</b>				
1.4	Tissue- Types and functions.		<b>4 Classes</b>				
<b>Unit-II</b>	<b>Musculo-skeletal System</b>		<b>Credit-1</b>	<b>Taken By</b>			
2.1	Skeletal System- Structure of Skeletal System. Classification and locations of bones and joints. Anatomical differences between male and female.		<b>3 Classes.</b>	<b>Mr. Jisu Krishna Jana (J.K.J)</b>			
2.2	Muscular System- Type, location, function and structure of muscle.		<b>4 Classes</b>				
2.3	Types of muscular contraction.		<b>4 Classes</b>				
2.4	Effect of exercise and training on muscular system.		<b>4 Classes</b>				
<b>Unit-III</b>	<b>Circulatory System</b>		<b>Credit-1</b>	<b>Taken By</b>			
3.1	Blood- Composition and function.		<b>3 Classes.</b>	<b>Dr. Biswajit Garai (B.G.)</b>			
3.2	Heart- Structure and functions. Mechanism of blood circulation through heart.		<b>4 Classes</b>				
3.3	Blood Pressure, Athletic Heart and Bradycardia.		<b>4 Classes</b>				
3.4	Effect of exercise and training on circulatory system.		<b>4 Classes</b>				
<b>Unit-IV</b>	<b>Respiratory System</b>		<b>Credit-1</b>	<b>Taken By</b>			
4.1	Structure and function of Respiratory organs.		<b>3 Classes.</b>	<b>Mr. Jisu Krishna Jana (J.K.J)</b>			
4.2	Mechanism of Respiration.		<b>4 Classes</b>				
4.3	Vital Capacity, O <sub>2</sub> Debt and Second Wind.		<b>4 Classes</b>	<b>Dr. Biswajit Garai (B.G.)</b>			
4.4	Effect of exercise and training on respiratory system.		<b>4 Classes</b>				
<b>GE2P</b>	<b>Practical</b>		<b>Credit- 2</b>	<b>Taken By</b>			
1.	Assessment of BMI, and WHR.		<b>10 Classes</b>	<b>A.SI, J.K.J, B.G.</b>			
2.	Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.		<b>10 Classes</b>				