



DOMKAL GIRLS' COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

Curriculum Distribution

2022-2023



Domkal Girls' College
Domkal, Murshidabad
Curriculum Distribution

Department: Physical Education
Curriculum Distribution
Academic Session: 2022-2023
Semester: 1st

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Foundation and History of Physical Education	PEDG-CC-T-1A	1	1.1 Meaning and Definition of Physical Education	MD SAMIM SK	2
Foundation and History of Physical Education	PEDG-CC-T-1A	1	1.2 Aim and objectives of Physical Education	MD SAMIM SK	2
Foundation and History of Physical Education	PEDG-CC-T-1A	1	1.3 Miss-concept and modern concept of Physical Education	MD SAMIM SK	2
Foundation and History of Physical Education	PEDG-CC-T-1A	1	1.4 Importance of Physical Education in modern society	MD SAMIM SK	2
Foundation and History of Physical Education	PEDG-CC-T-1A	2	2.1 Biological Foundation- meaning and definition of growth and development.	MD SAMIM SK	2
Foundation and History of Physical Education	PEDG-CC-T-1A	2	2.1 Factors affecting growth and development. Differences of growth and development. Principles of growth and development.	MD SAMIM SK	3
Foundation and History of Physical Education	PEDG-CC-T-1A	2	2.2 Age- Chronological age, anatomical age, physiological age and mental age	MD SAMIM SK	4
Foundation and History of Physical Education	PEDG-CC-T-1A	2	2.3 Sociological Foundation- meaning and definition of Sociology, Society, Socialization and Physical Education	MD SAMIM SK	4
Foundation and History of Physical Education	PEDG-CC-T-1A	2	2.4 Role of games and sports in National and International harmony	MD SAMIM SK	2
Foundation and History of Physical Education	PEDG-CC-T-1A	3	3.1 Historical development of Physical Education and Sports in India: Pre-Independence period and Post-Independence period	MD SAMIM SK	4

Foundation and History of Physical Education	PEDG-CC-T-1A	3	3.2 Olympic Movement: Ancient and Modern Olympic Games	MD SAMIM SK	4
Foundation and History of Physical Education	PEDG-CC-T-1A	3	3.3 Brief historical background of Asian Games, Commonwealth Games, and SAF Games	MD SAMIM SK	3
Foundation and History of Physical Education	PEDG-CC-T-1A	3	3.4 National Sports Awards: Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award, and Dhyanchand Award	MD SAMIM SK	5
Foundation and History of Physical Education	PEDG-CC-T-1A	4	4.1 Meaning and definition of the term Yoga, types, aim, objectives and importance of Yoga	MD SAMIM SK	3
Foundation and History of Physical Education	PEDG-CC-T-1A	4	4.2 History of Yoga	MD SAMIM SK	2
Foundation and History of Physical Education	PEDG-CC-T-1A	4	4.3 Astanga Yoga	MD SAMIM SK	2
Foundation and History of Physical Education	PEDG-CC-T-1A	4	4.4 Hatha Yoga	MD SAMIM SK	2
Foundation and History of Physical Education	PEDG-CC-T-1A	Practical	1. Learn and demonstrate the technique of Suryanamaskar (Practical)	MD SAMIM SK	6
Foundation and History of Physical Education	PEDG-CC-T-1A	Practical	2. Development of physical fitness through Callisthenics,	MD SAMIM SK	6



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Department: Physical Education
Curriculum Distribution
Academic Session: 2022-2023
Semester: 2nd

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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Department: Physical Education
Curriculum Distribution
Academic Session: 2022-2023
Semester: 3rd

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 ₂ 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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Department: Physical Education

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Academic Session: 2022-2023

Semester: 3rd

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Track and Field	PEDG-SEC-P-1	1	1.1 Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block	MD SAMIM SK	1
Track and Field	PEDG-SEC-P-1	1	1.2 Acceleration with proper running techniques	MD SAMIM SK	1
Track and Field	PEDG-SEC-P-1	1	1.3 Finishing technique: Run Through, Forward Lunging, and Shoulder Shrug	MD SAMIM SK	1
Track and Field	PEDG-SEC-P-1	1	1.4 Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in-between zone, and Finishing	MD SAMIM SK	1
Track and Field	PEDG-SEC-P-1	2	2.1 Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing	MD SAMIM SK	1
Track and Field	PEDG-SEC-P-1	2	2.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing	MD SAMIM SK	1
Track and Field	PEDG-SEC-P-1	2	2.3 Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Parry O'Brien Technique)	MD SAMIM SK	1
Track and Field	PEDG-SEC-P-1	2	2.4 Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle)	MD SAMIM SK	1



