



# **TRIPURA UNIVERSITY**

**(A Central University)  
Suryamaninagar-799022**

**Syllabus**

**For**

**Semester – II**

**Physical Education (General)**

**Year 2014**

## Semester-II

### Unit- I

(20)

#### **Principle and History of Physical Education-II**

- i. Need and importance of Physical Education in modern society.
- ii. Basic Schools of Philosophy: a) Idealism, b) Naturalism, c) Realism. d) Pragmatism.
- iii. Concept of Somatotype; Chronological age, anatomical age, BMI
- iv. Olympic Games: Ancient and Modern Olympics; India in Olympic Games
- v. Asian Games, Commonwealth Games, SAF Games. Meaning of Play, Games and Sports

### Unit-II

(20)

#### **Anatomy and Physiology-II**

- i. Respiratory system: Organs of the respiratory system, mechanism of respiration.
- ii. Nervous system- Basic structure and function of nervous system
- iii. Endocrine system: Major glands and their location. Hormones secreted from the glands and their functions.
- iv. Excretory system: Major organs and function of excretory system.

#### Practical (40)

- |   |                   |
|---|-------------------|
| <b>4. Track and Field</b>   | <b>- 20 marks</b> |
| i. Running events-Start, running action and finish  |                   |
| ii. Relay race- 4X100 m, 4X400 m  |                   |
| iii. Walking  |                   |
| <b>5. Formal Activity</b>   | <b>- 10 marks</b> |
| i. Callisthenics  |                   |
| ii. Drills and Marching   |                   |
| <b>6. Yoga</b>  | <b>- 10 marks</b> |
| i. Padmasana, Siddhasana, Vajrasana, Bhujangasana, Dhanurasana, Sarbangasana, halasana, Chakrasana, Sirsasana, Matsayasana, Paschimattanasana, Padahastanasana, Ustrasana, Gomukhasana, Sabasana, |                   |
| ii. Suryanamaskara  |                   |

#### **List of Reference books:**

1. Essential of Physical Education- Ajmer Singh
2. Uchhataro Sarir Sikha – Subhabrato Kar and Indranil Mondal
3. The Physiological basis of Physical Education and Athletics- Fox, Bowers & Foss
4. Health Education and hygiene – Rai B.C.
5. Principle of Physical Education- Kamlesh M.L.
6. Sarirsikhai Sarirbidhya – Pintu Shil
7. Management of Sports Physical Eduacion
8. Adhunik Sarir Shiksha ki Itihas- P.N. saha



# **TRIPURA UNIVERSITY**

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## **Syllabus OF**

**Physical Education  
(General)**

**Semester – III to V**

**2014**

Physical Education

Semester-III

- 20 Marks

Unit-I

**Psychology in Physical Education**

- i. Definition of Psychology and Sports Psychology, Different branches of Psychology
- ii. Need and importance of Psychology in Physical Education
- iii. Motivation, Emotion, Instinct, Attention & Interest, Aggression, Personality - role in Physical Education and Sports
- iv. Learning: Types of Learning, Learning curve Transfer of Learning.
- v. Growth and Development, Concept of Heredity and Environment

- 20 Marks

Unit-II

**Physiology of Exercise**

- i. Definition of Exercise Physiology, Difference between Physiology and Exercise Physiology.
- ii. **Muscular System:** Types of muscle contraction, Effect of Exercise and Effect of Training over Muscular system,
- iii. **Cardiovascular System:** Effect of Exercise and Effect of Training over Cardiovascular system, Blood Pressure, Pulse rate, Stroke Volume, Cardiac output,
- iv. **Respiratory System:** Effect of Exercise and Effect of Training over Respiratory system, Vital Capacity, Tidal Volume,
- v. Fatigue and recovery

**Practicum (40 Marks)**

-20marks

1. **Track and Field -**

Field events: long Jump, Triple Jump- Approach, Take-off Landing, Basic rules  
Shot put , Discus throw- Sector measurements, technique of putting/throwing.

- 10marks

2. **Gymnastics**

Forward Roll, Backward Roll, Cartwheel, Dive roll, Hand Stand, Hand Stand and roll,  
T-Balance.

- 10marks

3. **Ball Game (any one)**

**Football / Netball / Handball-** basic concept, field of play, basic rules, formation,  
game situation. Techniques and tactic of play.

Physical Education

Semester-IV

Unit-I

-20 marks

Sports Training

- i. Meaning, Definition, Basic Principles of Sports Training.
- ii. Concept of Physical Fitness, Motor fitness, Components of motor ability (Speed, Strength, Endurance, Agility, Flexibility, Co-ordination).
- iii. Meaning of Training Load, Load and Adaptation, Types of Load
- iv. Training method: Circuit Training, Interval method, Repetition method, Fartlek method, Weight training.
- v. Concept of Warming up and Cooling down, Conditioning.

Unit-II

- 20 marks

Fitness Science

- i. Concept of fitness and Wellness, Importance and Scope of fitness and wellness
- ii. Types of Fitness and Components of Fitness
- iii. Physical Activity and Health Benefits.
- iv. Modern Lifestyle and Hypokinetic Diseases- Prevention and Management
- v. Obesity – Definition, meaning and types of obesity.

