Murshidabad Maharaja Krishnanath University, Berhampore

Syllabus for 3-Year Degree/4-Year Honours in

Physical Education

Under Curriculum and Credit Framework for Undergraduate Programmes (CCFUP) as per NEP, 2020

With effect from 2025-2026

Murshidabad Maharaja Krishnanath University, Berhampore

Murshidabad

West Bengal- 742101

Course Structure: Undergraduate Programmes in Physical Education

SEMESTER I						
Course Code	**Course Title**	**Nature of Course**	**Credit of Course**	**Evaluation**		
				Internal	**Semester End**	**Total Marks**
UG-PED-M-T-101	FOUNDATION AND INDIAN HISTORY OF PHYSICAL EDUCATION AND KINESIOLOGY AND BIOMECHANICS	Major (Theory)	3	20	40	60
UG-PED-M-P-101	FORMAL ACTIVITY (CALISTHENICS, DEVELOPMENT OF PHYSICAL FITNESS AND COORDINATION THROUGH AEROBICS)	Major (Practical)	1	-	20	20
UG-PED-SEC-T-101	RULES AND REGULATIONS ATHLETICS AND SPORTS (ATHLETICS AND FOOTBALL)	SEC (Theory)	2	10	30	40
UG-PED-SEC-P-101	SKILL ORIENTED FIELD PRACTICAL (FOOTBALL AND ATHLETICS)	SEC (Practical)	1	-	20	20
UG-PED-Mi- 101	HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION AND BIOLOGICAL BASIS OF PHYSICAL EDUCATION	Minor	4	20	60	80
UG-PED-MDC-101	HEALTH AND WELLNESS	MDC	3	15	45	60

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SEMESTER II						
Course Code	**Course Title**	**Nature of Course**	**Credit of Course**	**Evaluation**		
				Internal	**Semester End**	**Total Marks**
UG-PED-M-T-201	BIOLOGICAL BASIS OF PHYSICAL EDUCATION AND WORLD HISTORY AND PHYSICAL EDUCATION	Major (Theory)	4	20	60	80
UG-PED-SEC-T-201	BASICS OF YOGA	SEC (Theory)	2	10	30	40
UG-PED-SEC-P-201	BASIS YOGIS POSTURES	SEC (Practical)	1	-	20	20
UG-PED -Mi- 201	HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION AND BIOLOGICAL BASIS OF PHYSICAL EDUCATION	Minor	4	20	60	80
UG-PED -MDC-201	SAFETY EDUCATION AND FITNESS PROMOTION	MDC	3	15	45	60

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SEMESTER III						
Course Code	**Course Title**	**Nature of Course**	**Credit of Course**	**Evaluation**		
				Internal	**Semester End**	**Total Marks**
UG-PED -M-T-301	HUMAN BODILY SYSTEMS AND THERAPEUTICS ASPECTS	Major (Theory)	4	20	60	80
UG-PED -M-T-302	TEST MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION AND SPORTS	Major (Theory)	4	20	60	80
UG-PED -SEC-P-301	HOCKEY GAME & VOLLEYBALL GAME	SEC (Practical)	3	15	45	60
UG-PED -Mi- 301	HUMAN BODILY ORGANS AND SYSTEMS AND EXERCISE & TRAINING	Minor	4	20	60	80
UG-PED -MDC-301	LIFESTYLE DISEASE AND PHYSICAL ACTIVITY	MDC	3	15	45	60

SEMESTER -3

MAJOR COURSE: HUMAN BODILY SYSTEMS AND THERAPEUTICS ASPECTS

COURSE CODE - UG-PED -M-T-301

UNIT - 1 Introduction of muscles

1.1 Meaning & Definition of muscles. Types of muscles.

1.2 Structure of Skeletal system

1.3 Classification of Skeletal system. Classification of muscles according to function.

1.4 Function of muscular system. Muscle fiber types Distribution and performance.

UNIT - 2 Introduction Circulatory System

2.1 Meaning & Definition.

2.2 Functions of the Heart. Structure of the Heart.

2.3 Functions of Blood

2.4 Working of Human Heart.

UNIT - 3 Postural Deformities

3.1 Introduction, meaning of posture.

3.2 Types of good posture.

3.3 Importance of a good posture.

3.4 Common postural Deformities. (Kyphosis, Lordosis, Scoliosis, Knock Knee, flat foot)

UNIT – 4 Massage and Therapeutic Exercises.

