



# UNIVERSITY OF CALCUTTA

## Notification No.CSR/22/2023

It is notified for information of all concerned that in terms of the provisions of Section 54 of the Calcutta University Act, 1979, (as amended), and, in exercise of her powers under 9(6) of the said Act, the Vice-Chancellor has, by an order dated 31.07.2023 approved the syllabus of the under mentioned subjects semester wise Four-year (Honours & Honours with Research) /Three-year (Multidisciplinary) /Four-year (Honours with core Vocational) programme of U.G. courses of studies, as applicable under CCF,2022, under this University, as laid down in the accompanying pamphlet.

1. Geography
- ✓ 2. Physical Education
3. Film Studies
4. Fine Arts
5. History (Revised syllabus after incorporating some amendments, in the syllabus published in CSR/13/23, dt.12.7.23)
6. Islamic History & Culture (Revised syllabus after incorporating some amendments, in the syllabus published in CSR/13/23,dt.12.7.23)
7. Persian (Revised syllabus after incorporating some amendments, in the syllabus published in CSR/20/23, dt.28.7.23)
8. Computer Application. (Honours with core Vocational)

The above shall take effect from the academic session 2023-2024.

SENATE HOUSE,

Kolkata-700073

The 2<sup>nd</sup> August ,2023

  
Prof.(Dr.) Debasis Das

Registrar

## **Course Structure of the Subject - Physical Education– MDC (UG) University of Calcutta**

- a) The COURSE STRUCTURE – MDC of the subject **PHYSICAL EDUCATION** (UG) of Calcutta University are likely to be offered according to the discretion of the concerned authority of Calcutta University and the affiliated College(s) of the University.
- b) The theory and practical portions of the first semester subjects, for the courses in details, are recommended to start with the programme in time, and the other details, like - the end semester examination marks, division of marks, modality of practical examination and the remaining shall be communicated in due course shortly.

### Physical Education COURSE STRUCTURE - MDC (Calcutta University)

	CC1	CC2	Minor	IDC	AEC	SEC	CVAC	Semester Internship	Total Credit
Semester	8x4 = 32	8x4 = 32	6x4 = 24	3x3 = 9	4x2 = 8	3x4 = 12	4x2 = 8	1x3 = 3	124
1	1x4 = 4 (3TH+1P/TU)	1x4 = 4 (3TH+1P/TU)		1x3 = 3 (2TH+1P/TU)	1x2 = 2 (2TH+0P/TU)	1x4 = 4	2x2 = 4		21
2	1x4 = 4 (3TH+1P/TU)			1x3 = 3 (2TH+1P/TU)	1x2 = 2 (2TH+0P/TU)	1x4 = 5	2x2 = 5		21
3	1x4 = 4 (3TH+1P/TU)	1x4 = 4 (3TH+1P/TU)	1x4 = 4 (3TH+1P/TU)	1x3 = 3 (2TH+1P/TU)	1x2 = 2 (2TH+0P/TU)	1x4 = 6			21
4	2x4 = 8 (3TH+1P/TU)	2x4 = 8 (3TH+1P/TU)	1x4 = 4 (3TH+1P/TU)		1x2 = 2 (2TH+0P/TU)				22
5	2x4 = 8 (3TH+1P/TU)	1x4 = 4 (3TH+1P/TU)	2x4 = 8 (3TH+1P/TU)						20
6	1x4 = 4 (3TH+1P/TU)	2x4 = 8 (3TH+1P/TU)	2x4 = 8 (3TH+1P/TU)						20
Credits	8x4 = 32	8x4 = 32	6x4 = 24	3x3 = 9	4x2 = 8	3x4 = 12	4x2 = 8		125+3 = 128
Marks	8x100 = 800	8x100 = 800	6x100 = 600	3x75 = 225	4x50 = 200	3x100 = 300	4x50 = 200		Total Marks = 3200

