



Barrackpore Rastraguru Surendranath College

Teaching Plan

Department of Physical Education

2022-23

NAME OF THE PROGRAMME

B.A (gen) in Physical Education

PROGRAMME OUTCOME

Programme Outcomes of B.A (GENERAL) PHYSICAL EDUCATION

- 1: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.
- 2: Elicit views of others, mediate disagreements and help reach conclusions in group settings.
- 3: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.
- 4: Demonstrate empathetic social concern and equity-centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
- 5: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.
- 6: Understand the issues of environmental contexts and sustainable development.
- 7: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.
- 8: Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.
- 9: Students will develop practical, theoretical skills in Physical Education.
- 10: .Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.
- 11: Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed,SSC, NET,SET ETC.

Semester		I			
Course Title	FOUNDATION AND HISTORY OF PHYSICAL EDUCATION				
Course Code	PEDGCOR01T, PEDGCOR01P	Credit	6		
Course Outcome	Students will learn the basic concept of Physical Education and its importance and scope in modern India. Students will gain knowledge about the psychological and sociological concepts, principles, and strategies that apply to physical activity and how they impact of Integration in national and international through Games & Sports. Students will learn about history of physical education in India and perform all the major Olympic lifts. Students will be able to identify the terminology used in Olympic lifting. Practically the students will demonstrate the technique of Surya namaskara and learn how fitness develops through Calisthenics and Marching Drills.				
Scheme of Instruction					
Total Duration	120 hrs	Class/Week	6	Hours/week	6
Instruction Mode	Lecture, Practical, Tutorial,				
Scheme of Examination					
Maximum Score	75	Internal	25	End Semester	50
Course Mapping					
Units	Course Content			Lecture Hour (Cumulative)	
PEDGCOR01T					
I	Introduction			15	
II	Biological, Sociological and Philosophical Foundations of Physical Education			20 (35)	
III	History of Physical Education			15 (50)	

IV	Yoga Education	10 (60)
PEDGCOR01P		
1	Development of physical fitness through Marching	25 (85)
2	Callisthenics	15 (100)
3	Development of physical fitness and co-ordination through Aerobics.	20 (120)
Students are internally assessed throughout the year and evaluated by conducting internal examination before the semester end examination.		

Semester		II			
Course Title	MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS				
Course Code	PEDGCOR02T, PEDGCOR02P	Credit	6		
Course Outcome	In this semester the students will understand the basic principles of management and sports managements. The students will learn fundamental athletic skills and techniques required for intercollegiate competition. The student athletes will be well conditioned for the rigors of intercollegiate competition. They will demonstrate knowledge, skills and strategies required to participate in intercollegiate games & sports The students will also learn to manage sports meet, sports equipment and control of all sports related issues.				
Scheme of Instruction					
Total Duration	120	Class/Week	6	Hours/week	6
Instruction Mode	Lecture, Demonstration, Practical				
Scheme of Examination					
Maximum Score	75	Internal	25	End Semester	50
Course Mapping					
Units	Course Content			Lecture Hour (Cumulative)	
PEDGCOR02T					

1	Introduction	10
2	Tournaments	20 (30)
3	Facilities and Equipment	20 (50)
4	Leadership	10 (60)
PEDGCOR02P		
1	Track and Field events	30 (90)
2	Games: Football, Kabaddi, Kho-Kho, Badminton and Volleyball (any two).	30 (120)
Students are internally assessed throughout the year and evaluated by conducting internal examination before the semester end examination.		

Semester		III			
Course Title	ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY				
Course Code	PEDGCOR03T PEDGCOR03P PEDSSEC01M	Credit	6 2		
Course Outcome	In this paper students will learn the students will understand the basic principles of anatomy, physiology, exercise physiology and apply the knowledge to movements and activities and study the effects of activities or sports on our organs and different systems of the body.				
Scheme of Instruction					
Total Duration	180hrs	Class/Week	8	Hours/week	8
Instruction Mode	Lecture, Demonstration, Practical				
Scheme of Examination					
Maximum Score	75	Internal	25	End Semester	50
	25		15		10

Course Mapping		
Units	Course Content	Lecture Hour (Cumulative)
PEDGCOR03T		
1	Introduction	10
2	Musculo-skeletal System	16 (26)
3	Circulatory and Respiratory System	24 (50)
4	Nervous and Endocrine System	10 (60)
PEDGCOR03P		
1	Assessment of, BMI, Heart rate, Blood Pressure, Respiratory Rate, Pick Flow Rate and Vital Capacity	30 (90)
2	Anthropometric measurement (Length, wide and circumference of bones) , Body fat%	30 (120)
PEDSSEC01M		
1	Track Events	15
2	Field events	45 (60)
Students are internally assessed throughout the year and evaluated by conducting internal examination before the semester end examination.		

