

PHYSICAL EDUCATION

1ST YEAR SYLLABUS (W.B.S.U)

PAPER-I-100

GROUP-A

Principle and History of Physical Education (30 marks)

1. Nature and scope of physical education:-Related concepts
 - a) Education, b) Physical Education, c) Physical Training, d) Sports,
 - e) Yogic Exercises, f) Sports Training
2. Aims and Objectives of Physical Education: Physical developments, Mental Development, Social Development, Motor Development Objectives, Changing concepts of Physical Education.
3. Development of Physical Education and Sports India:
 - a) Pre- independence, b) Post- independence
4. Olympic Movement: - a) Ancient Olympic, b) Modern Olympic Games
5. Sports Schemes in India.

GROUP-B

Psycho-Social Aspects of Sports (20 marks)

1. Introduction- Psycho- physical Unit of Man
2. Heredity and Environment
3. Instinct, Emotion, Interest and Motivation – Role in Sports
4. Physical Education as a Socialising –force
5. Social value of Sports

GROUP-C

Anatomy and Physiology (30 marks)

1. Cell- Structure and Function
2. Skeletal System and Skeletal deformities- Types of bones, names of various bones of the body, Types of Joints, Postural Defect (Kyphosis, Lordosis, Scoliosis, and Flat-Foot etc. – Nature, causes and correction.

3. Circulatory system- Heart and its structure, blood circulation, mechanism of types of blood vessels, blood pressure, effects of exercise
4. Respiratory System- Organs of the system mechanism of respiration- Inspiration and Expiration, Vital Capacity, Oxygen Debt, Effect of exercise on Respiratory System.
5. Nervous System- Parts of the brain and their structure, Spinal Cord, Reflex Action, Reciprocal Innervations, All or none law.
6. Endocrine System- Meaning of Endocrine Gland, Function, Location of pituitary, Thyroid and Adrenal Glands.

➤ **GROUP-D:- Dietetics and Hygiene**

1. Basic Nutrients: - Protein, Carbohydrates, Fat, Vitamins, Minerals and Water.
2. Need of Nutrients:- a) Growth and Repair
b) Vitality and Fitness
c) Production of Calories for energy and Warmth
3. Quality of Food: - How and When to eat, Diets for Different age group, Food Preference, Source of Food.
4. Balance Diet, Athletic Diet, Standard Diet.
5. Mid-day meal and Milk Programmes, Mal Nutrition- Causes and effects, Drink Water, Tea & Coffee, Alcohol- Their effects on health and performance.
6. Importance of Hygienic living, Personal Hygiene:- Throat, Teeth, Eyes, Nose, Feet etc. , Fatigue.

PHYSICAL EDUCATION

2nd YEAR SYLLABUS (W.B.S.U)

PAPER-II-100

GROUP-A

Management of Physical Education and Sports (30 marks)

1. Management of Sports and Games in School College and University.
2. Types of Tournaments: a) Knockout System b) League System
c) Combination System.
3. Lay- out of Play-Field and Basic Rules: a) Kabaddi b) Kho-Kho
c) Volleyball d) Badminton e) Football f) Hockey g) Cricket h) Track and
Field Events.
4. Care and Maintenance of Sports Equipment.

GROUP-B

Sports Training and Mechanics (20 marks)

1. Meaning of Sports Training, Conditioning, Warming- up and Cooling Down.
2. Components of Physical Fitness: Speed, Strength, Endurance, Agility,
Flexibility, Balance.
3. Training Methods: Circuit Training, Interval Training, Fartlek Training,
Cross-Country, Weight Training.
4. Normal Load, Crest Load, Over Load, Principle of over Load.
5. Mechanical Principles Applied to Sports: Law of Motion, Lever and its
Types, Equilibrium its type and Law, Centre of Gravity, Force and its types.

GROUP-C

Exercise Physiology (20 marks)

1. Muscular System: Various types of muscles, Structure, Effects of Exercise,
muscular contraction [Eccentric, Concentric, Static, Isometric, Isotonic,
Isokinetic], Motor unit.
2. Effect of Exercise on Circulatory System, Blood Pressure.
3. Effect of Exercise on Respiratory System, Vital Capacity, Oxygen Debt,
Cardiovascular Endurance.

