

DEPT. OF PHYSICAL EDUCATION



***PLASSEY COLLEGE***

*MIRA BAZAR, PLASSEY, NADIA, 741156*

*Departmental Academic Register*

*6<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.	Md Nasiruddin Pandit	M.P.Ed.	SACT
2.	Md Shamim Akhter	M.P.Ed.	SACT

**Department of Physical Education**

**SEMESTER- 6**

**DSE PAPER- 6: Psychology in Physical Education and Sports**

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

**Marks Distribution**

<b>6<sup>th</sup> Semester</b>	<b>40 Marks</b>	<b>Unit-1</b>	Introduction
		<b>Unit-2</b>	Learning
		<b>Unit-3</b>	Psychological Factors
		<b>Unit-4</b>	Stress and Anxiety
	<b>20 Marks</b>	<b>Field Practical</b>	1. Assessment of Personality, Stress and Anxiety (any one)
			2. Measurement of Reaction Time, Depth Perception and Mirror Drawing (any one)
<b>15 Marks</b>	<b>Internal</b>		

**SEMESTER – 6**

**Ball Games (any two)**

**Course Code: PEDG-SEC-P-4**

<b><u>SEC 3</u> 50 Marks</b>	<b>40 Marks</b>	<b>Football</b>
		<b>Volleyball</b>
	<b>10 Marks</b>	<b>Internal</b>

**SEMESTER – 6**

**Psychology in Physical Education and Sports**

**Course Code: PEDG-DSE-T-4**

**Total number of classes – 60**

**Unit – I: Introduction**

- 1.1 Meaning and definition Psychology
- 1.2 Importance and scope of Psychology
- 1.3 Meaning and definition of Sports Psychology
- 1.4 Need for knowledge of Sports Psychology in the field of Physical Education

**Unit – II: Learning**

- 2.1 Meaning and definition of learning
- 2.2 Theories and Laws of learning
- 2.3 Learning curve: meaning and types
- 2.4 Transfer of learning- meaning, definition and types. Factors affecting transfer of learning

**Unit – III: Psychological Factors**

- 3.1 Motivation- meaning, definition, types and importance of Motivation in Physical Education and Sports
- 3.2 Emotion- meaning, definition, types and importance of Emotion in Physical Education and Sports
- 3.3 Personality- meaning, definition and types. Personality traits
- 3.4 Role of physical activities in the development of personality

**Unit – IV: Stress and Anxiety**

- 4.1 Stress- meaning, definition and types of Stress
- 4.2 Causes of Stress
- 4.3 Anxiety- meaning, definition and types of Anxiety
- 4.4 Management of Stress and Anxiety through physical activity and sports

**Field Practical**

1. Assessment of Personality, Stress and Anxiety (any one)
2. Measurement of Reaction Time, Depth Perception and Mirror Drawing (any one)

## **SEMESTER – 6**

### **Ball Games (any two)**

#### **Course Code: PEDG-SEC-P-4**

#### **Football**

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

1. Kicking: kicking the ball with inside of the foot, kicking the ball with full instep of the foot, kicking the ball with inner instep of the foot, kicking the ball with outer instep of the foot and lofted kick
2. Trapping: Trapping- the rolling ball, and the bouncing ball with sole of the foot
3. Dribbling: dribbling the ball with instep of the foot, dribbling the ball with inner and outer instep of the foot
4. Heading: in standing, running and jumping condition
5. Throw-in: standing throw-in and running throw-in
6. Feinting: with the lower limb and upper part of the body
7. Tackling: simple tackling, slide tackling
8. Goal Keeping: collection of the ball, ball clearance- kicking, throwing and deflecting
9. Game practice with the application of Rules and Regulations

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

#### **Handball**

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

1. Catching, Throwing and Ball control
2. Goal Throws: Jump shot, Centre shot, Dive shot, Reverse shot
3. Dribbling: High and low
4. Attack and counterattack, simple counterattack, counterattack from two wings and center
5. Blocking, Goalkeeping and Defensive skills
6. Game practice with the application of Rules and Regulations

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

#### **Basketball**

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

1. Passing: two hand Chest Pass, two hands Bounce Pass, hand Baseball Pass, side arm Pass, Overhead Pass, Hook Pass
2. Receiving: two-hand receiving, one-hand receiving, receiving in a stationary position, receiving while jumping and receiving while running
3. Dribbling: how to start dribble, drop dribble, high dribble, low dribble, reverse dribble, rolling dribble
4. Shooting: lay-up shot and its variations, one-hand set shot, two hands jump shot, Hook shot, Free Throw
5. Rebounding: defensive rebound and offensive rebound
6. Individual Defence: guarding the player with the ball and without the ball, Pivoting
7. Game practice with the application of Rules and Regulations

