



# **UNIVERSITY OF GOUR BANGA**

(Established under West Bengal Act XXVI of 2007)

N.H.-34 (Near Rabindra Bhawan), P.O.: Mokdumpur,

Dist.: Malda, West Bengal, Pin-732 103

## **UG Syllabus and Question Pattern (Honours & General) (Physical Education)**

(Under 1+1+1 System)

## Main Feature of the Syllabus

### Physical Education (General)

Part / Course	Paper	MCQ / Descriptive	Revised Paper Code	Marks	Time	Total Marks	Total Time	
Part-I	I	MCQ	I-A	15	30 Min	50	2.00 Hr	
		Descriptive	I-B	35	1.30 Hr			
	II	MCQ	II-A	15	30 Min	50	2.00 Hr	
		Descriptive	II-B	35	1.30 Hr			
	III	Practical	III	50	2.00 Hr	50	2.00 Hr	
Part-II	IV	MCQ	IV-A	15	30 Min	50	2.00 Hr	
		Descriptive	IV-B	35	1.30 Hr			
	V	MCQ	V-A	15	30 Min	50	2.00 Hr	
		Descriptive	V-B	35	1.30 Hr			
		VI	Practical	VI	50	2.00 Hr	50	2.00 Hr
	Part-III	VII	MCQ	VII-A	15	30 Min	50	2.00 Hr
Descriptive			VII-B	35	1.30 Hr			
VIII		Practical	VIII	50	2.00 Hr	50	2.00 Hr	

❖ Revised Paper Code as treated Official Paper Code

NEW SYLLABUS ON (1+1+1) PATTERN  
PHYSICAL EDUCATION (GENERAL)

**(W.E.F. 2015-2016)**

**Distribution of Marks**

Total marks = 400 (150+150+100)

Theory = 250 (100+100+50)

Practical = 150 (50+50+50)

**Question patterns**

50 Marks = 1 Mark  $\times$  15 MCQ + 10 Marks  $\times$  2 Questions + 5 Marks  $\times$  3 Questions

**Words limits for each category of descriptive type questions:**

10 Marks:                      600 – 700

05 Marks:                      300 – 350

**Duration of examination:**

Theory paper of 50 Marks: 2 (Two) Hours.

## SUMMARY OF NEW SYLLABUS ON (1+1+1) PATTERN

<b>PART-I</b>				
<b>FULL MARKS-150</b>				
<b>Paper</b>	<b>Allotted Marks</b>	<b>Group wise marks distribution</b>	<b>Question Type</b>	<b>Word Limitation</b>
I	50	Principles and Management of Physical Education	1 Mark×15 MCQs	_____
			10 Marks ×2 Question	600-700
			5 Marks ×3 Question	300-350
II	50	Anatomy, Physiology and Exercise Physiology	1 Mark×15 MCQs	_____
			10 Marks ×2 Question	600-700
			5 Marks ×3 Question	300-350
III	50	Practical	_____	_____
<b>PART-II</b>				
<b>FULL MARKS-150</b>				
<b>Paper</b>	<b>Allotted Marks</b>	<b>Group wise marks distribution</b>	<b>Question Type</b>	<b>Word Limitation</b>
IV	50	History of Physical Education and Psycho- Social Aspect of Sports	1 Mark×15 MCQs	_____
			10 Marks ×2 Question	600-700
			5 Marks ×3 Question	300-350
V	50	Health Education	1 Mark×15 MCQs	_____
			10 Marks ×2 Question	600-700
			5 Marks ×3 Question	300-350
VI	50	Practical	_____	_____
<b>PART-III</b>				
<b>FULL MARKS-100</b>				
<b>Paper</b>	<b>Allotted Marks</b>	<b>Group wise marks distribution</b>	<b>Question Type</b>	<b>Word Limitation</b>
VII	50	Sports Training and Therapeutic value of Physical and Yogic Exercises	1 Mark×15 MCQs	_____
			10 Marks ×2 Question	600-700
			5 Marks ×3 Question	300-350
VIII	50	Practical	_____	_____

