

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.	Md Nasiruddin Pandit	M.P.Ed.	Guest Lecturer
2.	Md Shamim Akhter	M.P.Ed.	Guest Lecturer

Part-III / Paper-IV

Marks Distribution

Part – III 100 Marks	Part – A (Theory) 60 Marks	Group – A	Therapeutic Aspects of Physical Activities (30 Marks)
		Group – B	Physical Activities and Lifestyle (30 Marks)
	Part – B (Practical) 40 Marks		

University of Kalyani

Physical Education

Part-III / Paper-IV (A)

THEORETICAL. 60 Marks

Group-A (30 Marks)

1. Exercise and chronic diseases-Osteoporosis, Obesity, Hypertension, Diabetes, Cardiovascular diseases, Asthma.
2. Exercise Therapy-Corrective, Isotonic, Isometric, Resistance Exercises, Yogasanas as a Therapy, Massage therapy.
3. Basic Principles of Electrotherapy, Hydrotherapy, Cryotherapy, Thermotherapy
4. Basic Principles of Rehabilitation—Modalities, Relaxation Techniques.

Group-B (30 Marks)

5. Physical activities health and wellness—Modern Concepts.
6. Health and Fitness—Active lifestyle.
7. Physical activity and childhood growth and development.
8. Physical activity and woman—pre-Pubertal adolescent and post-adolescent Periods
Pregnancy, limitations of Females in athletics.
9. Physical activity for the aged. Exercise and Physiology of Age. Loss of Functional Capacity with age risks of Exercise among the aged.
10. Physical activity for the disabled, Types of disability, and programmes for the disabled.

PRACTICAL - 40 Marks

1. Participation in Regular Fitness Programme (to be tested) - (10 marks).
2. Administration of Fitness testing Procedures
 - a. Strength – Medicine ball put, Standing Broad Jump/ Vertical Jump, push up, Pull up.
 - b. Endurance-Muscular-Sit up, Squat thrust, Cardiorespiratory- Cooper test, Harvard step test.
 - c. Speed-50 m. sprint.
3. Officiating-(10 marks)
 - a. Athletics-Running, Jumping, Throwing.
 - b. Indian Games–Kabaddi, Kho-Kho.
 - c. Ball Games-Football, Cricket, Volleyball, Badminton (Women).
4. Specific Exercise programming for rehabilitation for regional injuries including yoga therapy-shoulder, knee, hip, trunk, neck, ankle-Injuries (10 marks).
5. Participation in social programmes E. G., N.C.C., N.S.S., Blood donation camp, Scouts and Guides, Bratachari, Adventure sports etc. (5 marks).
6. Visit to state or higher-level tournaments and record book (5 marks).

Department of Physical Education

FOURTH PAPER – 100 MARKS

Physical Education

Part-III Theory 60 Marks Syllabus Distribution

Academic Year 2019-20

<u>Part of syllabus</u>	<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
Group-A (30 Marks)	Md Nasiruddin Pandit	1. Exercise and chronic diseases-Osteoporosis, Obesity, Hypertension, Diabetes, Cardiovascular diseases, Asthma. 2. Exercise Therapy-Corrective, Isotonic, Isometric, Resistance Exercises, Yogasanas as a Therapy, Massage therapy. 3. Basic Principles of Electrotherapy, Hydrotherapy, Cryotherapy, Thermotherapy 4. Basic Principles of Rehabilitation—Modalities, Relaxation techniques.
Group-B (30 Marks)	Md Shamim Akhter	5. Physical activities health and wellness—Modern Concepts. 6. Health and Fitness—Active life style. 7. Physical activity and childhood-growth and development. 8. Physical activity and woman—pre-Pubertal, adolescent and post adolescent Periods Pregnancy, limitations of Female in athletics. 9. Physical activity for the aged. Exercise and Physiology of aged. Loss of Functional Capacity with age risks of Exercise among the aged. 10. Physical activity for the disabled, Types of disability, programme for the disabled. 6. Visit to state or higher-level tournaments and record book (5 marks).

Department of Physical Education

FOURTH PAPER – 100 MARKS

Physical Education

Part-III Practical 40 Marks Syllabus Distribution

Academic Year 2019-20

<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
Md Shamim Akhter	1. Participation in Regular Fitness Programme (to be tested) - (10 marks). 2. Administration of Fitness testing Procedures <ol style="list-style-type: none"> a. Strength – Medicine ball put, Standing Broad Jump/ Vertical Jump, Push up, Pull up. b. Endurance-Muscular-Sit up, Squat thrust, Cardiorespiratory- Cooper test, Harvard step test. c. Speed-50 m. sprint.
Md Nasiruddin Pandit	3. Officiating-(10 marks) <ol style="list-style-type: none"> a. Athletics-Running, Jumping, Throwing. b. Indian Games–Kabaddi, Kho-Kho. c. Ball Games-Football, Cricket, Volleyball, Badminton (Women). 4. Specific Exercise programming for rehabilitation for regional injuries including yoga therapy-shoulder, knee, hip, trunk, neck, ankle-Injuries (10 marks).
Md Nasiruddin Pandit Md Shamim Akhter	5. Participation in social programmes E. G., N.C.C., N.S.S., Blood donation camp, Scouts and Guides, Bratachari, Adventure sports etc. (5 marks). 6. Visit to state or higher-level tournaments and record book (5 marks).