



**DOMKAL GIRLS' COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**Curriculum Distribution**

**2018-2019**



**Domkal Girls' College**  
Domkal, Murshidabad  
Curriculum Distribution

**Department:** Physical Education  
**Curriculum Distribution**  
**Academic Session:** 2018-2019  
**Semester:** 2<sup>nd</sup>

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Management of Physical Education and Sports	PEDG-CC-T-1A	1	1.1 Concept and definition of Sports Management	MD SAMIM SK	2
Management of Physical Education and Sports	PEDG-CC-T-1A	1	1.2 Importance of Sports Management	MD SAMIM SK	2
Management of Physical Education and Sports	PEDG-CC-T-1A	1	1.3 Principles of Sports Management	MD SAMIM SK	2
Management of Physical Education and Sports	PEDG-CC-T-1A	1	1.4 Sports Manager and his duties	MD SAMIM SK	2
Management of Physical Education and Sports	PEDG-CC-T-1A	2	2.1 Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge)	MD SAMIM SK	3
Management of Physical Education and Sports	PEDG-CC-T-1A	2	2.2 The procedure of drawing fixture	MD SAMIM SK	7
Management of Physical Education and Sports	PEDG-CC-T-1A	2	2.3 Methods of Organizing Annual Athletic Meet and Play Day	MD SAMIM SK	3
Management of Physical Education and Sports	PEDG-CC-T-1A	2	2.4 Methods of organizing Intramural and Extramural competition	MD SAMIM SK	3
Management of Physical Education and Sports	PEDG-CC-T-1A	3	3.1 Methods of standard Athletic Track marking	MD SAMIM SK	3
Management of Physical Education and Sports	PEDG-CC-T-1A	3	3.2 Care and maintenance of playground and gymnasium	MD SAMIM SK	3
Management of Physical Education and Sports	PEDG-CC-T-1A	3	3.3 Importance, care, and maintenance of sports equipment	MD SAMIM SK	3
Management of Physical Education and Sports	PEDG-CC-T-1A	3	3.4 Time Table: meaning, importance, and factors affecting School's Physical Education Time Table	MD SAMIM SK	3

Management of Physical Education and Sports	PEDG-CC-T-1A	4	4.1 Meaning and definition of leadership	MD SAMIM SK	3
Management of Physical Education and Sports	PEDG-CC-T-1A	4	4.2 Qualities of good leader in Physical Education	MD SAMIM SK	3
Management of Physical Education and Sports	PEDG-CC-T-1A	4	4.3 Types of leadership	MD SAMIM SK	3
Management of Physical Education and Sports	PEDG-CC-T-1A	4	4.4 Principles of leadership activities	MD SAMIM SK	3
Management of Physical Education and Sports	PEDG-CC-T-1A	Practical	1. Track and Field events (Practical)	MD SAMIM SK	6
Management of Physical Education and Sports	PEDG-CC-T-1A	Practical	2. Games: Football, Kabaddi, Kho-Kho, Volleyball (Practical)	MD SAMIM SK	6



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**Academic Session:** 2018-2019  
**Semester:** 3<sup>rd</sup>

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	1	1.1 Meaning and definition of Anatomy, Physiology, and Exercise Physiology	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	1	1.2 Importance of Anatomy, Physiology, and Exercise Physiology in Physical Education	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	1	1.3 Elementary concept of cellular organelles: Mitochondrion, Endoplasmic reticulum, Lysosome, Glycogen	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	1	1.4 Tissue: types and function	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	2	2.1 Skeletal System- structure of Skeletal System. Classification and location of bones and joints, Anatomical differences between male and female	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	2	2.2 Muscular System- types of muscles. Location, structure and function of skeletal muscle	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	2	2.3 Types of muscular contraction	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	2	2.4 Effect of exercise and training on muscular system	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	3	3.1 Blood- composition and function	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	3	3.2 Heart- structure and functions. Mechanism of blood circulation through heart	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	3	3.3 Blood Pressure, Athletic Heart and Bradycardia	MD SAMIM SK	3

Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	3	3.4 Effect of exercise and training on circulatory system	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	4	4.1 Structure and function of Respiratory organs	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	4	4.2 Mechanism of Respiration	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	4	4.3 Vital Capacity, O <sub>2</sub> Debt and Second Wind	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	4	4.4 Effect of exercise and training on respiratory system	MD SAMIM SK	3
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	Practical	1. Measurement of BMI and WHR (Waist-to-hip ratio) (Lab Practical)	MD SAMIM SK	6
Anatomy, Physiology, and Exercise Physiology	PEDG-CC-T-1A	Practical	2. Measurement of Heart rate, Blood Pressure, Respiratory Rate, and Peak Flow Expiratory Rate in resting and post exercise (Lab Practical)	MD SAMIM SK	6

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11.07.2019

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