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Department: Physical Education

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Academic Session: 2022-2023

Semester: 4th

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	1	1.1 Concept, definition and dimension of Health	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	1	1.2 Definition, aim, objectives and principles of Health Education	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	1	1.3 Activities of Health Agencies- World Health Organization (WHO),	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	1	1.3 United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF)	MD SAMIM SK	
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	1	1.4 School Health Program- Health Service, Health Instruction, Health Supervision, Personal Hygiene and Health Record	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	2	2.1 Communicable Diseases- Malaria, Dengue, Chicken Pox, Diarrhoea, Tuberculosis, Covid 19	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	2	2.2 Non-communicable Diseases- Obesity, Diabetes and Asthma	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	2	2.3 Nutrition- nutritional requirements for daily living. Preparation of Balance Diet chart.	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	2	2.3 Health disorders due to deficiency of Protein, Carbohydrate, fat, Vitamins and Minerals	MD SAMIM SK	

Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	3	3.1 Physical Fitness- meaning, definition and Importance of Physical Fitness	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	3	3.2 Components of Physical Fitness- Health and Performance related Physical Fitness	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	3	3.3 Concept of Wellness. Relationship between Physical activities and Wellness	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	3	3.4 Ageing- physical activities and its importance	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	4	4.1 First aid- meaning, definition, importance, and golden rules of First-aid	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	4	4.2 Concept of sports injuries- Sprain, Strain, Wound, Fracture and Dislocation	MD SAMIM SK	2
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	4	4.3 Management of sports injuries through the application of Hydro-therapy	MD SAMIM SK	4
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	4	4.4 Management of sports injuries through the application of Thermo-therapy	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	Practical	1. First-aid Practical- Triangular Bandage: Slings, Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica splint	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-CC-T-1D	Practical	2. Practical knowledge on application of Hydro-therapy and Thermo-therapy	MD SAMIM SK	6



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Department: Physical Education

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Academic Session: 2022-2023

Semester: 4th

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Gymnastics and Yoga	PEDG-SEC-P-2	1	1.1 Forward Roll, 1.2 T-Balance, 1.3 Forward Roll with Split leg, 1.4 Backward Roll, 1.5 Cart-Wheel,	MD SAMIM SK	1
Gymnastics and Yoga	PEDG-SEC-P-2	2	2.1 Dive and Forward Roll, 2.2 Hand Spring, 2.3 Head Spring, 2.4 Neck Spring, 2.5 Hand Stand and Forward Roll, 2.6 Summersault	MD SAMIM SK	1
Gymnastics and Yoga	PEDG-SEC-P-2	3	3.1 Ardhashandrasana, Brikshasana, Padahasthasana	MD SAMIM SK	1
Gymnastics and Yoga	PEDG-SEC-P-2	3	3.2 Ardhakurmasana, Paschimottanasana, Gomukhasana	MD SAMIM SK	1
Gymnastics and Yoga	PEDG-SEC-P-2	3	3.3 Setubandhasana, Halasana, Matsyasana	MD SAMIM SK	1
Gymnastics and Yoga	PEDG-SEC-P-2	3	3.4 Bhujangasana, Salvasana, Dhanurasana	MD SAMIM SK	1
Gymnastics and Yoga	PEDG-SEC-P-2	3	3.5 Sarbangasana, Shirsasana, Bhagrasana	MD SAMIM SK	1
Gymnastics and Yoga	PEDG-SEC-P-2	4	4. Kapalbhathi, Bhramri, Anulom Vilom	MD SAMIM SK	1



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Department: Physical Education
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Academic Session: 2022-2023
Semester: 5th

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Sports Training	PEDG-DSE-T-2	1	1.1 Meaning and Definition of Sports Training	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	1	1.2 Aim and Characteristics of Sports Training	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	1	1.3 Principles of Sports Training	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	1	1.4 Importance of Sports Training	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	2	2.1 Warming up and Cooling down- meaning, types and methods	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	2	2.2 Conditioning- the concept of Conditioning and its principles	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	2	2.3 Training Methods- Circuit Training, Interval Training, Weight Training	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	2	2.4 Periodisation- meaning, types, aim and contents of different periods	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	3	3.1 Training Load- meaning, definition, types and factors of training load	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	3	3.2 Components of training load	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	3	3.3 Over Load- meaning, causes, symptoms and tackling of over load	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	3	3.4 Adaptation- meaning and conditions of adaptation, Supercompensation	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	4	4.1 Strength- means and methods of strength development	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	4	4.2 Speed- means and methods of speed development	MD SAMIM SK	3

