

**1<sup>st</sup> Year**

<b>Academic Calendar</b>							
<b>P.N. Das College</b>							
<b>Department of Physical Education</b>							
<b>Months: July - December</b>				<b>Years: 2017 - 18</b>			
Sl. No.	Hons/ Gen	Paper	Group	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	I	A	Nature and scope of Physical Education.	3	Dr. Ajit Das	
2	”	”	”	Related Concept of Physical Education.	5	”	
3	”	”	”	Aims and Objectives of Physical Education.	3	”	
4	”	”	”	Changing concepts of Physical Education.	2	”	
5	”	”	”	Development of physical education and sports in India.	4	”	
6	”	”	”	Olympic movement.	6	”	
7	”	”	”	Sports Scheme in India.	9	”	
8	”	”	B	Introduction – Psychophysical Unity of Man.	2	”	
9	”	”	”	Heredity and Environment.	4	”	
10	”	”	”	Instinct, Emotion, Interest and motivation – Role in Sports.	8	”	
11	”	”	”	Physical Education as a Socialising – force.	2	”	
12	”	”	”	Social Values of Sports.	2	”	

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Sl. No.	Hons/ Gen	Paper	Group	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	I	C	Cell structure and Function	2	Dr. Ajit Das	
2	”	”	”	Skeletal System and Skeletal deformities – Types of bones, name of various bones of the body.	4	”	
3	”	”	”	Type of joints, Postural defect : Kyphosis, Lordosis, Scoliosis, Flat-foot etc.	3	”	
4	”	”	”	Circulatory system – Heart and its structure, Mechanism Blood Circulation, Types of blood vessels, blood pressure, effects of exercise.	4	”	
5	”	”	”	Respiratory System – Organs of the system, mechanism of respiration – inspiration and expiration, Vital capacity, Oxygen Debt, Effects of exercise.	3	”	
6	”	”	”	Nervous system – Parts of the Brain and their structure, Spinal Cord, Reflex Action, Reciprocal innervations, All or none law.	6	”	
7	”	”	”	Endocrine System – Meaning of Endocrine Gland; function, location of Pituitary, Thyroid and Adrenal Glands.	4	”	
8	”	”	D	Basic Nutrients – Protein, Carbohydrates, Fats, Vitamins, Minerals and Water.	6	”	

9	”	”	”	Need of Nutrients: a) Growth and Repair b) Vitality and Fitness c) Production of Calories for energy and warmth.	2	”	
10	”	”	”	Quality of Food – How and When to eat, Diets for different age groups, Food preference, sources of food.	4	”	
11	”	”	”	Balanced Diet, Athletic Diet, Standard Diet.	3	”	
12	”	”	”	Mid-day Meal and Milk Programmes, Malnutrition – causes and Effects.	2	”	
13	”	”	”	Drink Water, Tea-Coffee, Alcohol – their effects on health and performance.	3	”	
14	”	”	”	Importance of Hygienic living, Personal Hygiene; Care of skin, hair, ear, throat, teeth, eyes, nose, feet etc. Fatigue, Habits.	4	”	

## 2<sup>nd</sup> Year

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Months: July - December				Years: 2017 - 18			
Sl. No.	Hons/ Gen	Paper	Group	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	II	A	Management of sports and games in school, college and universities.	3	Dr. Ajit Das	
2	”	”	”	Types of tournaments: a) Knockout System b) League System c) Combination System.	10	”	
3	”	”	”	Lay-out of play field and Basic rules: a) Kabaddi b) Kho-kho C) Volleyball d) Badminton e) Football f) Hockey g) Cricket h) Track and Field events.	13	”	
4	”	”	”	Care and maintenance of sports Equipments.	1	”	
5	”	”	B	Meaning of sports training, conditioning, warming up and cooling down.	3	”	
6	”	”	”	Components of physical fitness: speed, strength endurance, agility, flexibility etc.	2	”	
7	”	”	”	Training methods: circuit, interval, fartlek, cross country, weight training.	5	”	
8	”	”	”	Normal load, crest load, over load, principles of over loading.	3	”	
9	”	”	”	Mechanical principles applied to sports: laws of motion, lever and its types, equilibrium – its type and laws, center of gravity, force and its types.	10	”	

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1	Gen	II	C	Muscular System: various types of muscles, structure, effects of exercise, muscular contraction- eccentric, concentric, static; motor unit, isometric, isotonic, isokinetic exercises.	6	Dr. Ajit Das	
2	”	”	”	Effects of exercise on circulatory system, blood pressure.	3	”	
3	”	”	”	Effects of exercise on respiratory system, vital capacity, oxygen debt, cardiovascular endurance.	5	”	
4	”	”	D	Meaning of health education.	2	”	
5	”	”	”	Major areas of health education. a) Health service- daily health inspection, medical inspection and follow up, medical examination form, medical clinic. b) Healthful environment- healthful environment in educational institute, offices, factories, play grounds, auditorium etc. Environmental hygiene- lighting, ventilation, water supply and waste disposal.	6	”	
6	”	”	”	Environmental pollution: air, water etc. and remedial measures.	4	”	
7	”	”	”	Safety education- safety at home, school, college,	4	”	

				playground, streets.			
8	”	”	”	Prevention and control of communicable diseases – malaria, cholera, common-cold, coughs etc.	6	”	
9	”	”	”	Mental health – problems of maladjustment, minor mental disorders, their causes and precautions.	2	”	
10	”	”	”	First aid management – sprain, muscle pull, dislocation, fracture, cramps, shock, minor injuries, bleeding, snakebites, drowning, electric shock, burns and artificial respiration.	12	”	

### 3<sup>rd</sup> Year

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Sl. No.	Hons/ Gen	Paper	Group	Topic	No. of Lectures	Name of the Lecturer	Remarks
1	Gen	IV	A	Exercise and chronic diseases – osteoporosis, obesity, hypertension, diabetes, cardiovascular diseases.	6	Dr. Ajit Das	
2	”	”	”	Exercise therapy – corrective, isotonic, isometric, resistance exercises. Yogasanas as a therapy, massage therapy.	6	”	
3	”	”	”	Electrotherapy, hydrotherapy, cryotherapy, thermotherapy – basic principles.	8	”	
4	”	”	”	Basic principles of rehabilitation – modalities and relaxation techniques.	5	”	

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1	Gen	IV	B	Physical activities, health and wellness – modern concepts.	3	Dr. Ajit Das	
2	”	”	”	Health and fitness active lifestyle.	3	”	
3	”	”	”	Physical activity and childhood – growth and development.	6	”	
4	”	”	”	Physical activity and women – puberty, adolescent and post adolescent periods, pregnancy, limitations of female in athletics.	5	”	
5	”	”	”	Physical activity for the aged – exercise and physiology of aging, loss of functional reserve with age, risk of exercise among the aged.	5	”	
6	”	”	”	Physical activity for the disabled: types of disability, programme for the disabled.	3	”	