\* Marks = 25 marks per credit

\*\* Total credit = 125+3 (for summer internship) = 128

\*\*\* Summer Internship: As in (G)

**Physical Education** subjects according to COURSE STRUCTURE - MDC (Calcutta University)

	CC1	CC2	Minor	IDC	AEC	SEC	CVAC	Semester Internship	Total Credit
Sem.	8x4 = 32	8x4 = 32	6x4 = 24	3x3 = 9	4x2 = 8	3x4 = 12	4x2 = 8	1x3 = 3	124
1	1x4 = 4 (3TH+1P/TU) Introduction and History of Physical Education and Sport  Practical - Physical Characteristics	1x4 = 4 (3TH+1P/TU) Contemporary Physical Education  Practical - Formal Activities (Marching & Aerobics)		1x3 = 3 (2TH+1P/TU) Sociology in Physical Education & Sport  Practical - Social Characteristics	1x2 = 2 (2TH+0P/TU) Physical Education & Sport for Mental Health	1x4 = 4 Track & Field and Gymnastics	2x2 = 4 1. Value Education in Physical Education & Sport  2. Environmental Education in Physical Education & Sport		21
2	1x4 = 4 (3TH+1P/TU) Yoga  Practical - Yoga	1x4 = 4 (3TH+1P/TU) Health & Wellness in Physical Education & Sport  Practical - Health- related Physical Fitness		1x3 = 3 (2TH+1P/TU) Biology in Physical Education & Sport  Practical - Biological Characteristics	1x2 = 2 (2TH+0P/TU) Physical Education & Sport for Economic Development	1x4 = 4 Ball Games (Any Two)	2x2 = 5 1. Nutrition in Physical Education & Sport  2. Physical Fitness in Physical Education & Sport		21

3	<p>1x4 = 4 (3TH+1P/TU)</p> <p>Sociology in Physical Education and Sport Practical - Sociology</p>	<p>1x4 = 4 (3TH+1P/TU)</p> <p>Physical Literacy and Sports Practical - Fundamental Movements</p>	<p>1x4 = 4 (3TH+1P/TU)</p> <p>Officiating &amp; First Aid in Physical Education &amp; Sport Practical - Officiating &amp; First Aid</p>	<p>1x3 = 3 (2TH+1P/TU)</p> <p>Psychology in Physical Education &amp; Sport Practical - Psychological Characteristics</p>	<p>1x2 = 2 (2TH+0P/TU)</p> <p>National &amp; International Perspective of Sports and Politics</p>	<p>1x4 = 4 (Any one) and Racket Sport (Any one)</p>			21
4	<p>2x4 = 8 (3TH+1P/TU)</p> <p>1. Anatomy, Physiology and Exercise Physiology Practical - Physiology 2. Test, Measurement and Evaluation Practical - AAHPER Youth Fitness Test</p>	<p>2x4 = 8 (3TH+1P/TU)</p> <p>1. Gender Studies in Physical Education &amp; Sport Practical - Gender Studies 2. Adapted Physical Education &amp; Para Sport Practical - Inclusive Physical Activity &amp; Sport</p>	<p>1x4 = 4 (3TH+1P/TU)</p> <p>Weight Management &amp; Weight Training in Physical Education &amp; Sport Practical - Weight Training</p>		<p>1x2 = 2 (2TH+0P/TU)</p> <p>Olympism</p>				22
5	<p>2x4 = 8 (3TH+1P/TU)</p> <p>1. Psychological Basis of Physical Education and Sport Practical - Psychology 2. Sports Management Practical - Sports Management</p>	<p>1x4 = 4 (3TH+1P/TU)</p> <p>Kinesiology &amp; Biomechanics in Physical Education &amp; Sport Practical - Biomechanics</p>	<p>2x4 = 8 (3TH+1P/TU)</p> <p>1. Strength and Conditioning in Physical Education &amp; Sport Practical - Strength &amp; Conditioning 2. Journalism in Physical Education &amp; Sport Practical - Journalism</p>						20

