

# WESTBENGALSTATEUNIVERSITY

**DRAFT SYLLABI FOR  
MULTIDISCIPLINARY COURSES  
PROVIDED BY THE UNDERGRADUATE BOARD OF STUDIES OF  
PHYSICAL EDUCATION**

**AS A PART OF CONVERGED SYLLABI UNDER NATIONAL  
EDUCATION POLICY 2020**

*Effective from*

**ACADEMIC SESSION 2023-24**

## **Semester-1**

# **FOUNDATION AND HISTORY OF PHYSICAL EDUCATION**

**Subject Code:**

**Full Marks: 50**

**Total Credits: 03**

### **Unit-1: Introduction**

**[10 L]**

- Meaning and definition of Physical Education,
- Aim and objectives of Physical Education,
- Importance, Nature and Scope of Physical Education.

### **Unit-2: Biological and Sociological Foundations of Physical Education** **[13 L]**

- Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development,
- Age- Chronological age, anatomical age, physiological age and mental age.
- Society and Socialization - Role of games and sports in National and International integration.

### **Unit-3:HistoryofPhysicalEducation**

**[12L]**

- HistoricaldevelopmentofPhysicalEducationandSportsinIndia-Pre-IndependenceperiodandPost-Independenceperiod,
- Olympic Movement-Ancient Olympic Games and Modern Olympic Games,

### **Unit-4:YogaEducation**

**[10 L]**

- Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga, History of Yoga,
- Astanga Yoga,

### **SuggestedReadings**

- Graham, G. (2001) *Teaching Children Physical Education: Becoming a Master Teacher*. Human Kinetics, Champaign, Illinois, USA.
- Kamlesh, M.L. & Singh, M.K. (2006) *Physical Education* (Naveen Publication).
- Lumpkin, A. (2007) *Introduction to Physical Education, Exercise Science and Sports Studies*, McGrawHill, NewYork, USA.
- Siedentop, D.(2004) *Introduction to Physical Education, Fitness and sports*, McGrawHill Companies Inc., New York,USA.
- Singh, A.etal.(2000) *Essentials of Physical Education*, Kalyani Publishers, Ludhiana, Punjab.
- Wuest, D.A.& C.A.Bucher (2006) *Foundation of Physical Education, Exercise Science, and Sports*. McGrawHill Companies Inc.; NewYork,USA.

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**Semester-2**

**MANAGEMENT AND PSYCHOLOGY OF PHYSICAL EDUCATION &  
SPORTS**

**Subject Code:**

**Full Marks: 50**

**Total Credits: 03**

**Unit-1: Introduction**

**[10L]**

- Concept and definition of Sports Management,
- Important of Sports Management,
- Purpose of Sports Management,
- Principles of Sports Management.

**Unit-2: Tournaments**

**[13L]**

- Meaning and definition and types of tournaments,
- Procedure of drawing fixture [Knock-out]
- Method of organizing Annual Athletic Meet,

**Unit-3: Facilities and Equipment's**

**[10L]**

- Care and maintenance of Playground and Gymnasium,
- Importance of sports equipment,
- Care and maintenance of sports equipment,

**Unit-4: Psychological Factors**

**[12L]**

- Meaning and definition of Psychology and Sports Psychology,
- Need for knowledge of Sports Psychology in the field of Physical Education,
- Role of Motivation in Physical Education and Sports,
- Role on Emotion in Physical Education and Sports.

**Suggested Readings**

- Broyles, F.J. & Rober, H.D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: PrenticeHall Inc.
- Bucher, C.A. (1983). *Administration of Physical Education and Athletic programme*, St. Louis: The C.V. Mosby Co.
- Pandey, L.K. (1977). *Methods in Physical Education*, Delhi: Metropolitan Book Depot.
- Sharma, V.M. & Tiwari, R.H. (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
- Thomas, J.P. (1967). *Organization & administration of Physical Education*. Madras: Gyanodaya Press.
- Tirunaryanan, C. & Hariharan, S. (1969). *Methods in Physical Education*, Karaikudi: South India Press.
- Voltmer, E.F. & Esslinger, A.A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.
- Singh, A. et al. (2010). *Essential of Physical Education*. Kalyani Publishers.

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### **Semester-3**

## **ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY**

**Subject Code:**

**Full Marks: 50**

**Total Credits: 03**

### **Unit-1: Introduction**

**[10 L]**

- Meaning and definition of Anatomy, Physiology and Exercise Physiology,
- Importance of Anatomy, Physiology and Exercise Physiology in Physical Education,
- Human Cell- Structure and function,

### **Unit-2: Musculo-skeletal System**

**[1 L]**

- Skeletal System-Structure of Skeletal System, Classification and location of joints.
- Muscular System-Type, location, function and structure of muscle, Types of muscular contraction.

### **Unit-3: Circulatory and Respiratory System**

**[15 L]**

- Heart-Structure and functions. Mechanism of blood circulation through heart Blood Pressure, Athletic Heart and Brady cardia,
- Structure and function of Respiratory organs, Mechanism of Respiration, Vital Capacity, O<sub>2</sub>Debt and Second Wind,

### **Unit-4: Nervous and Endocrine System**

**[10 L]**

- Structure and Function of Nervous System,
- Structure and function of Neuron,
- Meaning of Endocrine Gland, Function and Location of pituitary,

### **Suggested Readings**

- Amrit Kumar, R, Moses. (1995). *Introduction to Exercise Physiology*. Madras: Poompugar Pathipagam.
- Clarke, D.H. (1975). *Exercise Physiology*. New Jersey: PrenticeHall Inc., EnglewoodCliffs.
- David, L Costill. (2004). *Physiology of Sports and Exercise, Human Kinetics*.
- Fox, E.L., and Mathews, D.K. (1981). *The Physiological Basis of Physical Education and Athletics*. Philadelphia: Sanders College Publishing.
- Guyton, A.C. (1976). *Textbook of Medical Physiology*. Philadelphia: W.B. Sandersco.
- Richard, W. Bowers. (1989). *Sports Physiology*, WMC: Brown Publishers.
- Sandhya Tiwaji. (1999). *Exercise Physiology*, Sports Publishers.
- Shaver, L. (1981). *Essentials of Exercise Physiology*. New Delhi: Subject Publications.
- Vincent, T. Murche. (2007). *Elementary Physiology*. Hyderabad: Sports Publication.

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