**PART-I (Full Marks -150)****Paper-I: Principles and Management of Physical Education and Sports****(F.M.-50).****Unit-1:** Physical Education; Meaning, nature and scope, aims and objectives**Unit-2:** Growth and Development; stages, characteristic, physical activities during the period of Childhood, pre-adolescence and adolescence**Unit-3:** Organisation of Annual Athletic Meet including laying of double bend track with provision of Stagers.**Unit-4:** Tournaments; types, merits and demerits of League and Knock-out tournaments, Bye Procedure and Seeding Method**Unit-5:** Preparation of Budget of Physical education programme of your Institution.**Unit-6:** List of Sports Equipments, Proper Care and Maintenance of Sports Equipments**Paper-II: Anatomy, Physiology and Exercise Physiology (F.M.-50).****Unit-1:** Skeletal System; types of bones, name of the various bones of the body, types of joints**Unit-2:** Circulatory System; Heart and its structure and cardio-pulmonary function**Unit-3:** Respiratory System; organs of the system, mechanism of respiration- inspiration and expiration, Effect of exercise on Respiratory System.**Unit-4:** Muscular System; Structure and various Types of Muscles, Effect of exercise on muscles, Muscular Contraction; Isometric and Isotonic**Unit-5:** Physiology of Blood Circulation; Types of circulation, Effect of exercises on circular system. Bio-Physical differences in boys and girls and their implications**Unit-6:** Posture; Meaning and concepts of correct posture-standing and sitting, causes of postural defects and their remedial exercises including yogasanas**Paper-III: Practical (F.M. 50)****Unit-1:** Track Events; Sprint, middle, long distance run and relay race, Fundamental Skills of Running.**Unit-2:** Field Events; Broad Jump, High Jump, Triple Jump, Shot Put, Discus Throw and Javelin Throw, Fundamental Skills of Jumping events and Throwing events.**Unit-3:** Latest general rules of Athletics, Specification of Track and Field, Important Turnament/Meet and Venues, Athletics Personalities.**Unit-4:** Layout of playfields of the following games and their basic rules; (a) Kabaddi , (b) Kho-Kho, (c) Badminton, (d) Cricket, (e) Football, (f) Handball and (g) Volleyball**Unit-5:** Gymnastic; (a) Forward Roll, (b) Backward Roll, (c) Handstand, (d) Cartwheel (e) Split Sitting and (f) T balance**Unit-6:** First Aid Practical and Management of Sports injuries- Sprain, Dislocation, Fracture, Wounds, Muscle Cramp, Bandage and Artificial Respiration.

## **PART-II (Full Marks -150)**

### **Paper-IV: History of Physical Education and Psycho- Social Aspect of Sports (F.M.-50).**

**Unit-1:** History of Physical Education in India; Physical Education in India after 1947; Recommendation of Education Commission (Kothari Commission 1964); Development of Physical Education and Sports in India

**Unit-2:** Olympic Movements; Ancient Olympic Game; Modern Olympic Game; the Olympic Flag; Olympic Torch; India in Olympics

**Unit-3:** Contribution of Great Educators towards Physical Education and Sports; Johann Basedow, Johann Friedrich GutsMuth, Friedrich Ludwig Jahn, Per Henrik Ling, Niles Bukh, Franz Nachtegall

**Unit-4:** Nature, Definition and Branches of Psychology; Meaning, Need and Importance of Sports Psychology; Attention and Interest, Motivation and Personality

**Unit-5:** Sociological Basis of Physical Education – socialization

### **Paper-V: Health Education (F.M.-50).**

**Unit-1:** Meaning of health education, definition of health education, objective of health education and Importance of health education in physical education and sports fields.

**Unit-2:** Factors of Health Environments; School, college, residence and sports grounds.

**Unit-3:** Personal Hygiene; Meaning of personal hygiene, need and importance of personal hygiene. Communicable diseases and its preventive measures and managements.

**Unit-4:** First Aid; basic concepts of First Aid, managements of wounds haemorrhage, fractures, dislocation, Artificial respiration, drowning and external massage of heart.

**Unit-5:** Nutrition; Balance diet, Daily Energy Requirements, Diet for Sports persons.

**Unit-6:** Adverse effect of Tobacco, Alcohol on health and performance in competitive sports.

### **Paper-IV: Practical (F.M. 50).**

**Unit-1:** Kabaddi; (a) Raider's Skills, (b) Anti-Raider's Skills and (c) Game Practice (d) Important Tournament/Meet and Venues, Kabaddi Personalities.

**Unit-2:** Kho-Kho; (a) Chaser's Skills, (b) Runner's Skills and (c) Game Practice (d) Important Tournament/Meet and Venues, Kho-Kho Personalities.

