MURSHIDABAD UNIVERSITY

4 Years Bachelor's Degree

in

PHYSICAL EDUCATION AND SPORT (MAJOR & MINOR)

COURSE STRUCTURE (FINAL) Under Curriculum and Credit Framework for Undergraduate Program (CCFUP) as per NEP, 2020

With Effect from 2025-2026

Murshidabad University

Berhampore

Murshidabad

West Bengal- 742101

Semester – I

Course Code	Course Title	Nature of Course	Credit of Course	Class Hour / Week	Evaluation			Total Marks
					Internal	Semester End		
PED-M-T-101A	**Theory :Foundation and Indian History of Physical Education and Kinesiology and Biomechanics** **Practical: Formal Activity (calisthenics, development of physical fitness and co-ordination through Aerobics)**	**Major Theory + Practical**	**3 + 1**	**3(TH)+1(PR)**	**(Theory) 20 Marks**	**(Theory) 40 Marks**	**(Practical) 20 Marks**	**80 Marks**
PED-Mi-101A	**Theory :History and Principles of Physical Education and Biological Basis of Physical Education**	**Minor (Theory)**	**4**	**4 (th)**	**20 Marks**	**60 Marks**		**80 Marks**
PED-SEC-T-101A + SEC-P-101A	**Theory: Rules and Regulations Athletics and Sports (Athletics and Football)** **Practical: Specific Skill Oriented Filed Practical (Football and Athletics)**	**Skill Enhancement**	**2 + 1**	**2(TH)+1(PR)**	**10 Marks**	**30 Marks**	**10 Marks**	**50 Marks**
PED-MDC-101A	**Health and Wellness (Theory)**	**Multidisciplinary**	**3**	**3 (TH)**	**15 Marks**	**45 Marks**		**60 Marks**

Semester-II

Course Code	Course Title	Nature of Course	Credit of Course	Class Hour / Week	Evaluation			Total Marks
					Internal	Semester End		
PED-M-T-201A	**Theory :Biological Basis of Physical Education and World History and Physical Education** **Practical: Formal Activity (marching and dumbbell)**	**Major Theory + Practical**	**3 + 1**	**3(TH)+1(PR)**	**(Theory) 20 Marks**	**(Theory) 40 Marks**	**(Practical) 20 Marks**	**80 Marks**
PED-Mi-201A	**Theory : History and Principles of Physical Education and Biological Basis of Physical Education**	**Minor (Theory)**	**4**	**4 (th)**	**20 Marks**	**60 Marks**		**80 Marks**
PED-SEC-T-201A + SEC-P-201A	**Theory: Basics of Yoga** **Practical: Basis yogis postures**	**Skill Enhancement**	**2 + 1**	**2(TH)+1(PR)**	**10 Marks**	**30 Marks**	**10 Marks**	**50 Marks**
PED-MDC-201A	**Safety Education and Fitness Promotion**	**Multidisciplinary**	**3**	**3 (TH)**	**15 Marks**	**45 Marks**		**60 Marks**

SEMESTER – 1
MAJOR COURSE: Foundation and Indian History of Physical Education and Kinesiology and Biomechanics
COURSE CODE-(PED-M-T-101A)
Total number of class - 90 (60^{Th}+30Pr)

Unit-1: Introduction LH-15

1.1 : Meaning and Definition
1.2 : Aim and Objectives and Physical Education
1.3 : Scope of Physical Education and Relationship of physical Education
1.4 : Physical Education as an Art of Science and Importance of physical Education

Unit-2: Main Philosophies of Education as Applied to Physical Education LH-15

2.1: Introduction of Idealism
2.2: Introduction of Naturalism
2.3 : Introduction of Realism
2.4: Introduction of Pragmatism

Unit-3: Historical Development of Physical Education and Sports in India Pre- Independence LH-15

3.1: Ancient Period in History of Physical Education (Vedic Age, Epic Age, Historical Age)
3.2: Medieval Period in History of Physical Education (Nalanda Period, Rajput Period Mughal Period)
3.3: British Period (1730-1947A.D)
3.4: History of The Following is a Description of Various Physical Education Institutions

