



PLASSEY COLLEGE

MIRA BAZAR, PLASSEY, NADIA, 741156

Departmental Academic Register

NEP 1st Semester

Department of Physical Education

Faculty Member of the Department

<u>Sl. No.</u>	<u>Name of Teacher's</u>	<u>Qualification</u>	<u>Designation</u>
1.	<i>Md Nasiruddin Pandit</i>	<i>M.P.Ed.</i>	<i>SACT</i>
2.	<i>Md Shamim Akhter</i>	<i>M.P.Ed.</i>	<i>SACT</i>

Department of Physical Education

Marks Distribution

<i>1st Semester</i>	<i>40 Marks</i>	<i>Unit-1</i>	<i>Introduction</i>
		<i>Unit-2</i>	<i>History of Physical Education in Greece</i>
		<i>Unit-3</i>	<i>History of Physical Education in Rome</i>
		<i>Unit-4</i>	<i>History of Physical Education in India</i>
	<i>20 Marks</i>	<i>Unit-5</i>	<i>Field Practical</i> <i>5.1 Callisthenics</i> <i>5.2 Marching</i> <i>5.3 Dumbbell</i>
<i>15 Marks</i>	<i>Internal</i>		

SEMESTER- I

MAJOR COURSE: Introduction and History of Physical Education and Sport

Course Code: PEDS-M-T-1

Total number of classes – 90 (60 Th + 30 Pr)

Unit – I: Introduction LH – 12

- 1.1 Meaning and Definition of Physical Education
- 1.2 Aim and Objectives of Physical Education
- 1.3 Nature of Physical Education
- 1.4 Misconception and Modern Concept of Physical Education
- 1.5 Relation of Physical Education with General Education
- 1.6 Importance of Physical Education in modern society

Unit – II: History of Physical Education in Greece LH - 20

- 2.1 Homeric Sports of the Heroic Age
- 2.2 The City States
- 2.3 Sparta – Women at Sparta, Education in Sparta, Physical Education in Sparta
- 2.4 Athens – Education, The Palestra, The Ephebos, Gymnasium, The Greek Teachers
- 2.5 Greek National Games and Festivals: Pythian Games, Isthmian Games, Nemean Games, Ancient Olympic Games, Modern Olympic Games

Unit – III: History of Physical Education in Rome LH - 12

- 3.1 Education in Rome
- 3.2 The Field of Mars, The Public Games, The Circus Maximus,
- 3.3 The Colosseum, Gladitorial Combats, The Thermae
- 3.4 The Roman Contribution

Unit-IV: History of Physical Education in India LH - 16

- 4.1 Historical Development of Physical Education and Sports in India- Ancient Period, Medieval Period, Pre- Independence and Post-Independence Period
- 4.2 Brief historical background of Asian Games, Commonwealth Games, and SAF Games
- 4.3 National Sports Awards- Arjuna Award, Khel Ratna Award, Dronacharya Award and Dhyanchand Award

Unit-V: Field Practical: Development of physical fitness through Callisthenics, Marching, and Dumbbell activities **LH**

-60

5.1 **Callisthenics:** Attention, Preparation, Four and Eight-count exercises involving different body parts done to command/music, Standing Exercise, Jumping Exercise, Moving Exercise and Combination of above all

5.2 **Marching:** Fall In, Attention, Stand at ease, Stand Easy, Eyes right, Eyes front, Right Turn, Left Turn, Half Right Turn, Half Left Turn, About Turn, Mark Time Mark, Forward March. Salute.

