

DEPT. OF PHYSICAL EDUCATION



**PLASSEY COLLEGE**

*MIRA BAZAR, PLASSEY, NADIA, 741156*

*Departmental Academic Register*

*5<sup>th</sup> Semester*

**Department of Physical Education**

**Faculty Member of the Department**

<b><u>Sl. No.</u></b>	<b><u>Name of Teacher's</u></b>	<b><u>Qualification</u></b>	<b><u>Designation</u></b>
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>

**SEMESTER- 5**  
**CORE PAPER- 5: Sports Training**  
**Course Code- PEDG-DSE-T-2**

**Marks Distribution**

<b>5<sup>th</sup> Semester</b>	<b>40 Marks</b>	<b>Unit-1</b>	<i>Introduction</i>
		<b>Unit-2</b>	<i>Methods of Training and Conditioning in Sports</i>
		<b>Unit-3</b>	<i>Training Load and Adaptation</i>
		<b>Unit-4</b>	<i>Training Technique</i>
	<b>20 Marks</b>	<b>Field Practical</b>	1. <i>Practical Experience of Weight Training and Circuit Training (any one)</i>
			2. <i>Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility (any two)</i>
<b>15 Marks</b>	<b>Internal</b>		

**SEMESTER- 5**

**Indian Games and Racket Sports**

**Course code: PEDG-SEC-P-3**

<b><u>SEC 3</u> 50 Marks</b>	<b>40 Marks</b>	<b>Kabaddi or Kho Kho</b>
		<b>Badminton or Table Tennis</b>
	<b>10 Marks</b>	<b>Internal</b>

**SEMESTER- 5**  
**DSE PAPER- 5: Sports Training**  
**Course Code- PEDG-DSE-T-2**  
**Total number of classes - 60**

**Unit-I: Introduction**

- 1.1 Indian Games and Racket Sports
- 1.2 Aim and Characteristics of Sports Training
- 1.3 Principles of Sports Training
- 1.4 Principles of Sports Training Importance of Sports Training

**Unit-II: Methods of Training and Conditioning in Sports**

- 2.1 Warming up and cooling down- meaning, types and methods
- 2.2 Conditioning- the concept of Conditioning and its principles
- 2.3 Training Methods- Circuit Training, Interval Training, Weight Training
- 2.4 Periodisation- meaning, types, aim and contents of different periods

**Unit-III: Training Load and Adaptation**

- 3.1 Training Load- meaning, definition, types and factors of training load
- 3.2 Components of training load
- 3.3 Over Load- meaning, causes, symptoms and tackling of overload
- 3.4 Adaptation- meaning and conditions of adaptation, supercompensation

**Unit-IV: Training Technique**

- 4.1 Strength- means and Methods of strength development
- 4.2 Speed- means and methods of speed development
- 4.3 Endurance- means and methods of endurance development
- 4.4 Flexibility- means and methods of flexibility development

**Field Practical**

1. Practical Experience of Weight Training and Circuit Training (any one)
2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility (any two)

## **SEMESTER – 5**

### **Indian Games and Racket Sports**

#### **Course Code: PEDG-SEC-P-3**

#### **Kabaddi**

##### **A. Fundamental skills**

1. Skills in Raiding: touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, the crossing of baulk line. Crossing of Bonus line
2. Skills of holding the raider: various formations, catching from particular positions, different catches, catching formations and techniques
3. Additional skills in raiding: escaping from various holds, techniques of escaping from chain formation, offence and defence
4. Game practice with the application of Rules and Regulations

##### **B. Rules and their interpretations and duties of the officials**

or

#### **Kho Kho**

##### **A. Fundamental skills**

1. Skills in Chasing: sit on the box (Parallel & Bullet toe method), get up from the box (Proximal & Distal foot method), give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, rectification of foul
2. Skills in running: Chain Play, Ring play and Chain & Ring mixed play
3. Game practice with the application of Rules and Regulations

##### **B. Rules and their interpretations and duties of the officials**

and

#### **Badminton**

##### **A. Fundamental skills**

1. Basic Knowledge: various parts of the Racket and Grip
2. Service: Short service, Long service, Long-high service
3. Shots: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash
4. Game practice with the application of Rules and Regulations

##### **B. Rules and their interpretations and duties of the officials**

or

#### **Table Tennis**

##### **A. Fundamental skills**

1. Basic Knowledge: various parts of the Racket and Grip (Shake Hand & Pen Hold Grip)
2. Stance: alternate & Parallel
3. Push and Service: backhand & forehand
4. Chop: backhand & forehand
5. Receive: Push and Chop with both backhand & forehand
6. Game practice with the application of Rules and Regulations

##### **B. Rules and their interpretations and duties of the officials**

**SEMESTER- 5**

**DSE PAPER- 5: Sports Training**

**Course Code- PEDG-DSE-T-2**

***Theoretical 40 Marks***

**Syllabus Distribution**

<b><u>Name of Teacher</u></b>	<b><u>Assigned Unit / Topic</u></b>
<i>Md Nasiruddin Pandit</i>	<b><u>Unit- I: Introduction</u></b>  1.1 Indian Games and Racket Sports 1.2 Aim and Characteristics of Sports Training 1.3 Principles of Sports Training 1.4 Principles of Sports Training Importance of Sports Training
<i>Md Shamim Akhter</i>	<b><u>Unit-II: Methods of Training and Conditioning in Sports</u></b>  2.1 Warming up and cooling down- meaning, types and methods 2.2 Conditioning- the concept of Conditioning and its principles 2.3 Training Methods- Circuit Training, Interval Training, Weight Training 2.4 Periodisation- meaning, types, aim and contents of different periods
<i>Md Nasiruddin Pandit</i>	<b><u>Unit-III: Training Load and Adaptation</u></b>  3.1 Training Load- meaning, definition, types and factors of training load 3.2 Components of training load 3.3 Over Load- meaning, causes, symptoms and tackling of overload 3.4 Adaptation- meaning and conditions of adaptation, supercompensation
<i>Md Shamim Akhter</i>	<b><u>Unit-IV: Training Technique</u></b>  4.1 Strength- means and Methods of strength development 4.2 Speed- means and methods of speed development 4.3 Endurance- means and methods of endurance development 4.4 Flexibility- means and methods of flexibility development

**SEMESTER – 5**

**Indian Games and Racket Sports**

**Course Code: PEDG-SEC-P-3**

**Practical 40 marks**

**Syllabus Distribution**

<b><u>Name of Teacher</u></b>	<b><u>Assigned Unit / Topic</u></b>
<i>Md Nasiruddin Pandit</i>	<b><u>Kabaddi</u></b> <b>C. Fundamental skills</b> 5. Skills in Raiding: touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, the crossing of the baulk line. Crossing of Bonus line 6. Skills of holding the raider: various formations, catching from particular positions, different catches, catching formations and techniques 7. Additional skills in raiding: escaping from various holds, techniques of escaping from chain formation, offence and defence 8. Game practice with the application of Rules and Regulations <b>D. Rules and their interpretations and duties of the officials</b>
<i>Md Shamim Akhter</i>	<b><u>Badminton</u></b> <b>B. Fundamental skills</b> 5. Basic Knowledge: various parts of the Racket and Grip 6. Service: Short service, Long service, Long-high service 7. Shots: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash 8. Game practice with the application of Rules and Regulations <b>C. Rules and their interpretations and duties of the officials</b>