6	1x4 = 4 (3TH+1P/TU) Sport Training and Sports Medicine  Practical - Sport Training	2x4 = 8 (3TH+1P/TU) 1. Anthropometry in Physical Education & Sport Practical - Kinanthropometry  2. ICT in Physical Education & Sport Practical - ICT	2x4 = 8 (3TH+1P/TU) 1. Sports Medicine Practical - Sports Medicine  2. Sport Engineering Practical - Sport Engineering						20
Credits	8x4 = 32	8x4 = 32	6x4 = 24	3x3 = 9	4x2 = 8	3x4 = 12	4x2 = 8		125+3 = 128
Marks	8x100 = 800	8x100 = 800	6x100 = 600	3x75 = 225	4x50 = 200	3x100 = 300	4x50 = 200		Total Marks = 3200

\* Marks = 25 marks per credit

\*\* Total credit = 125+3 (for summer internship) = 128

\*\*\* Summer Internship: As in (G)

## **Syllabus for Physical Education subjects (Semester-I)**

*(According to COURSE STRUCTURE - MDC of Calcutta University)*

**CC1 (Semester-I): (3TH + 1P/TU) = 4 Credit**

### **Subject: Introduction and History of Physical Education and Sport**

#### **Unit-1 : Basic Concepts of Physical Education and Sport**

Meaning, Definition, Nature, Aim and Objectives.

Need and Importance for different Age-groups, Genders, Occupations, and Socially Disadvantaged Groups.

Philosophies of Physical Education and Sport - Idealism, Naturalism, Realism, Pragmatism, and Existentialism.

Misconceptions of Physical Education and Sport - Physical Training, Only Games Participation, Building Body, Drill, Play, No Mental Involvement, Wastage of Money, No Career Prospect, Poor Social Status.

#### **Unit-2: Principles of Physical Education and Sport**

Philosophical Principles

Biological Principles

Psychological Principles

Sociological Principles

#### **Unit-3 : History of Physical Education**

Physical Education in Europe (Before 20th Century AD)

Physical Education in Europe (20th Century Onward)

Physical Education in USA

Physical Education in India (Pre and Post Independence)

#### **Unit-4 : History of Sport**

Emergence of Sport as Social Phenomena

Sport as a Culture

Ancient Olympic Games

Modern Olympic Games and Olympic Movement

### Unit-5: Practical - Physical Characteristics

- Height and Weight measurement techniques
- BMI predictionPublication
- BMI classification and interpretation
- Ponderal Index prediction and interpretation
- Single-most physical measurement for health in different age groups.

### **Reference**

1. A. K. Bhattacharyya & S. Bhowmick. Sarir Siksha. Paschimbanga Rajya Pustak Parsad.
2. J.F. Williams, Principles of Physical Education, Lakshya
3. Kamlesh, M.L. & Singh, M.K. Physical Education. Naveen Publication.
4. Lumpkin, A. Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York.
5. Singh, A. et al. Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
6. Wuest, D.A. & Bucher, C.A. Foundation of Physical Education, Exercise Science and Sports, McGraw Hill Co. Inc., New York.
7. Ronojay Sen, Nation at Play: A History of Sport in India, Penguin Viking.
8. John Nauright & Chirls Perrish, Sports Around the World: History, Culture, and Practice, ABC-CLIO.

### **CC2 (Semester-1): (3TH + 1P/TU) = 4 Credit**

### **Subject: Contemporary Physical Education**

### Unit-1: Physical Education as Academic Discipline

- The Meaning of an Academic Discipline
- Genesis of Physical Education
- Scope of Physical Education
- The Focal Theme of Physical Education with Time



## Unit-2: Motor Learning as Life-style Education

Definition and Meaning of Motor Learning and Life-style

Learning Fundamental Movements: Process, Need and Importance

Learning Motor Skills: Process, Stages, Need and Importance

Motor Creativity and Aesthetics: Motor Creativity Components, Kinaesthetic Perception, Kine-aesthetics.

