

**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
Major A1/B1T:		Foundation and History of Physical Education and Sports.	4+2	4-0-4	15	60	75
		Practical					

Major A1/B1T:		Foundation and History of Physical Education and Sports.	Total Credits 03 (04×15= 60 Classes)				
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Course Contents

Unit-I	Concept of Physical Education and Sports	Credit-1	Taken By
1.1	Meaning, definitions and scope of Physical Education and Sports	3 Classes.	Mrs. Anindita Si (A.SI)
1.2	Aims and objectives of Physical Education and Sports	4 Classes	
1.3	Misconceptions and modern concepts of Physical Education. Physical Education as an art of science	4 Classes	
1.4	Needs and importance of Physical Education and Sports in modern society	4 Classes	

Unit-II	Biological, Psychological and Sociological Foundation	Credit-1	Taken By
2.1	Biological Foundation -Meaning and definition of growth and development. Factors affecting growth and development. Difference between of growth and development. Principles of growth and development. Body types: Classification of Sheldon's Body type. Relationship of body type and sports performance	3 Classes.	Mr. Jisu Krishna Jana (J.K.J)
2.2	Psychological Foundation – Concept of learning, Learning curve, Laws and theories of learning. Types of learning. Factors affecting learning.	4 Classes	
2.3	Role of Sports Psychology in the field of Physical Education and Sports. Emotion, Motivation, Anxiety & Personality traits in relation with Physical Education and Sports	4 Classes	
2.4	Sociological Foundation- Concept of socialization. Socialization through Physical Education and Sports. Role of games and sports in national and international integration. Sports Ethics.	4 Classes	

Unit-III	Historical Development of Physical Education and Sports.	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	National & State Sports Awards	4 Classes	
3.3	Physical Education Teachers' Training Institutions in West Bengal. Famous personalities in the field of Physical Education: Plato, Aristotle, James Buchanan and P.M.Joseph	4 Classes	
3.4	Professional preparation in Physical Education and Sports: YMCA, LNIPE, IGIPSS, SAI	4 Classes	

Unit-IV	Olympic Movement, Commonwealth and Asian Games	Credit-1	Taken By
4.1	Ancient Olympic Games	3 Classes.	J.K.J
4.2	Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony	4 Classes	
4.3	Historical background of Commonwealth and Asian Games	4 Classes	B.G.
4.4	Analysis of Indian Sports performance: Olympic, Commonwealth and Asian Games	4 Classes	

Major A1/B1P:	Field Practical	Credit- 1	Taken By
1.	I. Marching: Command, Stand at Ease, Stand Easy, Attention, Turning: Right Turn, Left Turn, About Turn, Half Right Turn, Half Left Turn. Fall-in a Single Line, Fall-in Three Ranks. By the Right Number, Right Dress, Mark Time, Open Order March, Close Order March, Forward March/Quick March, Right Turn at the March, Left Turn at the March, About Turn at the March, Slow March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss.	10 Classes	A.SI J.K.J (B.G.)
2.	II. Callisthenics: At least 06 exercises with 16 counts	10 Classes	
3.	III. Aerobics: At least any 06 exercises	10 Classes	