Practicum (40 Marks)

-10 marks

1. Field Events

**High Jump**- Approach, Take-off, Landing, basic rules

**Javelin**- Approach, Throwing, follow throw, measurements of throwing sector, basic rules

-10marks

2. Indian Games:

**Kabaddi, Kho-kho**- Rules of play, Defensive skills and attacking skills in kabaddi, skills of chaser and runners

-10marks

3. Cricket / Hockey – Basic Skills, rules of Play

-10 marks

4. Ball Game (any one) -

Volleyball / Throw ball / Basket Ball – Basic rules of Play, field marking, basic skills

## Physical Education

Semester-V

### Unit-I

-20 Marks

#### Therapeutic aspects of Physical Education

- i. Common Sports Injuries, Types of injury.
- ii. Need and Importance of the study of sports injuries in the field of Physical Education.
- iii. Prevention and care - Laceration – Blisters – Contusion - Strain – Sprain – Fracture –Dislocation- Cramps- Haemorrhage
- iv. Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise.
- v. Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation, Massage

### Unit-II-

-20 marks

#### Test, Measurement and Evaluation

- i. Basic Concept of Test, Measurement and Evaluation.
- ii. It's need and importance in Physical Education
- iii. Criteria of good Test
- iv. Physical Fitness Tests and Sports Skill Tests,
- v. AAHPERD youth fitness test, JCR Test, Indiana Motor Fitness Test

#### Practicum (40 Marks)

1. Games: (any one) - 10 marks  
Badminton/ Table tennis/ Lawn tennis- Basic skills and rules of Play
2. Pranayama, Meditation and Kriya - 10 marks  
Basic techniques and ways of performing
3. First aid-Tool Box and procedures of first aiding - 10 marks
4. Activity record book (continuous evaluation from Sem.-II) - 10 marks

## Semester - I

Theoretical Course						
	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
	History , Principles and Foundation of Physical Education	4	4	20	80	100
	Anatomy and Physiology	4	4	20	80	100
	Health Education and Environmental Studies.	4	4	20	80	100
	Educational Technology and Computer Application/ Theory of Sports & Games	4	4	20	80	100
Practicum Course						
	Track and Field (Running Events)	6	4	20	80	100
	Swimming/Gymnastics/ Shooting (Any One)	6	4	20	80	100
	Indigenous Sports: Kabaddi / Malkhambh/ Lezim /Kho-kho	6	4	20	80	100
	Mass Demonstration Activities: Marchpast / Dumbbells / Tipri / Wands / Hoop /Umbrella	6	4	20	80	100
		20	16	160	640	800

**Note:** Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

## Semester – II

<b>Part-A: Theoretical Course</b>						
Sl. No.	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
	Sports Training	4	4	20	80	100
	Methods of teaching , Organisation & Administration in Physical Education	4	4	20	80	100
	Yoga Education	4	4	20	80	100
	Officiating & Coaching /					
	Gender Studies	4	4	20	80	100
<b>Part-B: Practical Course</b>						
	Track and Field (Jumping Events)	6	4	20	80	100
	Yoga/Aerobics/ Gymnastics/ Swimming	6	4	20	80	100
	Racket Sports: Badminton/ Table Tennis/ Squash/ Tennis	6	4	20	80	100
	Teaching Practices (05 lessons in class room teaching and 05 lessons in outdoor activities)	6	4	20	80	100
	<b>Total</b>	<b>40</b>	<b>32</b>	<b>160</b>	<b>640</b>	<b>800</b>

**Note:** Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.



## Semester - III

Part-A: Theoretical Course						
Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	
Sports Psychology & Sociology	4	4	20	80	100	
Sports Medicine, Physiotherapy and Rehabilitation	4	4	20	80	100	
Sports Management and Curriculum Design	4	4	20	80	100	
<b>Elective Course - Any one</b>						
Olvarant Movement / Sports Nutrition and Weight Management	4	4	20	80	100	

**Note:** Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

# Semester-III (Part-B Practical Course)

Track and Field (Throwing Events)						
Combative Sports: Martial Art: Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling (Any two out of these)	6	4	20	80	100	
Team Games: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any two of these)	6	4	20	80	100	
<b>Internship/Teaching Practices</b>						
Internship /Teaching Practice: (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports) (out of 10 lessons 5 internal and 5 external at practicing school)	6	4	20	80	100	
<b>Total</b>	<b>40</b>	<b>32</b>	<b>160</b>	<b>640</b>	<b>800</b>	

Note : The institute will have options to offer internship/ T.P. either in III or in IV Sem. In that case the teaching practice and sports specialization will exchange the components

## Semester - IV

Theoretical Course					
Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Measurement and Evaluation in Physical Education	4	4	20	80	100
Kinesiology and Biomechanics	4	4	20	80	100
Research & Statistics in Physical Education	4	4	20	80	100
<b>Elective Course - Any one</b>					
Adapted Physical Education	4	4	20	80	100
Contemporary issues in physical education, fitness and wellness /					
	160	128	960	2240	3200

# Semester-IV (Part-B Practical Course)

Track and Field / Swimming / Gymnastics (Anyone out of three)	6	4	30	70	100		
Kabaddi/ Kho-Kho/ Baseball/ Cricket/ Football/Hockey/Softball/ Volleyball/ Handball/ Basketball/ Netball/ Badminton/ Table Tennis/ Squash/ Tennis (Any Two of these)	6	4	30	70	100		
<b>Coaching Practices</b>							
Sports specialization: Coaching lessons Plans (One for Sports 5 lessons)	6	4	30	70	100		
Games specialization: Coaching lessons Plans (One for Games 5 lessons)	6	4	30	70	100		
<b>Total</b>	<b>40</b>	<b>32</b>	<b>240</b>	<b>560</b>	<b>800</b>		