



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

**Curriculum Distribution**

**2023-2024**



## Domkal Girls' College

Domkal, Murshidabad

### Curriculum Distribution

**Department:** Physical Education

**Curriculum Distribution**

**Academic Session:** 2023-2024

**Semester:** 1<sup>st</sup>

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Foundation and History of Physical Education	PEDS-MI-T-1	1	1.1 Meaning and Definition of Physical Education	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	1	1.2 Aim and Objectives of Physical Education	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	1	1.3 Miss-concept and Modern Concept of Physical Education	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	1	1.4 Importance of Physical Education in modern society	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	2	2.1 Biological Foundation- meaning and definition of growth and development, Factors affecting growth and development, Differences of growth and development, Principles of growth and development	MD SAMIM SK	5
Foundation and History of Physical Education	PEDS-MI-T-1	2	2.2 Age-Chronological age, anatomical age, physiological age and mental age	MD SAMIM SK	3
Foundation and History of Physical Education	PEDS-MI-T-1	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	PEDS-MI-T-1	2	2.4 Age-Chronological age, anatomical age, physiological age and mental age	MD SAMIM SK	4
Foundation and History of Physical Education	PEDS-MI-T-1	3	3.1 Historical Development of Physical Education and Sports in India- Pre-Independence period and post-Independence period	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	3	3.2 Olympic Movement-Ancient and Modern Olympic Games	MD SAMIM SK	4
Foundation and History of Physical Education	PEDS-MI-T-1	3	3.3 Brief historical back ground of Asian Games, Commonwealth Games and SAF Games	MD SAMIM SK	4
Foundation and History of Physical Education	PEDS-MI-T-1	3	3.4 National Sports Awards- Arjuna Award, Major Dhyan Chand Khel Ratna	MD SAMIM SK	3

			Award, DronAcharya Award and Dhyan Chand Award		
Foundation and History of Physical Education	PEDS-MI-T-1	3	4.1 Meaning and definition of the term Yoga, types, aim, objectives and importance of Yoga	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	4	4.2 History of Yoga	MD SAMIM SK	3
Foundation and History of Physical Education	PEDS-MI-T-1	4	4.3 Ashtanga Yoga	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	4	4.4 Hatha Yoga	MD SAMIM SK	2



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

**Department:** Physical Education  
**Curriculum Distribution**  
**Academic Session:** 2023-2024  
**Semester:** 1<sup>st</sup>

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Health and Wellness	PEDS-MU-T-1	1	1.1 Health and Wellness- Definition, Meaning and Concept	MD SAMIM SK	1
Health and Wellness	PEDS-MU-T-1	1	1.2 Dimensions of Health and Wellness. Factors affecting health and wellness	MD SAMIM SK	
Health and Wellness	PEDS-MU-T-1	1	1.3 Importance of health and wellness Education	MD SAMIM SK	1
Health and Wellness	PEDS-MU-T-1	1	Determinants of healthy behavior	MD SAMIM SK	
Health and Wellness	PEDS-MU-T-1	2	2.1 Diet and nutrition for health & wellness.	MD SAMIM SK	1
Health and Wellness	PEDS-MU-T-1	2	2.2 Malnutrition, under-nutrition and over-nutrition	MD SAMIM SK	
Health and Wellness	PEDS-MU-T-1	2	2.3 Processed foods and unhealthy eating habits	MD SAMIM SK	1
Health and Wellness	PEDS-MU-T-1	2	2.4 Essential components of a balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals	MD SAMIM SK	
Health and Wellness	PEDS-MU-T-1	3	3.1 Mental health- Definition and meaning. Relationship between mental health and wellness	MD SAMIM SK	1
Health and Wellness	PEDS-MU-T-1	3	3.2 Factors affecting mental health.	MD SAMIM SK	
Health and Wellness	PEDS-MU-T-1	3	3. Management of Stress, anxiety, and depression	MD SAMIM SK	1
Health and Wellness	PEDS-MU-T-1	3	3.4 Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counselling and rehabilitation	MD SAMIM SK	1
Health and Wellness	PEDS-MU-T-1	4	4.1 Physical Fitness- Definition and Meaning. Relationship among Physical Fitness, Health and Wellness	MD SAMIM SK	1
Health and Wellness	PEDS-MU-T-1	4	4.2 Types of Physical Fitness and its Health Benefits.	MD SAMIM SK	1