## Unit-3: WHO Recommended Physical Activity

Need and Importance of WHO recommended Physical Activity

Children and Adolescents (aged 5 - 17 years), Children and Adolescents (aged 5 - 17 years) Living with Disability

Adults (aged 18 - 64 years); Adults and Older Adults (aged 18 years and older) with Chronic Conditions, and Living with Disability

Pregnant and Postpartum Women

## Unit-4: Inadequate Physical Activity

Sedentary Behaviour: Meaning, Causes, Excuses

Hypo-kinetic Disorders: Obesity, Diabetes (Type-II), Cardio-Vascular Disease, Osteoporosis, Stroke and Cancer

Psychological Impact of Physical Inactivity: Depression, Stress, Self-confidence, Sleeplessness, Mood

Socio-Economic Impact of Physical Inactivity: Social Isolation, Ill-being, Family Economic Burden (NCDs), Lower Productivity in GDP

## Unit-5: Formal Activities (Marching & Aerobics)

The Basics of Marching: Objectives of Marching, Command, Stand-at-Ease, Stand Easy, Turning (Right Turn, Left Turn, About Turn, Half-Right/Left-Turn), Fall-in a Single Line, By the Right Number Count, Fall-in Three Lines, Right Dress

Marching Fundamentals: 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, Mark Time from Quick March, Changing Step, Right or Left Wheel, Slow March, Right or Left Close March, Fall Out, Dismiss, Saluting to the Front, Saluting to the Right, Eyes Right and Eyes Front, Ceremonial Parade.

Aerobics (Part - I): Basic Step, V-Step, and Step Touch

Aerobics (Part - II): Mambo, Box Step, and Grapevine.

## Reference

1. Kanchan Bandopadhyay, Sarir Siksha Parichay, Classic Publishers, Kolkata
2. Amiyo Kumar Saha, Sarir-Siksar Ritiniti, Rana Publisher, B-2/254 Kalyani

3. A. K. Uppal & Meera Sood, Introduction to Physical Education in the Contemporary Context, Friend Publications
4. Kamlesh, M.L. & Singh, M.K. Physical Education. Naveen Publication.
5. Singh, A. et al. Essentials of Physical Education, Kalyani Publishers, Ludhiana, Punjab.
6. Wuest, D.A. & Bucher, C.A. Foundation of Physical Education, Exercise Science and Sports, McGraw Hill Co. Inc., New York.
7. Angela Lumpkin Physical Education and Sport: A Contemporary Approach, Mosby
8. Tyagi Arun Kumar, Gymnastics: Skills and Rules, Khel Sahitya Kendra, New Delhi.
9. Dubey, H.C. Gymnastics, Discovery Publishing House, New Delhi.

**IDC (Semester-1): (2TH + 1P/TU) = 3 Credit**

**Subject: Sociology in Physical Education & Sport**

Unit-1: Society

- 1.1 Society & Sociology: Meaning, Definition, and about the Concepts.
- 2.2 Social Group: Definition, Characteristics, Causes, Types, and Functions.  
Group Dynamics: Characteristics, Stages, Norms, Roles, Status, and Cohesiveness.  
Leadership: Meaning, Definition and Types. Leadership and Physical Education, Leadership and Sport.

Unit-2: Culture

- Culture: Definition, Features, Types, Importance, Social Institutions.
- Basic Human Values: Right Conduct, Peace, Truth, Love, and Non-violence.
- Games and Sport Culture in various civilizations - Greece, Rome, England, India.
- Development of Cultural Values and a Social Individual through Physical Education and Sport

Unit-3: Social Issues from Physical Education & Sport Context

- Equality - Gender, Ethnicity, Race, Status
- Inclusive, Adaptive & Safe Participation - Pre-school age, Women and Girls, the Aged, Persons with Disabilities, and Indigenous People.
- Empowerment - In Welfare, Access, Consientisation, Participation, and Equality of Control dimensions.
- National and International Harmony - The events and their Philosophy.

