



PLASSEY COLLEGE

MIRA BAZAR, PLASSEY, NADIA, 741156

Departmental Academic Register

NEP 3rd 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.	Md Nasiruddin Pandit	B.P.Ed., M.P.Ed., D,Y.Ed.	SACT
2.	Md Shamim Akhter	B.P.Ed., M.P.Ed., D,Y.Ed.	SACT

SEMESTER III

Marks Distribution

<i>1st Semester</i>	40 Marks	<i>Unit-1</i>	Sociology of Sport
		<i>Unit-2</i>	Sport and Socialization
		<i>Unit-3</i>	Introduction to Sports Psychology
		<i>Unit-4</i>	Psychological Traits
	20 Marks	<i>Unit-5</i>	Field Practical
	15 Marks	<i>Internal</i>	

SEMESTER III

MAJOR COURSE: Sociological & Psychological Basis of Physical Education & Sport

Course Code: PED-M-T-3

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

Unit – I: Sociology of Sport

LH - 16

- 1.1 Sociology of Sport - introduction and definition
- 1.2 Importance of studying sociology of sport– A part of people's live, Connection with important ideas and meanings in life, Connection to major spheres of social life, Sport and politics, Sport and religion, Sport and education
- 1.3 Social functions of sport: Socio-emotional function, Socialization function, Integrative function, Political function, Social mobility function
- 1.4 Social Theories of Sport: The functional theory, The conflict theory, The critical theory, The interactionist theory, The feminist theory, The figurational theory

Unit – II: Sport and Socialization

LH - 14

- 2.1 Sport and Socialization: Learning individual to participate in sport, The social learning model of sport and exercise, Role of transition within sport and exercise
- 2.2 Children in Sport: Origin of organized youth sport, Social change and the growth of organized youth sport, Major trends in youth sport, Adult controlled vs player controlled sport, Recommendations for improving youth sport
- 2.3 Gender and Sport: Participation and equity issues, Ideology and culture
- 2.4 Race and Sport: Creating race, racial ideology and sport, racial ideology and shortcomings, prospect for change
- 2.5 Sport and Deviance
- 2.6 Sport and Economy: Conditions for emergence and growth of commercial sport, changes in sport due to commercialization
- 2.7 Sport and Media: Characteristics of media, functions of media, two-way relationship of sport and media, media representations of sport

Unit – III: Introduction to Sports Psychology

LH - 14

- 3.1 Sports Psychology: Meaning and definition
- 3.2 Scope and role of Sports Psychology
- 3.3 Motivation: Meaning, definition, and types
- 3.4 Motivation in sport, achievement motivation

Unit-IV: Psychological Traits

LH - 16

- 4.1 Instinct and Emotion: Meaning, definition and types; Physical Education and Sport for emotional development
- 4.2 Stress: Meaning, Definition, Types and Causes; Relaxation procedures - autogenic training, Progressive relaxation, meditation, biofeedback, hypnosis

- 4.3 Personality: Meaning, definition, types and traits; structure of personality, developmental effects of athletic participation upon personality, personality sport type
- 4.4 Treating anxiety and depression

Unit-V: Field Practical

LH –60

5.1 Development of physical fitness through Wand Drill and Lezim activities

Wand Drill: Grip and Attention with Light apparatus, Stand-at-ease with the dumbbell, and exercise with verbal command, drum, whistle, and music – Two counts, Four counts, Eight counts and Sixteen counts. Standing Exercise, Jumping Exercise, Moving Exercise and a Combination of above all

Lezim: Grip and Attention with Light apparatus, Stand-at-ease with the dumbbell, and exercise with verbal command, drum, whistle, and music – Two counts, Four counts, Eight counts and Sixteen counts. Standing Exercise, Jumping Exercise, Moving Exercise and a Combination of above all

5.2 Kabaddi

5.2.1 **Skills in Raiding:** Touching with hands, Use of leg-toe touch, squat leg thrust, sidekick, mule kick, arrow fly kick, crossing of baulk line, crossing of Bonus line