Health and Wellness	PEDS-MU-T-1	4	4.3 Physical activity, Lifestyle management and Hypokinetic diseases prevention	MD SAMIM SK	
Health and Wellness	PEDS-MU-T-1		4.4 Weight management and the role of Yoga, asanas, and meditation in maintaining health and wellness.	MD SAMIM SK	



## Domkal Girls' College

Domkal, Murshidabad

### Curriculum Distribution

**Department:** Physical Education

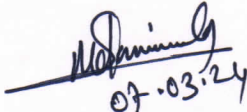
**Curriculum Distribution**

**Academic Session:** 2023-2024

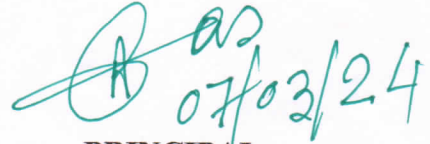
**Semester:** 2<sup>nd</sup>

Title of the Paper	Courses	Unit	Contents	Name of Faculty Members	Number of Lecture
Foundation and History of Physical Education	PEDS-MI-T-1	1	1.1 Meaning and Definition of Physical Education	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	1	1.2 Aim and Objectives of Physical Education	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	1	1.3 Miss-concept and Modern Concept of Physical Education	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	1	1.4 Importance of Physical Education in modern society	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	2	2.1 Biological Foundation- meaning and definition of growth and development, Factors affecting growth and development, Differences of growth and development, Principles of growth and development	MD SAMIM SK	5
Foundation and History of Physical Education	PEDS-MI-T-1	2	2.2 Age-Chronological age, anatomical age, physiological age and mental age	MD SAMIM SK	3
Foundation and History of Physical Education	PEDS-MI-T-1	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	PEDS-MI-T-1	2	2.4 Age-Chronological age, anatomical age, physiological age and mental age	MD SAMIM SK	4
Foundation and History of Physical Education	PEDS-MI-T-1	3	3.1 Historical Development of Physical Education and Sports in India- Pre-Independence period and post-Independence period	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	3	3.2 Olympic Movement-Ancient and Modern Olympic Games	MD SAMIM SK	4
Foundation and History of Physical Education	PEDS-MI-T-1	3	3.3 Brief historical back ground of Asian Games, Commonwealth Games and SAF Games	MD SAMIM SK	4
Foundation and History of Physical Education	PEDS-MI-T-1	3	3.4 National Sports Awards- Arjuna Award, Major Dhyan Chand Khel Ratna	MD SAMIM SK	3

			Award, DronAcharya Award and Dhyan Chand Award		
Foundation and History of Physical Education	PEDS-MI-T-1	3	4.1 Meaning and definition of the term Yoga, types, aim, objectives and importance of Yoga	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	4	4.2 History of Yoga	MD SAMIM SK	3
Foundation and History of Physical Education	PEDS-MI-T-1	4	4.3 Ashtanga Yoga	MD SAMIM SK	2
Foundation and History of Physical Education	PEDS-MI-T-1	4	4.4 Hatha Yoga	MD SAMIM SK	2

  
07-03-24

**Md Samim Sk**  
Department of Physical Education  
Domkal Girls' College  
Head of the Department  
Physical Education  
Domkal Girls' College

  
07/03/24

**PRINCIPAL**  
**DOMKAL GIRLS' COLLEGE**  
**DOMKAL, MURSHIDABAD**  
**PRINCIPAL**  
Domkal Girls' College  
Domkal, Murshidabad