**Unit-3:** Major Games Skill knowledge, Important Tournament/Meet and Venues, Personalities of all games and Basic Rules; Badminton, (b) Cricket, (c) Football, (d) Handball and (f) Volleyball

**Unit-4:** Yogasana; (a) Bhujangasana, (b) Bakasana, (c) Dhanurasana, (d) Gomukhasana, (e) Halasana, (f) Matsendasana, (g) Paschimatyasana, (h) Salvasana, (i) Ustasana and (j) Meditation

**Unit-5:** Practical Record Book: Skill of Practical Activities to be recorded according to regular Practical Classes.

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**PART-III (Full Marks -100)****Paper-VII: Sports Training and Therapeutic value of Physical and Yogic Exercises (F.M.-50)**

**Unit-1:** Meaning of Sports Training, Conditioning, Warm up, Cooling Down

**Unit-2:** Components of Physical Fitness Components; Health Related and Performance Related Components

**Unit-3:** Different type of Training Methods; Weight Training, Circuit Training, Interval Training, Plyometric Training and Repetitions Method

**Unit-4:** Mechanical Principles of Applied Sports; Force, Motion, Laws of Motion, Centre of Gravity, Equilibrium, Stability, Friction, Levers and Body Levers

**Unit-5 :** Yoga and Physical Exercise and Chronic Diseases; (a) Asthma, (b) Cardiovascular Disease, (c) Diabetes, (d) Hypertension and (e) Obesity

**Unit-6:** Therapeutic values of Yoga and Physical Exercise; (a) Electro Therapy, (b) Exercise Therapy, (c) Massage Therapy and (d) Yaga Therapy

**Paper-VIII: Practical (F.M. 50)**

**Unit-1:** Participation in Regular Fitness Programme (to be tested); (a) AAHPER Youth Fitness Test and Barrow Motor Ability Test, (b) Performance of the students should be recorded and presented to the External Examiner.

**Unit-2:** Officiating; (a) Athletics- Running, Jumping and Throwing and Relay Race, (b) Indian Games- Kabaddi and Kho-Kho and (c) Major Games- Badminton, Cricket, Football, Handball and Volleyball

**Unit-3:** Specific Exercise Programme for Rehabilitation including Yogasana for regional injuries (Shoulder, Neck, Trunk, Hip, Knee and Ankle injuries)

**Unit-4:** Participating in Social Service Programme; N.C.C., N.S.S. Bratachari (Certificate must be Produced at the time of examination) - Any one

**Unit-5:** Visit to Inter- College Level, District Level and State Level Tournaments (any one) Practical Record Book must be produced at the time of examination.

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### Books for References

Sl No.	Books	Editor/Writers
1	Methods of Physical Education	M.L.Kamlesh
2	Sarirshikhay Sarirvidya	Dr. Pintu Sil
3	Bharotiya Khala Kho-Kho	Pronab Roy
4	Ucchatara Sarir Siksha	Dr.Subhobrata Kar, Dr. Indranil Mondat
5	Sarirshikhay Sasthya Siksha	Dr. Ashis Pal, Dr. Gopa Saha Roy & Munmun Chakraborti
6	Snatakstaray SarieSiksha VI-1	Das & Pal
7	Snatakstaray SarieSiksha VI-2	Das & Pal
8	Snatakstaray SarieSiksha VI-3	Das & Pal
9	Test, measurment and Evaluation in Physical Education	Dr.Pulak Chakraborti & Dr. Sambhunath Bhattacharjee
10	Kabadi ke Jante Hole	Abhay Biswas
11	Coaching and Officiating	Sapan Kumar Basu
12	Principles and History of Physical Education & Sports-2nd Revised Edition	M.L.Kamlesh
13	At Z Badminton	M.K.Sing
14	Sharir-Shiksha O Kheladhular Riti Niti (A Guide to Physical Education) -1 <sup>st</sup> Paper	Shyam Sundar Rath
15	Sharir-Shiksha O Kheladhular Riti Niti (A Guide to Physical Education)-2 <sup>nd</sup> & 3 <sup>rd</sup> Papers	Shyam Sundar Rath
16	Sharir-Shiksha O Kheladhular Riti Niti (A Guide to Physical Education)-4 <sup>th</sup> Paper	Shyam Sundar Rath
17	Essentials of Physical Education	Prof Ajmir Singh, Dr. Jadish Bains, Dr J S Gill and Dr R S Brar
18	Monovidya: Siksha O Sarir Siksha	Dr Samiranjan Adhikari
19	Dictionary of Physical Education, Sports and Exercise Science	Dhanajay Shaw
20	Test, measurment and Evaluation in Physical Education	David Charles, Smith