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

## **Volleyball**

### **A. Fundamental skills**

1. Service: Underarm service, Sidearm service, Tennis service, Floating service
2. Pass: Underarm pass, Overhead pass
3. Spiking and Blocking
4. Game practice with the application of Rules and Regulations

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

## **Netball**

### **A. Fundamental skills**

1. Catching: one-handed, two-handed, with feet grounded and in flight
2. Throwing (Different passes and their uses): one-hand passes (shoulder, high shoulder, underarm, bounce, lob), two-hand passes (Push, overhead and bounce)
3. Footwork: landing on one foot, landing on two feet, pivoting, Running pass
4. Shooting: one hand, forward step shot, and backward step shot
5. Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed
6. Defending: marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing
7. Intercepting: Pass and shot
8. Game practice with the application of Rules and Regulations

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

## **Throwball**

### **A. Fundamental skills**

1. Overhand service, Sidearm service
2. Two hand catching
3. One hand overhead return, side arm return
4. Game practice with application of Rules and Regulations

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

**SEMESTER – 6**

**Psychology in Physical Education and Sports**

**Course Code: PEDG-DSE-T-4**

*Theoretical 40 Marks*

**Syllabus Distribution**

<b><u>Name of Teacher</u></b>	<b><u>Assigned Unit / Topic</u></b>
<b><i>Md Nasiruddin Pandit</i></b>	<b><u>Unit – I: Introduction</u></b>  1.1 Meaning and Definition Psychology 1.2 Importance and Scope of Psychology 1.3 Meaning and Definition of Sports Psychology 1.4 Need for Knowledge of Sports Psychology in the Field of Physical Education
<b><i>Md Nasiruddin Pandit</i></b>	<b><u>Unit – II: Learning</u></b>  2.1 Meaning and Definition of Learning 2.2 Theories and Laws of Learning 2.3 Learning curve: meaning and types 2.4 Transfer of learning- meaning, definition and types. Factors affecting the transfer of learning
<b><i>Md Shamim Akhter</i></b>	<b><u>Unit – III: Psychological Factors</u></b>  3.1 Motivation- meaning, definition, types and Importance of Motivation in Physical Education and Sports 3.2 Emotion- meaning, definition, types and Importance of Emotion in Physical Education and Sports 3.3 Personality- meaning, definition and types. Personality traits 3.4 Role of Physical Activities in the Development of Personality
<b><i>Md Shamim Akhter</i></b>	<b><u>Unit – IV: Stress and Anxiety</u></b>  4.1 Stress- meaning, definition and types of Stress 4.2 Causes of Stress 4.3 Anxiety- meaning, definition and types of Anxiety 4.4 Management of Stress and Anxiety through physical activity and sports

**SEMESTER – 6**

**Ball Games (any two)**

**Course Code: PEDG-SEC-P-4**

**Practical 40 marks**

**Syllabus Distribution**

<b><u>Name of Teacher</u></b>	<b><u>Assigned Unit / Topic</u></b>
<b><i>Md Shamim Akhter</i></b>	<b><u>Football</u></b> A. <b>Fundamental skills</b> 1. Kicking: kicking the ball with the inside of the foot, kicking the ball with the full instep of the foot, kicking the ball with the inner instep of the foot, kicking the ball with the outer instep of the foot and lofted kick 2. Trapping: Trapping- the rolling ball, and the bouncing ball with the sole of the foot 3. Dribbling: dribbling the ball with the instep of the foot, dribbling the ball with the inner and outer instep of the foot 4. Heading: in standing, running and jumping condition 5. Throw-in: standing throw-in and running throw-in 6. Feinting: with the lower limb and upper part of the body 7. Tackling: simple tackling, slide tackling 8. Goal Keeping: collection of the ball, ball clearance- kicking, throwing and deflecting 9. Game practice with the application of Rules and Regulations B. <b>Rules and their interpretations and duties of the officials</b>
<b><i>Md Nasiruddin Pandit</i></b>	<b><u>Volleyball</u></b> A. <b>Fundamental skills</b> 1. Service: Underarm service, Sidearm service, Tennis service, Floating service 2. Pass: Underarm pass, Overhead pass 3. Spiking and Blocking 4. Game practice with the application of Rules and Regulations B. <b>Rules and their interpretations and duties of the officials</b>