

DEPT. OF PHYSICAL EDUCATION



PLASSEY COLLEGE

MIRA BAZAR, PLASSEY, NADIA, 741156

Departmental Academic Register

NEP 2nd 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>

SEMESTER II

Marks Distribution

<i>1st Semester</i>	<i>40 Marks</i>	<i>Unit-1</i>	<i>Introduction</i>
		<i>Unit-2</i>	<i>Growth and Development</i>
		<i>Unit-3</i>	<i>Age and Sex Differences in Physical Education</i>
		<i>Unit-4</i>	<i>Somatotype</i>
	<i>20 Marks</i>	<i>Unit-5</i>	<i>Field Practical</i>
			<i>5.1 Standing Posture: Ardachandrasana, Brikshasana, Padahasthasana</i> <i>5.2 Sitting Posture: Ardhakurmasana, Paschimottanasana, Gomukhasana</i> <i>5.3 Supine Posture: Setubandhasana, Halasana, Matsyasana</i> <i>5.4 Prone Posture: Bhujangasana, Salvasana, Dhanurasana</i> <i>5.5 Inverted Posture: Sarbangasana, Shirsasana, Bhagrasana</i> <i>(One Asana is compulsory for each posture)</i>
<i>15 Marks</i>	<i>Internal</i>		

SEMESTER II

MAJOR COURSE: Biological Basis of Physical Education and Sport

Course Code: PEDS-M-T-2

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

Unit – I: Introduction LH - 12

- 1.1 Evolution of Locomotion from Quadruped to Biped
- 1.2 Advantages and Disadvantages
- 1.3 Biological Basis of Life
- 1.4 Biological Basis of Physical Education
- 1.5 Exercise and its Types

Unit – II: Growth and Development LH - 14

- 2.1 Meaning and Definition of Growth and Development
- 2.2 Differences between Growth and Development
- 2.3 Stages of Growth and Development
- 2.4 Characteristics of Growth and Development at Different Stages
- 2.5 Principles of Growth and Development
- 2.6 Factors Affecting Growth and Development

Unit – III: Age and Sex Differences in Physical Education LH - 12

- 3.1 Age-Chronological age, Anatomical age, Physiological age and Mental age
- 3.2 Anatomical Differences and Physiological Differences
- 3.3 Age and Sex differences in relation to Physical activities and Sports
- 3.4 Hereditary Traits
- 3.5 Major Neurotransmitters and Their Effects
- 3.6 Principles of Activity and its Implications

Unit-IV: Somatotype LH - 22

- 4.1 Somatotype – Meaning and Definition
- 4.2 Classification of Somatotype
- 4.3 Methods in the Assessment of Physique: Viola's Method; Kretschmar's Method; Sheldon's Method; Parnell's Method; Heath-Carter Method
- 4.4 Factors Affecting Somatotype
- 4.5 Posture – Meaning and Definition, Importance of Good Posture, Causes of Poor Posture, Postural Deformities and Remedial Measures

Unit-V: Field Practical LH –60

- 5.1 Standing Posture : Ardha Chandrasana, Brikshasana, Padahasthasana
- 5.2 Sitting Posture : Ardha Kurmasana, Paschimottanasana, Gomukhasana
- 5.3 Supine Posture : Setu Bandhasana, Halasana, Matsyasana
- 5.4 Prone Posture : Bhujangasana, Salvasana, Dhanurasana
- 5.5 Inverted Posture : Sarvangasana, Shirshasana, Bhagrasana
(One Asana is compulsory for each posture)

SEMESTER II

MAJOR COURSE: Biological Basis of Physical Education and Sport

Course Code: PEDS-M-T-2

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

Syllabus Distribution

<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
<i>Md Shamim Akhter</i>	Unit – I: Introduction LH - 12 1.1 Evolution of Locomotion from Quadruped to Biped 1.2 Advantages and Disadvantages 1.3 Biological Basis of Life 1.4 Biological Basis of Physical Education 1.5 Exercise and its Types
<i>Md Nasiruddin Pandit</i>	Unit – II: Growth and Development LH - 14 2.1 Meaning and Definition of Growth and Development 2.2 Differences between Growth and Development 2.3 Stages of Growth and Development 2.4 Characteristics of Growth and Development at Different Stages 2.5 Principles of Growth and Development 2.6 Factors Affecting Growth and Development
<i>Md Nasiruddin Pandit</i>	Unit – III: Age and Sex Differences in Physical Education LH - 12 3.1 Age-Chronological age, Anatomical age, Physiological age and Mental age 3.2 Anatomical Differences and Physiological Differences 3.3 Age and Sex differences in relation to Physical activities and Sports 3.4 Hereditary Traits 3.5 Major Neurotransmitters and Their Effects 3.6 Principles of Activity and its Implications
<i>Md Shamim Akhter</i>	Unit-IV: Somatotype LH - 22 4.1 Somatotype – Meaning and Definition 4.2 Classification of Somatotype 4.3 Methods in the Assessment of Physique: Viola’s Method; Kretschmar’s Method; Sheldon’s Method; Parnell’s Method; Heath-Carter Method 4.4 Factors Affecting Somatotype 4.5 Posture – Meaning and Definition, Importance of Good Posture, Causes of Poor Posture, Postural Deformities and Remedial Measures