Semester		IV	
Course Title	HEALTH EDUCATION, TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION		
Course Code	PEDGCOR04T PEDGCOR04P PEDSSEC02M	Credit	6 2
Course Outcome	This paper will teach the students how to lead a healthy and hygienic life. The students will also acquire the knowledge and demonstrate skills to safely engage in physical activity. Students will use basic principles of health and wellness to develop an informed and personalized approach to mental and physical health.		
Scheme of Instruction			
Total Duration	180 hrs	Class/Week	8
		Hours/week	8

Instruction Mode	Lecture, Demonstration, Practical				
Scheme of Examination					
Maximum Score	75 25	Internal	25 15	End Semester	50 10
Course Mapping					
Units	Course Content			Lecture Hour (Cumulative)	
PEDGCOR04T					
1	Introduction			16	
2	Health and First-aid Management			16 (32)	
3	Introduction Test, measurement & Evaluation			12 (44)	
4	Measurements of Body Compositions and Somatotype Assessment			16 (60)	
PEDGCOR04P					
1	Fitness Test			30 (90)	
2	Sports Skill Test			30 (120)	
PEDSSEC02M					
1	GYMNASTICS			20	
2	YOGA			40 (60)	
Students are internally assessed throughout the year and evaluated by conducting internal examination before the semester end examination.					

Semester			V
Course Title	SPORTS TRAINING & MECHANICS		
Course Code	PEDGDSE01T PEDGGEC01T PEDSSEC03M	Credit	6 6 2
Course Outcome	Here students will know how to prepare themselves for particular sports with a scientific sports training. This sports training will enhance their fitness so their performance will gradually increase. Students will understand the principles of lifetime fitness through sports training Students will identify and explain intermediate principles, concepts, and theories of strength & speed training and conditioning. Students will design and apply intermediate level exercises to		

develop a safe and progressive program to improve strength and conditioning.					
Scheme of Instruction					
Total Duration	270hrs	Class/Week	14	Hours/week	14
Instruction Mode	Lecture, Demonstration, Practical				
Scheme of Examination					
Maximum Score	75	Internal	25	End Semester	50
	75		25		50
	25		15		10
Course Mapping					
Units	Course Content			Lecture Hour (Cumulative)	
PEDGDSE01T					
1	Introduction			20	
2	Training Techniques			20 (40)	
3	Training Load and Adaptation			30 (70)	
4	Mechanical Principles Applied to Sports			20 (90)	
PEDGGEC01T					
1	Introduction			12	
2	Biological, Psychological and Sociological Foundations of Physical Education			18 (30)	
3	History of Physical Education			12 (42)	
4	Exercise Sciences			18 (60)	
PEDSSEC03M					
1	Kabaddi or Kho-Kho			30	
2	Badminton or Table Tennis			30 (60)	
Students are internally assessed throughout the year and evaluated by conducting internal examination before the semester end examination.					
Semester			VI		
Course Title	PSYCHOLOGY IN PHYSICAL EDUCATION AND SPORTS				
Course Code	PEDGDSE03T	Credit		6	
	PEDGGEC02T			6	
	PEDSSEC04M			2	
Course Outcome	Effectively develop and apply health, physical activity, and psychological principles as they relate to human performance. Design, conduct, and evaluate research that				

	addresses psychological questions. Demonstrate effective written and oral skills in various formats and for various purposes. Explain the major perspectives of psychology. (e.g. biological, cognitive, behavioral, sociocultural, etc.)				
Scheme of Instruction					
Total Duration	270hrs	Class/Week	14	Hours/week	14
Instruction Mode	Lecture, Demonstration, Practical				
Scheme of Examination					
Maximum Score	75	Internal	25	End Semester	50
	75		25		50
	25		15		10
Course Mapping					
Units	Course Content			Lecture Hour (Cumulative)	
PEDGDSE03T					
1	Introduction			20	
2	Learning			20 (40)	
3	Psychological Factors			30 (70)	
4	Stress and Anxiety			20 (90)	
PEDGGEC02T					
1	Introduction			30	
2	Health and First-aid Managements			30 (60)	
3	Measurement of Body Compositions and Somatotype Assessment			20 (80)	
4	Fitness Test			10 (90)	
PEDSSEC03M					
1	Ball Games (any two)			60	
Students are internally assessed throughout the year and evaluated by conducting internal examination before the semester end examination.					