Sports Training	PEDG-DSE-T-2	4	4.3 Endurance- means and methods of endurance development	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	4	4.4 Flexibility- means and methods of flexibility development	MD SAMIM SK	3
Sports Training	PEDG-DSE-T-2	Practical	1. Practical Experience of Weight Training and Circuit Training	MD SAMIM SK	6
Sports Training	PEDG-DSE-T-2	Practical	2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility	MD SAMIM SK	6



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Department: Physical Education
Curriculum Distribution
Academic Session: 2022-2023
Semester: 5th

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Indian Games and Racket Sports	PEDG-SEC-P-3		1. Skills in Raiding: touching with hands, Using leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, the crossing of balk line. Crossing of Bonus line	MD SAMIM SK	1
Indian Games and Racket Sports	PEDG-SEC-P-3		2. Skills of holding the raider: various formations, catching from particular position, different catches, catching formation and technique	MD SAMIM SK	1
Indian Games and Racket Sports	PEDG-SEC-P-3		3. Additional skills in raiding: escaping from various holds, techniques of escaping from chain formation, offense and defense	MD SAMIM SK	1
Indian Games and Racket Sports	PEDG-SEC-P-3		4. Game practice with the application of Rules and Regulations	MD SAMIM SK	1
Indian Games and Racket Sports	PEDG-SEC-P-3		5. Basic Knowledge: various parts of the Racket and Grip	MD SAMIM SK	1
Indian Games and Racket Sports	PEDG-SEC-P-3		6. Service: Short service, Long service, Long-high service	MD SAMIM SK	1
Indian Games and Racket Sports	PEDG-SEC-P-3		7. Shots: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash	MD SAMIM SK	1
Indian Games and Racket Sports	PEDG-SEC-P-3		8. Game practice with the application of Rules and Regulations	MD SAMIM SK	1



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Department: Physical Education
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Academic Session: 2022-2023
Semester: 6th

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Psychology in Physical Education and Sports	PEDG-DSE-T-4	1	1.1 Meaning and definition Psychology	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	1	1.2 Importance and scope of Psychology	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	1	1.3 Meaning and definition of Sports Psychology	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	1	1.4 Need for knowledge of Sports Psychology in the field of Physical Education	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	2	2.1 Meaning and definition of learning	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	2	2.2 Theories and Laws of learning	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	2	2.3 Learning curve: meaning and types	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	2	2.4 Transfer of learning- meaning, definition and types. Factors affecting transfer of learning	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	3	3.1 Motivation- meaning, definition, types and importance of Motivation in Physical Education and Sports	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	3	3.2 Emotion- meaning, definition, types and importance of Emotion in Physical Education and Sports	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	3	3.3 Personality- meaning, definition and types. Personality traits	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	3	3.4 Role of physical activities in the development of personality	MD SAMIM SK	3

Psychology in Physical Education and Sports	PEDG-DSE-T-4	4	4.1 Stress- meaning, definition and types of Stress	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	4	4.2 Causes of Stress	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	4	4.3 Anxiety- meaning, definition and types of Anxiety	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	4	4.4 Management of Stress and Anxiety through physical activity and sports	MD SAMIM SK	3
Psychology in Physical Education and Sports	PEDG-DSE-T-4	Practical	1. Assessment of Personality, Stress and Anxiety	MD SAMIM SK	6
Psychology in Physical Education and Sports	PEDG-DSE-T-4	Practical	2. Measurement of Reaction Time, Depth Perception and Mirror Drawing	MD SAMIM SK	6



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Department: Physical Education

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Academic Session: 2022-2023

Semester: 6th

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Ball Games	PEDG-SEC-P-4		1. Kicking: kicking with inside of the foot, kicking with full instep of the foot, kicking with inner instep of the foot, ball with outer instep of the foot and lofted kick	MD SAMIM SK	1
Ball Games	PEDG-SEC-P-4		2. Trapping: Trapping- the rolling ball, and the bouncing ball with sole of the foot	MD SAMIM SK	
Ball Games	PEDG-SEC-P-4		3. Dribbling: dribbling the ball with instep of the foot, dribbling the ball with inner and outer instep of the foot	MD SAMIM SK	
Ball Games	PEDG-SEC-P-4		4. Heading: in standing, running and jumping condition	MD SAMIM SK	1
Ball Games	PEDG-SEC-P-4		5. Throw-in: standing throw-in and running throw-in	MD SAMIM SK	
Ball Games	PEDG-SEC-P-4		6. Feinting: with the lower limb and upper part of the body	MD SAMIM SK	1
Ball Games	PEDG-SEC-P-4		7. Tackling: simple tackling, slide tackling	MD SAMIM SK	
Ball Games	PEDG-SEC-P-4		8. Goal Keeping: collection of ball, ball clearance- kicking, throwing and deflecting	MD SAMIM SK	1
Ball Games	PEDG-SEC-P-4		9. Game practice with application of Rules and Regulations	MD SAMIM SK	
Ball Games	PEDG-SEC-P-4		1. Service: Under arm service, Side arm service, Tennis service, Floating service	MD SAMIM SK	1