SEMESTER II

MAJOR COURSE: Biological Basis of Physical Education and Sport

Course Code: PEDS-M-T-2

Field Practical Syllabus Distribution

	<u><i>Name of Teacher</i></u>	<u><i>Assigned Unit / Topic</i></u>
Unit-IV: Field Practical	<i>Md Nasiruddin Pandit</i>	5.1 Standing Posture : Ardachandrasana, Brikshasana, Padahasthasana 5.2 Sitting Posture : Ardhakurmasana, Paschimottanasana, Gomukhasana 5.3 Supine Posture : Setubandhasana, Halasana, Matsyasana 5.4 Prone Posture : Bhujangasana, Salvasana, Dhanurasana 5.5 Inverted Posture : Sarbangasana, Shirsasana, Bhagrasana (One Asana is compulsory for each posture)

SKILL ENHANCEMENT COURSE: Track &Field (Running) and

Ball Games (Football and Handball)

Course Code: PEDS-SEC-P-2

Total number of classes – 90

Unit – I: Track Events LH - 20

- 1.1 Starting Techniques: Standing Start and Crouch Start (its variations), use of Starting Block
- 1.2 Acceleration with proper running techniques
- 1.3 Finishing technique: Run Through, Forward Lunging and Shoulder Shrug
- 1.4 Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in-between zone, and Finishing

Unit – II: Football LH - 35

- 2.1 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
- 2.2 Trapping: trapping- the Rolling ball, and the Bouncing ball with the sole
- 2.3 Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with the Inner and Outer steps of the foot
- 2.4 Heading: In standing, running and jumping condition
- 2.5 Throw-in: Standing throw-in and Running throw-in
- 2.6 Feinting: With the lower limb and upper part of the body
- 2.7 Tackling: Simple Tackling, Slide Tackling
- 2.8 Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting
- 2.9 Game practice with the application of Rules and Regulations

Unit – III: Handball LH - 35

- 3.1 Catching, Throwing and Ball Control
- 3.2 Goal Throws: Jump Shot, Center Shot, Dive shot, Reverse Shot
- 3.3 Dribbling: High and Low
- 3.4 Attack and counterattack, simple counterattack, counterattack from two wings and centre
- 3.5 Blocking, Goal Keeping and Defensive Skills
- 3.6 Game practice with the application of Rules and Regulations

SEMESTER-2

SKILL ENHANCEMENT COURSE: Track &Field (Running) and

Ball Games (Football and Handball)

Course Code: PEDS-SEC-P-2

Syllabus Distribution

	<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
Unit – I: Track Events	<i>Md Nasiruddin Pandit</i>	1.1 Starting Techniques: Standing Start and Crouch Start (its variations), use of Starting Block 1.2 Acceleration with proper running techniques 1.3 Finishing technique: Run Through, Forward Lunging and Shoulder Shrug 1.4 Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in-between zone, and Finishing
Unit – II: Football	<i>Md Shamim Akhter</i>	2.1 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 2.2 Trapping: trapping- the Rolling ball, and the Bouncing ball with the sole 2.3 Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with the Inner and Outer steps of the foot 2.4 Heading: In standing, running and jumping condition 2.5 Throw-in: Standing throw-in and Running throw-in 2.6 Feinting: With the lower limb and upper part of the body 2.7 Tackling: Simple Tackling, Slide Tackling 2.8 Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting 2.9 Game practice with the application of Rules and Regulations
Unit – III: Handball	<i>Md Shamim Akhter</i>	3.1 Catching, Throwing and Ball Control 3.2 Goal Throws: Jump Shot, Center Shot, Dive shot, Reverse Shot 3.3 Dribbling: High and Low 3.4 Attack and counterattack, simple counterattack, counterattack from two wings and centre 3.5 Blocking, Goal Keeping and Defensive Skills 3.6 Game practice with the application of Rules and Regulations