GROUP-D

Health Education and First Aid (30 marks)

1. Meaning of Health Education.
2. Major Areas of Health Education: a) Health Service- Daily Health Inspection, Medical inspection and follow-up program, Medical Examination, Medical Clinic.
b) Healthful Environment- Healthful Environment in Educational Institute, Offices, factories, Play- grounds, Auditorium etc.
c) Environment Hygiene- Lighting, Ventilation, Water Supply and Waste Disposal.
3. Environmental Pollution: Air, Water etc. Remedial Measures.
4. Safety Education: Safety at Home, School, College, Play-ground, Streets.
5. Prevention and Control of Communicable Diseases: Malaria, Cholera, Small Pox etc. their causes and precautions.
6. Mental Health Problems of mal-adjustment, Minor mental disorders, their causes and precautions.
7. First- Aid management- Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shock, Burns and Artificial Respiration.

PAPER- III (100 MARKS)

PRACTICAL

- Track and Field: 100m,200m,400m,800m, Shot Put, Discus Throw, Javelin Throw, High jump, Long jump, Triple jump (20 marks)
- Gymnastics: Forward-Roll, Backward- Roll, Dive- Roll, Cartwheel, T-Balance, Handstand, Handspring, Neck- spring, Somersault (20 marks)
- Indian Games: Kabaddi, Kho-Kho (10 marks)
- Ball Games: Football, Volleyball, Cricket, Hockey, Badminton (20marks)
- Yogasana: Shabasana, Padmasann, Dhanurasana, Halasana, Ardhamatshasana, Bhugangaanana, Chakrasana, Sarbangasana, Shirsana, Meyurasana, Bakrasana, Paschimatyasana, Kapalbhati, Anulom-vilam (10marks)
- First-Aid Record Book (10 marks)
- Games Record Book (10 marks)

PHYSICAL EDUCATION

3rd YEAR SYLLABUS (W.B.S.U)

PAPER-IV-50

GROUP-A

Therapeutic Aspects of Physical Activities (25 marks)

1. Exercise and chronic diseases: Osteoporosis, Obesity, Hypertension, Diabetes, Cardiovascular diseases.
2. Exercise Therapy: Corrective, Isotonic, Isometric and Resistance Exercise, Massage Therapy, Yoga as a Therapy.
3. Electro Therapy, Cry Therapy, Thermo Therapy- Basic Principles.
4. Basic Principal of Rehabilitation- modalities and Relaxation Techniques.

GROUP-B

Physical Activities and Lifestyle (25 marks)

1. Physical Activities, Health and Wellness- Modern Concepts
2. Health and Fitness Active Lifestyle
3. Physical Activity and Childhood- Growth and Development
4. Physical Activity and Women- Puberty, Adolescent, Post- Adolescent periods, Pregnancy, Limitation of Female in Athletics.
5. Physical Activity for aged: Exercise and Physiology of aging, loss of functional reserve with age, Risk of exercise among the aged.
6. Physical activity for the Disable: Types of Disability, Programme for the disabled.

PAPER- IV (50 MARKS)

PRACTICAL

- Participation in regular fitness Programme: AAHPERD Youth Fitness Test, Barrow Motor Ability Test (10 marks)
- Administration of Fitness Testing Procedure (10 marks)
 - a) Strength: Medicine Ball Put, Standing Broad- jump, Vertical jump, Push up, Pull-up
 - b) Endurance: Muscular- Sit-up, Squat thrust, Cooper Test, Harvard Step Test.
 - c) Speed: 50mt. Sprint
 - d) Balance
 - e) Agility
- Officiating: Athletics, Indian Games, Ball Games (10 marks)
- Specific Exercise Programme for Rehabilitation (10 marks)
- Participation in social service programme: NCC, Blood donation camp, NSS, Bratachari, Adventure Sports (5 marks)
- Visit to State or Higher Level Tournament and Record Book (5 marks)