Ball Games	PEDG-SEC-P-4		2. Pass: Under arm pass, Overhead pass	MD SAMIM SK	1
Ball Games	PEDG-SEC-P-4		3. Spiking and Blocking	MD SAMIM SK	1
Ball Games	PEDG-SEC-P-4		4. Game practice with application of Rules and Regulations	MD SAMIM SK	1



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Department: Physical Education

Curriculum Distribution

Academic Session: 2022-2023

Semester: 5th

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	1	1.1 Meaning and Definition of Physical Education	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	1	1.2 Aim, objectives, and of Physical Education	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	1	1.3 Types of sports and their utility in Health and Fitness	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	1	1.4 Meaning, definition and importance of Physical fitness and Motor fitness.	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	2	1.4 Difference between physical fitness and motor fitness. Components of Physical fitness	MD SAMIM SK	
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	2	2.1 Biological Foundation- meaning and definition of growth and development.	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	2	2.1 Factors affecting growth and development. Differences of growth and development. Principles of growth and development.	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	2	2.2 Age- Chronological age, anatomical age, physiological age and mental age	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	2	2.3 Sociological Foundation- meaning and definition of Sociology, Society, Socialization and Physical Education	MD SAMIM SK	3

Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	3	2.4 Role of games and sports in National and International harmony	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	3	3.1 Historical development of Physical Education and Sports in India: Pre-Independence period and Post-Independence period	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	3	3.2 Olympic Movement: Ancient	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	3	3.3 Modern Olympic Games	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	3	3.4 Asian Games and Commonwealth Games	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	4	4.1 Meaning and definition of the term Yoga, types, aim, objectives and importance of Yoga	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	4	4.2 History of Yoga	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	4	4.3 Astanga Yoga	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	4	4.4 Hatha Yoga	MD SAMIM SK	3
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	Practical	1. Learn and demonstrate the technique of Suryanamaskar (Practical)	MD SAMIM SK	6
Modern Trends and Practices in Physical Education & Yoga	PEDG-GE-T-1	Practical	2. Development of physical fitness through Callisthenics,	MD SAMIM SK	6



Domkal Girls' College
Domkal, Murshidabad
Curriculum Distribution

Department: Physical Education
Curriculum Distribution
Academic Session: 2022-2023
Semester: 6th

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	1	1.1 Concept, definition and dimension of Health	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	1	1.2 Definition, aim, objectives and principles of Health Education	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	1	1.3 Activities of Health Agencies- World Health Organization (WHO),	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	1	1.3 United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF)	MD SAMIM SK	
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	1	1.4 School Health Program- Health Service, Health Instruction, Health Supervision, Personal Hygiene and Health Record	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	2	2.1 Communicable Diseases- Malaria, Dengue, Chicken Pox, Diarrhoea, Tuberculosis, Covid 19	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	2	2.2 Non-communicable Diseases- Obesity, Diabetes and Asthma	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	2	2.3 Nutrition- nutritional requirements for daily living. Preparation of Balance Diet chart.	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	2	2.3 Health disorders due to deficiency of Protein, Carbohydrate, fat, Vitamins and Minerals	MD SAMIM SK	

Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	3	3.1 Physical Fitness- meaning, definition and Importance of Physical Fitness	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	3	3.2 Components of Physical Fitness- Health and Performance related Physical Fitness	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	3	3.3 Concept of Wellness. Relationship between Physical activities and Wellness	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	3	3.4 Ageing- physical activities and its importance	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	4	4.1 First aid- meaning, definition, importance, and golden rules of First-aid	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	4	4.2 Concept of sports injuries- Sprain, Strain, Wound, Fracture and Dislocation	MD SAMIM SK	2
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	4	4.3 Management of sports injuries through the application of Hydro-therapy	MD SAMIM SK	4
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	4	4.4 Management of sports injuries through the application of Thermo-therapy	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	Practical	1. First-aid Practical- Triangular Bandage: Slings, Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica splint	MD SAMIM SK	3
Health Education, Physical Fitness, and Wellness	PEDG-GE-T-4	Practical	2. Practical knowledge on application of Hydro-therapy and Thermo-therapy	MD SAMIM SK	6

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