5.3 **Dumbbell:** Grip and Attention with Light apparatus, Stand-at-ease with the dumbbell, and exercise with verbal command, drum, whistle, and music – Two counts, Four counts, Eight counts and Sixteen counts. Standing Exercise, Jumping Exercise, Moving Exercise and a Combination of above all

SEMESTER- I

MAJOR COURSE: Introduction and History of Physical Education and Sport

Course Code: PEDS-M-T-1

Total number of classes – 90 (60 Th + 30 Pr)

Syllabus Distribution

<u><i>Name of Teacher</i></u>	<u><i>Assigned Unit / Topic</i></u>
<i>Md Nasiruddin Pandit</i>	Unit – I: Introduction LH – 12 1.1 Meaning and Definition of Physical Education 1.2 Aim and Objectives of Physical Education 1.3 Nature of Physical Education 1.4 Misconception and Modern Concept of Physical Education 1.5 Relation of Physical Education with General Education 1.6 Importance of Physical Education in modern society
<i>Md Nasiruddin Pandit</i>	Unit – II: History of Physical Education in Greece LH - 20 2.1 Homeric Sports of the Heroic Age 2.2 The City States 2.3 Sparta – Women at Sparta, Education in Sparta, Physical Education in Sparta 2.4 Athens – Education, The Palestra, The Ephebos, Gymnasium, The Greek Teachers 2.5 Greek National Games and Festivals: Pythian Games, Isthmian Games, Nemean Games, Ancient Olympic Games, Modern Olympic Games
<i>Md Shamim Akhter</i>	Unit – III: History of Physical Education in Rome LH - 12 3.1 Education in Rome 3.2 The Field of Mars, The Public Games, The Circus Maximus, 3.3 The Colosseum, Gladitorial Combats, The Thermae 3.4 The Roman Contribution
<i>Md Shamim Akhter</i>	Unit-IV: History of Physical Education in India LH - 16 4.1 Historical Development of Physical Education and Sports in India- Ancient Period, Medieval Period, Pre- Independence and Post-Independence Period

	4.2 Brief historical background of Asian Games, Commonwealth Games, and SAF Games 4.3 National Sports Awards- Arjuna Award, Khel Ratna Award, Dronacharya Award and Dhyanchand Award
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SEMESTER-1

MAJOR COURSE: Introduction and History of Physical Education and Sport

Course Code: PEDS-M-T-1

Field Practical Syllabus Distribution

	<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
Unit-IV: Field Practical	<i>Md Nasiruddin Pandit</i>	5.2. Marching: Fall In, Attention, Stand at ease, Stand Easy, Eyes right, Eyes front, Right Turn, Left Turn, Half Right Turn, Half Left Turn, About Turn, Mark Time Mark, Forward March. Salute.
	<i>Md Shamim Akhter</i>	5.1 Callisthenics: Attention, Preparation, Four and Eight-count exercises involving different body parts done to command/music, Standing Exercise, Jumping Exercise, Moving Exercise and Combination of above all 5.3.Dumbbell: Grip and Attention with Light apparatus, Stand-at-ease with the dumbbell, and exercise with verbal command, drum, whistle, and music – Two counts, Four counts, Eight counts and Sixteen counts. Standing Exercise, Jumping Exercise, Moving Exercise and a Combination of above all

SEMESTER-1

SKILL ENHANCEMENT COURSE: Gymnastics

Course Code: PEDS-SEC-P-1

Total number of classes – 90

Unit – I: Compulsory LH - 40

- 1.1 Forward Roll
- 1.2 T-Balance
- 1.3 Backward Roll
- 1.4 Forward Roll with Split leg
- 1.5 Cart-Wheel

[Note: Perform the above Gymnastic skills continuously in the same sequence]

Unit – II: Optional (any two) LH - 50

- 2.1 Hand Spring
- 2.2 Head Spring
- 2.3 Neck Spring
- 2.4 Hand Stand and Forward Roll
- 2.5 Summersault

SEMESTER-1

SKILL ENHANCEMENT COURSE: Gymnastics

Course Code: PEDS-SEC-P-1

Syllabus Distribution

	<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
Unit – I: Compulsory	<i>Md Nasiruddin Pandit</i>	1.1 Forward Roll 1.2 T-Balance 1.3 Backward Roll 1.4 Forward Roll with Split leg 1.5 Cart-Wheel [Note: Perform the above Gymnastic skills continuously in the same sequence]
Unit – II: Optional (any two)	<i>Md Shamim Akhter</i>	2.1 Hand Spring 2.2 Head Spring 2.3 Neck Spring 2.4 Hand Stand and Forward Roll 2.5 Summersault