5.2.2 **Skills of holding the raider:** Various formations, catching from particular position, different catches, catching formation and techniques

5.2.3 **Additional skills in raiding:** Escaping from various holds, techniques of Escaping from chain formation, offense and defence Game practice with the application of Rules and Regulation

SEMESTER III

MAJOR COURSE: Sociological & Psychological Basis of Physical Education Sport

Course Code: PED-M-T-3

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: Sociology of Sport 1.1 Sociology of Sport - introduction and definition 1.2 Importance of studying sociology of sport– A part of people's lives, Connection with important ideas and meanings in life, Connection to major spheres of social life, Sport and politics, Sport and religion, Sport and Education 1.3 Social functions of sport: Socio-emotional function, Socialization function, Integrative function, Political function, social mobility function 1.4 Social Theories of Sport: The functional theory, The conflict theory, The critical theory, The interactionist theory, The feminist theory, The figurational theory
<i>Md Shamim Akhter</i>	Unit – II: Sport and Socialization 2.1 Sport and Socialization: Learning individual to participate in sport, The social learning model of sport and exercise, Role of transition within sport and exercise 2.2 Children in Sport: Origin of organized youth sport, Social change and the growth of organized youth sport, Major trends in youth sport, Adult controlled vs player controlled sport, Recommendations for improving youth sport 2.3 Gender and Sport: Participation and equity issues, Ideology and culture 2.4 Race and Sport: Creating race, racial ideology and sport, racial ideology and shortcomings, prospect for change 2.5 Sport and Deviance 2.6 Sport and Economy: Conditions for emergence and growth of commercial sport, changes in sport due to commercialization 2.7 Sport and Media: Characteristics of media, functions of media, two-way relationship of sport and media, media representations of sport

<i>Md Nasiruddin Pandit</i>	Unit – III: Introduction to Sports Psychology 3.1 Sports Psychology: Meaning and definition 3.2 Scope and role of Sports Psychology 3.3 Motivation: Meaning, definition, and types 3.4 Motivation in sport, achievement motivation
<i>Md Nasiruddin Pandit</i>	Unit-IV: Psychological Traits 4.1 Instinct and Emotion: Meaning, definition and types; Physical Education and Sport for emotional development 4.2 Stress: Meaning, Definition, Types and Causes; Relaxation procedures - autogenic training, Progressive relaxation, meditation, biofeedback, hypnosis 4.3 Personality: Meaning, definition, types and traits; structure of personality, developmental effects of athletic participation upon personality, personality sport type 4.4 Treating anxiety and depression

SEMESTER III

MAJOR COURSE: Sociological & Psychological Basis of Physical Education Sport

Total number of classes – 30

Unit-V: Field Practical Syllabus Distribution

<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
<i>Md Nasiruddin Pandit</i>	<p>5.1 Development of physical fitness through Wand Drill and Lezim activities</p> <p>Wand Drill: Grip and Attention with Light apparatus, Stand-at-ease with the dumbbell, and exercise with verbal command, drum, whistle, and music – Two counts, Four counts, Eight counts and Sixteen counts. Standing Exercise, Jumping Exercise, Moving Exercise and a Combination of above all</p> <p>Lezim: Grip and Attention with Light apparatus, Stand-at-ease with the dumbbell, and exercise with verbal command, drum, whistle, and music – Two counts, Four counts, Eight counts and Sixteen counts. Standing Exercise, Jumping Exercise, Moving Exercise and a Combination of above all</p>
<i>Md Shamim Akhter</i>	<p>5.2 Kabaddi</p> <p>5.2.1 Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, sidekick, mule kick, arrow fly kick, crossing of baulk line, crossing of Bonus line</p> <p>5.2.2 Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques</p> <p>5.2.3 Additional skills in raiding: Escaping from various holds, techniques of Escaping from chain formation, offense and defence Game practice with the application of Rules and Regulations</p>

MINOR COURSE: Management in Physical Education and Sports

Course Code: PED-MI-T-3

Total number of classes – 60

Unit – I: Introduction

LH - 12

- 1.1 Concept and Definition of Sports Management
- 1.2 Importance of Sports Management
- 1.3 Principles of Sports Management
- 1.4 Sports Manager and his duties