#### Unit-4: Practical - Social Characteristics

Population and Subject

Data and Variables

Primary and Secondary Data, and their use guidelines.

Sociodemographic Characteristics

Sociometric Test

#### **Reference**

1. Anadi Kumar Mahapatra, Bisoy Samaj Tatta, Sandhya Prakashani.
2. Humans Ghosh, Samajtatta: Anthony Giddens, Bankura Christian College.
3. Kathy S. Stolley, The Basics of Sociology, Greenwood Press: London.
4. Vidya Bhutan & D.R.Sachdeva, An Introduction to Sociology, Kitab Mahal.
5. Jay Coakley, Sports in Society – Issues and Controversies, McGraw Hill.
6. Richard, J. Crisp, Essentials of Social Psychology, Sage Publications.
7. C. N. Shankar Rao, Sociology: Principles of Sociology with an Introduction to Social Thoughts, S. Chand Publisher

**AEC (Semester-1): (2TH+0P/TU) = 2 Credit**

#### **Subject: Physical Education & Sport for Mental Health**

#### Unit-1: Introduction of Mental Health

Meaning, Importance; Mental Health as Basic Human Right and it's Reasons

Determinants of Mental Health: Individual, Biological and Psychological, and Social and Structural

Mental Health Promotion and Prevention: Interventions, Reshaping the Determinants, Mental Health Promotion and Protection, Resilience

Development

WHO Comprehensive Mental Health Action Plan 2013 - 2030

## Unit-2: Health Behaviour Development

Balanced Diet: Eat Healthy, Regular Meals, Stay Hydrated, Good Food Habit Development

Good Recovery: Sound Sleep, Rest, and Relaxation

Psychological Aspect: Stay Connected, Goal Setting and Prioritisation, Practicing Gratitude, and Positivity Focusing

Exercise and Sport Participation: Recommended Regular Exercise for Different Groups; Intensity, Duration, and Timing

## Unit-3: Mental Health Care and Promotion

The Understanding: Signs and Symptoms of Mental Ill-health

Mental Health Care: National Health Care Programme

Mental Health Promotion: Acquiring Knowledge and Skill to Protect Mental Wellbeing, Creating Positive Changes in Social Environment; Mental Health Literacy, Destigmatisation, Encouragement of Help-seeking and Help-giving Behaviour

Role of Physical Education and Sport: Good Health Behaviour Development; Mental Health Promotion; Development of Independence & Autonomy and Wellness

## Reference

1. David Carless, Kitrina Douglas, Sport and Physical Activity for Mental Health, Blackwell Publishing Ltd.
2. Panteleimon Ekkekakis, Handbook of Physical Activity and Mental Health, Routledge
3. Claude Bouchard, Steven N. Blair, William Haskell, Physical Activity and Health, Human Kinetics

## **SEC (Semester-1) : 4 Credit**

### **Subject: Track and Field & Gymnastics**

#### **Track and Field**

##### **Unit-1: Track Events**

Starting Techniques: Standing start and Crouch start (with variations) use of Starting Block.

Acceleration with proper running techniques.

Maintenance of Speed in different running events

Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug.

Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in changing zone, and Finishing.

##### **Unit-2: Field Events (Any three - Student's choice)**

Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.

High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing.

Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique).

Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).

Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).

#### **Gymnastics**

##### **Unit-1: Compulsory**

Forward Roll

T-Balance

Forward Roll with Split leg

Backward Roll

Cart-Wheel

## Unit-2: Optional (any three)

Dive and Forward Roll  
Hand Spring  
Head Spring  
Neck Spring  
Hand Stand and Forward Roll

## **Project-cum-Practical Record Book**

1. Introduction of the Sport, History of Development
2. Performance status of India and renowned personalities – Indian & International
3. Fundamental Skills
4. Rules & regulations with Field/Court diagram
5. Tournaments & Sports Federations (National & International).