Unit-4: Kinesiology and Biomechanics LH-15

4.1: Modern Trends in Biomechanics, Plans and Axes of Human Body, Joints and Their Movements
4.2: Motion; its laws and Their Application in Sports
4.3: Kinesiological, Muscular and Mechanical Analyses of Fundamental Movements and Mechanical Analysis Sports Skills
4.4: Mechanical Advantage and Applications of Levers in Sports

Unit-5: Field Practical LH-15

5.1: Development of Physical Fitness through Calisthenics and Aerobics Activities
5.2: Development of Physical Fitness through Marching and Dumbbell Activities

Reference Book-

1.Philosophies of Education & Their Application To Physical Education (DR. Vijay Kumar)
2. Modern Philosophies of Education (John S.Brubacher)
3.History & Development Of Physical Education In India pre & Post Independence(O.P Sharma)
4.History & Development of Principles and Foundation (Dr. sanjay)
5.Kinesology and Biomechanics in Physical Education (Amit Pal)
6.Kinesology and Biomechanics in Physiotherapy(Dr subhas khatri)
7.Kinesology and Biomechanics (Dr.Gulab singh ruhal)

MINOR COURSE-History and Principal of Physical Education and Biological Basis of
Physical Education
COURSE CODE- (PED-Mi-101A)
Total Number of Class-60th

Unit-1: Introduction LH-15

1.1: Meaning and Definition of Physical Education
1.2: Misconception and Modern Concept of Physical Education
1.3: Importance of Physical Education in Modern Society
1.4: Physical education and Allied Areas (Health Education, Recreation, dance, Game and Sports)

Unit-2: Biological Basis of Physical Education LH-15

2.1: Biological Foundation; Meaning and Definition of Growth and Development Difference between Growth and Development
2.2: Principles and Importance of Growth and Development
2.3: Age-(Chronological Age, Anatomical Age, Physiological Age and Mental Age)
2.4: Body Classification, Historical Perspective, constitution Typology or Somatotyping

Unit-3: History of Physical Education LH-15

3.1: Olympic Movement-Ancient and Modern Olympic Games
3.2: Brief Historical background Of Asian Games, Common Wealth Games and SAF Games
3.3: National Sports Awards: Arjun Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award and Dhyanchand Award
3.4: National policy on Physical Education

Unit-4: Sports Organization and Sports Schemes in India LH-15

4.1: International Olympic Committee
4.2: Indian Olympic Association
4.3: Netaji Subhas National Institute Sports, Patiala
4.4: Sports Authority of India

Reference Book –

1.Biological Basis Of Physical Education(Dr.Briz Mohan)
2. Basic Health & Physical Education(A.K jain)
3. Health & Physical Education(Dr V.K Sharma)
4. A Guide to the history Of Physical Education(Fred Gugene Leonard)
5. Land Marks In The history Of Physical Education(J.G Doen, A.d Mudrow)
6. Organization & Administration in Physical Education & sports (Dr.kunvar Singh)
7.Organization & Administration of Physical Education(Dr.S.Dheer,Radhika kamal)

SKILL ENHANCEMENT COURSE: ATHELETCIS AND FOOTBALL

COURSE CODE: (PED-SEC-T-101A+SEC-P-101A)

TOTAL NUMBER : 60(40TH +20PR)

UNIT-1: Compulsory LH-20

1.1: Athletics: Rules & Regulations

1.A: Crouch Start Technique, Rules and Regulations
1.B: Discuss Throw Rules and Regulations
1.C: Putting the Shot Rules and Regulations
1.D: Javelin Throw Rules and Regulations
1.E: High Jump Rules and Regulations
1.F: Long Jump Rules and Regulations

1.2: Football Rules of Regulations LH-20

2.A: Kicking
2.B: Passing
2.C: Dribbling
2.D: Goal-Keeping

UNIT-2 Specific Skill Oriented Field Practical Any- 2 LH-20

2.A: Crouch Start
2.B: Finishing
2.C: Kicking
2.D: Passing
2.E: Goal Keeping

MULTIDISCIPLINARY COURSE :HEALTH AND WELLNESS
COURSE CODE : PED-MDC-101A
TOTAL NUMBER OF CLASS-(40TH)