Unit – II: Tournaments

LH - 18

- 2.1 Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge)
- 2.2 Procedure of drawing fixture
- 2.3 Methods of Organizing Annual Athletic Meet and Play Day
- 2.4 Methods of organization of Intramural and Extramural competition

Unit-III: Facilities and Equipments

LH - 18

- 3.1 Method of Standard Athletic Track Marking
- 3.2 Care and maintenance of playground and gymnasium
- 3.3 Importance, care and maintenance of sports equipment
- 3.4 Timetable: Meaning, importance and factors affecting school's Physical Education Time Table

Unit – IV: Leadership

LH - 12

- 4.1 Meaning and definition of leadership
- 4.2 Qualities of Good Leader in Physical Education
- 4.3 Types of Leadership
- 4.4 Principles of Leadership Activities

MINOR COURSE: Management in Physical Education and Sports

Course Code: PED-MI-T-3

Total number of classes – 60

Syllabus Distribution

<u>Name of Teacher</u>	<u>Assigned Unit / Topic</u>
<i>Md Nasiruddin Pandit</i>	Unit – I: Introduction 1.1 Concept and Definition of Sports Management 1.2 Importance of Sports Management 1.3 Principles of Sports Management 1.4 Sports Manager and his duties
<i>Md Shamim Akhter</i>	Unit – II: Tournaments 2.1 Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge) 2.2 Procedure of drawing fixture 2.3 Methods of Organizing Annual Athletic Meet and Play Day 2.4 Methods of organization of Intramural and Extramural competition
<i>Md Shamim Akhter</i>	Unit-III: Facilities and Equipments 3.1 Method of Standard Athletic Track Marking 3.2 Care and maintenance of playground and gymnasium 3.3 Importance, care and maintenance of sports equipment 3.4 Timetable: Meaning, importance and factors affecting school Physical Education Timetable
<i>Md Nasiruddin Pandit</i>	Unit – IV: Leadership 4.1 Meaning and definition of leadership 4.2 Qualities of a Good Leader in Physical Education 4.3 Types of Leadership 4.4 Principles of Leadership Activities

SKILL ENHANCEMENT COURSE: Track Event

and Ball Games Course Code: PED-SEC-P-3

Total number of classes – 90

Unit – I: Athletics (Jump and Throw)

LH - 30

- 1.1 Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing
- 1.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing
- 1.3 Shotput: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique)
- 1.4 Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle)
- 1.5 Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride)

Unit – II: Aerobics

LH - 30

- 2.1 Warm-up and cool down
- 2.2 On the spot stepping
- 2.3 Forward and backward stepping
- 2.4 Sideward stepping
- 2.5 Double sideward stepping
- 2.6 Cross over stepping
- 2.7 V shape stepping
- 2.8 Slow and high intense aerobic dance
- 2.9 Individual and group aerobic dance
- 2.10 Sequence of exercises

Unit – III: Kho-Kho

LH - 30

- 3.1 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
- 3.2 Skills in running: Chain Play, Ring play and Chain & Ring mixed play
- 3.3 Game practice with application of Rules and Regulations
- 3.4 Rules and the interpretations and duties of the officials

SEMESTER-3

SKILL ENHANCEMENT COURSE: Track &Field (Running) and

Ball Games (Football and Handball)

Course Code: PEDS-SEC-P-3

Syllabus Distribution

<u><i>Name of Teacher</i></u>	<u><i>Assigned Unit / Topic</i></u>
<i>Md Shamim Akhter</i>	Unit – I: Athletics (Jump and Throw) LH - 30 1.1 Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing 1.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing 1.3 Shotput: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique) 1.4 Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle) 1.5 Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride)
<i>Md Nasiruddin Pandit</i>	Unit – III: Kho-Kho LH - 30 3.1 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 3.2 Skills in running: Chain Play, Ring play and Chain & Ring mixed play 3.3 Game practice with application of Rules and Regulations 3.4 Rules and the interpretations and duties of the officials