## **Reference**

1. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
2. Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.
3. Dharma, P.N. Fundamentals of Track and Field, Khel Sahitya Kendra, New Delhi.
4. Tyagi Arun Kumar, Gymnastics: Skills and Rules, Khel Sahitya Kendra, New Delhi.
5. Dubey, H.C. Gymnastics, Discovery Publishing House, New Delhi

## **CVAC (Semester-1): 2x2 Credit = 4 Credit**

**CAVC-1: Value Education in Physical Education & Sport (2 Credit)**

**CAVC-2: Environmental Education in Physical Education & Sport (2 Credit)**

## **Subject: Value Education in Physical Education & Sport (2 Credit)**

### **Unit-1: Introduction of Value Education**

Aim and Objectives: Goal, Objective - Awareness, Responsibility, Ethical Reflection, and Compassion

Types: Personal, Spiritual, Social, Cultural, and Environmental

Importance: Toward - Well-being for Healthy Life; Non-discrimination, Solidarity and Equality; Autonomy and Decision Making; Diversity and Cultural Pluralism

Value Education in India: Toward Individual, Family and Community, Reorienting Systems, Structures and Institutions, the Country, and the Planet as a Whole

### **Unit-2: Approaches of Value Education**

Evocation, and Inculcation

Awareness, and Moral Reasoning

Analysis, Value Clarification

Commitment, and the Union Approach

### **Unit-3: Value Education through Physical Education and Sport (PES)**

PES Supports Active Learning

PES Complement Cognitive Skills

Gives Students Increasing Amounts of Responsibility

PES Enhance Level of Concentration and Participation

## **Reference**

1. <https://en.unesco.org/themes/sport-and-anti-doping/sports-values-education>
2. <https://www.unesco.org/en/quality-physical-education>
3. Kiruba Charles & V. A. Selvi, Value Education, Neelkamal
4. K. S. Bharadwaj, New Dimensions of Value Education, Balaji World of Books

## **Subject: Environmental Education in Physical Education & Sport (2 Credit)**

### Unit-1: Introduction of Environmental Education

Basic Idea: Meaning, Aim and

Objectives: Knowledge Transmission; Creation of New Behaviour; Development of Values, Attitudes and Skills; Development of Awareness to Protect the Planet and Complexity of Interaction between Man and Nature

Process: Explore Environmental Issues, Involvement in Problem Solving, and Action for Better Environment

Scope of Environment Education: Biological Aspect, Physical Aspect, Socio-cultural Aspect

### Unit-2: Environment Education in Physical Education

Health and Hygiene: Need for Personal Cleanliness - Care of Sensory Organs (Oral, Skin, Nose, Eyes, Ears)

Healthful Environment: Developing Health Behaviour and Health Promotion

Environmental Attunement: Health, Wellness, Quality of Life

Nature and Nurture: Physical Education Activities according to Environment, Sustainable Development



### Unit-3: Environment Education and Sport

Sport and Environmental Condition: Practice, Participation, Performance, Health Issues.

Environmental Sustainability: Pedagogical development of Sport Education - Identification of the Vision, Good Practices, Barriers

Environmental Awareness and Sport: Sports and Environment Programme under UNEP (United Nations Environment Programme)

Greening of the Olympic: Role of IOC, The Carbon Counting Game, Skiing: The Slippery Slope, Teed Off at Golf

### **Reference**

1. Brian P. McCullough, Timothy B. Kellison, Handbook of Sport and the Environment, Routledge
2. <https://olympics.com/ioc/news/ioc-guide-to-sport-environment-and-sustainable-development>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1459948/>
4. <https://cnr.ncsu.edu/news/2020/11/sport-and-the-environment-what-is-the-connection/>
5. <https://thesportjournal.org/article/sports-and-the-environment-ways-towards-achieving-the-sustainable-development-of-sport/>