Unit-1: Introduction LH-10

1.1: Definition & meaning Health and Wellness.
1.2: Importance of Health and Wellness in Daily Life
1.3: Principle of Health and Wellness and Nature of Health and Wellness
1.4: Dimensions of Health and Wellness

Unit-2: Nutrition LH-10

2.1: Introduction of Nutrition
2.2: Balanced Diet
2.3: Daily Energy Requirements
2.4: Eating and Competition

Unit-3: Environmental Pollution LH-10

3.1: Introduction of Pollution
3.2: Air Pollution
3.3: Water Pollution
3.4: Noise Pollution

Unit-4: Understanding of Wellness LH-10

4.1: Understanding Wellness
4.2: Factor Affecting Wellness
4.3: Modern Life Style and health
4.4 Obesity and its management

Reference book –

1.Nutrition and Diet Therapy (T.Lagua)
2.Food Nutrition and Community Health(dr.Vikas Singh)
3.Food Nutritaion and Dietary Management of Disease(H N Sarkar)
4.Enviromental Pollution Management and Control for Sustainble Development(R K Khitoliya)
5.Enviromental Pollution (Omkar ravi Sankar Verma)
6.Enviromental Pollution Concepts and Management(Dr.Dhrm Raj Verma)
7.The Wellness A Guide to Overall Well-Being (Dr. Parveen Katiyar)
8.Creating a Life time Wellness(Aura E.Martinz)

SEMESTER-2

MAJOR COURSE- BIOLOGICAL BASIS OF PHYSICAL EDUCATION AND WORLD HISTORY AND PHYSICAL EDUCATION

COURSE CODE-(PED-M-T-201A)

NUMBER OF CLASS-90 (60TH +30PR)

Unit-1: Introduction LH-15

1.1: Evolution of Locomotion Quadruped to Biped
1.2: Biological Basis of Life
1.3: Exercise and its types
1.4: Somatotype-Meaning Definition, Classification of Somatotype, and Factors Affecting Somatotype

Unit-2: Growth and Development and Age and Sex Differences in Physical Education LH-15

2.1: Meaning and Definition of Growth and Development
Differences between Growth and Development
2.2: Anatomical Differences and Physiological Differences
2.3: Hereditary Traits
2.4: Characteristics of Growth and Development

Unit-3: Ancient and Contemporary Perspective Physical Education in Retrospect LH-15

3.1: Greece (Homeric Period, Spartan Period, Early Athenian Period, Later Athenian Period)
3.2: Rome (The Early Roman, Later Roman Period)
3.3: Ancient Olympic Movement
3.4: Modern Olympic Movement

Unit-4: Modern Perspective LH-15

4.1: Germany
4.2: Sweden
4.3: Denmark
4.4: United States of America

Reference Book-

1.Quadrupedal Locomotion an Lintroduction to the Control of Four-legged Robots (Elena Garcia)

2.Growth, Maturation, Physical activity, and sport(Robert M. Malina, 3rd Edition,2026)

3. A text book and Sports and Exercise Physiology – Chapter; Age, Sex and performance (Nelson)
4.Sport, Health and the body in the history of education (Mark Freeman)
5. Landmarks in the history of Physical Education (P C Mclntosh)
6. Introduction to Physical Education, Fitness, and sport (Daryl Siedentop)
7. Principles and Practice of Physical Education (Dr C B Gupta)
8. Contemporary Issue in Physical Education : Internationl Perspectives (Ken Green)

MINOR COURSE-History and Principle of Physical Education and Biological Basis of Physical Education

COURSE CODE- (PED-Mi-201A)

Total Number of Class-60

Unit-1: Introduction LH-15

1.1: Meaning and Definition of Physical Education
1.2: Misconception and Modern Concept of Physical Education
1.3: Importance of Physical Education in Modern Society
1.4: Physical education and Allied Areas (Health Education, Recreation, dance, Game and Sports)

Unit-2: Biological Basis of Physical Education LH-15

2.1: Biological Foundation; Meaning and Definition of Growth and Development Difference of Growth and Development
2.2: Principal and Importance of Growth and Development
2.3: Age-(Chronological Age, Anatomical Age, Physiological Age and Mental Age)
2.4: Body Classification, Historical Perspective, constitution Typology or Somatotyping

Unit-3: History of Physical Education LH-15

3.1: Olympic Movement-Ancient and Modern Olympic Games
3.2: Brief Historical background Of Asian Games, Common Wealth Games and Saf Games
3.3: National Sports Awards: Arjun Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award and Dhyanchand Award
3.4: National policy on Physical Education

Unit-4: Sports Organization of Sports Schemes In India LH-15

4.1: International Olympic Committee
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5. Land Marks In The history Of Physical Education(J.G Doen, A.d Mudrow)
6. Organization & Administration in Physical Education & sports (Dr.kunvar Singh)
7.Organization & Administration of Physical Education(Dr.S.Dheer,Radhika Kamal)

SKILL ENHANCEMENT COURSE- INTRODUCTION OF YOGA
COURSE CODE-(PED-SEC-T-201A+SEC-P-201A)
TOTAL NUMBER OF CLASS- (40TH+20PR)

Unit-1: Introduction of yoga and yoga practice — LH-10

1.1: Concepts and Principles of Yoga
1.2: Definition, Aim, Objectives and Classification of Yoga
1.3: Classical Approach to Yoga practice: Kriyas, Yama, Niyama Asana and Pranayama

Unit-2: Historical Aspect of Yoga — LH-10

2.1: Introduction of Historical Yoga
2.2: Anicent period / Indus Valley Civilization
2.3: Vedic Period, Pre-Classical era, Port-Classical Period, Modern Period

Unit-3: Introduction to Yogic — LH-10

3.1: Significances to Yogic Texts in the Context of Schools of Yoga
3.2: Patanjali's yoga Sutra : Ashtanga Yoga and Kriya Yoga in Sadhana Pada
3.3: Hatha Yogic Text: Hatha Yoga Pradipika, Shiva Samhita
3.4: Meditational Process in Patanjali's Yoga Sutra

Unit-4: Practical (Advanced Yoga) — LH-10

4.1: Standing Posture; Natarajasana , Ruchikasana
4.2: Arm Balance Mayurasana Sirsasana
4.3: Seated posture; Buddha Padmasana, Hanumanasana
4.4: Pranayama (Anulom/Vilom)

MULTIDISCIPLINARY COURSE-SAFETY EDUCATION AND FITNESS PROMOTION
COURSE CODE –(PED-MDC-201A)
TOTAL NUMBER OF CLASS –40

Unit-1: Health and Safety in Daily Life LH-10

1.1: Introduction
1.2: Importance of Health and Safety in Daily Life
1.3: Principle of Health and Safety in Daily Life
1.4: Dimension of Health and Safety Daily Life

Unit-2: First Aid Emergency Care LH-10

2.1: First Aid and Emergency Care
2.2: Aim of First Aid
2.3: Types of First Aid
2.4: Importance of First Aid

Unit-3: Common Injuries and Their Management LH-10

3.1: Introduction
3.2: Common Sports Injuries in Players
3.3: Management of Common Sports Injuries Process
3.4: Prevention and Recovery Process Common Injuries

Unit-4: Modern Lifestyle and Hypo Kinetic Diseases Prevention and Management LH-10

4.1: Introduction
4.2: Meaning of Life Style
4.3: Hypo kinetic Diseases
4.4: Prevention and Management of Hypo Kinetic Diseases

Reference Book-

1.Health and physical Education (Har Kiran Preet)
2.Essentials of Physical Education (Dr Anil Nadir)
3. First-aid and emergency care (Mala Goswami)
4.Textbook on First Aid and Emergency Nursing (Jaypee)
5.A Guide to Sports and Injury Management(Mike Bundey)
6. Managing sports Injuries (Christopher M Norris)
7. Acute management of Hand Injuries (Andrew J Wellard)
8. Life Style Diseases and Their Prevention (Shibprasad Mondal)
9. Guide to Prevention of Lifestyle Diseases (Dr R Kumar)