4.1 Introduction. Brief history of massage.

4.2 Uses, types and benefits of massage.

4.3 Principle of massage, Effects of massage.

4.4 Massage manipulation and Therapeutic Exercises

MAJOR COURSE: TEST MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION AND SPORTS

COURSE CODE - UG-PED -M-T-302

UNIT - 1 Introduction

1.1 Meaning & Definition of test; Measurement and Evaluation.

1.2 Need and Importance of Measurement and Evaluation.

1.3 Criteria for test selection scientific authenticity.

1.4 Meaning, definition and establishing validity, reliability, objectivity.

UNIT – 2 Motor Fitness Test

2.1 Meaning and Definition of motor fitness test.

2.2 Indiana Motor Fitness Test (For elementary & High school boys, girls, and College men) and Oregon Motor Fitness Test (Separately for boys and girls); J.C.R Test.

2.3 Barrow motor ability test.

2.4 Kraus Weber minimum muscular fitness test.

UNIT - 3 Physical Fitness Test

3.1 Meaning, definition and importance of physical fitness test.

3.2 AAHPERD Health Related Fitness Battery.

3.3 Roger's physical Fitness Index.

3.4 Cardiovascular test: Harvard - Step test, 12 min run/walk test.

UNIT – 4 Skill Tests: Specific Sport Skill Test

4.1 Badminton: Miller Wall Volley Test

4.2 Basketball: Johnson Basketball Test, Harrison Basketball Test.

4.3 Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test.

4.4 Volleyball: Russel Lange Volleyball Test, Brady Volleyball Test.

SEC COURSE: HOCKEY GAME AND VOLLEYBALL GAME (PRACTICAL)

COURSE CODE - UG-PED -SEC-P-301

UNIT – 1 Hockey Game

1.1 Hockey: Rules & regulations.
1.2 Techniques: The grip, the carry, dribbling, push, scoop, hit and goalkeeping.

UNIT – 2 Volleyball Game

2.1 Volleyball: Rules & regulations.

2.2 Service: Under arm service, Tennis service, and Floating service.

2.3 Pass: Underarm pass, Overhead pass.

MINOR COURSE: HUMAN BODILY ORGANS AND SYSTEMS AND EXERCISE & TRAINING

COURSE CODE - UG-PED -Mi- 301

UNIT - 1 Introduction to the muscular system

1.1 Meaning and definition of Concept of muscles.

1.2 Physiology and classification of muscles.

1.3 Properties of muscle tissue.

1.4 Structure of skeletal muscles.

UNIT – 2 Physiology of muscular contraction & effect of Exercise and Training on the Muscular System

2.1 Mechanism of muscle contraction.

2.2 Types of muscular contractions.

2.3 Neuro-muscular Coordination Muscle Exercises.

2.4 Effect of Exercise and Training on the muscular system.

UNIT – 3 Introduction to cardiac System

3.1 Heart: Meaning and definition.

3.2 Concept and structure of the heart.

3.3 Function of the Heart and control of the Heart Rate.

3.4 CARD Cardiac cycle.

UNIT – 4 Introduction to blood and its functions

4.1 Blood: Meaning and definition.

4.2 Functions and compositions of Blood.

4.3 Blood Groups classification & Importance of blood groups.

4.4 The Blood Vessels Classification

MDC COURSE: LIFESTYLE DISEASE AND PHYSICAL ACTIVITY

COURSE CODE - UG-PED –MDC-301

UNIT-1: Physical activity, PCOS, Endurance, Respiratory rate, Importance of rest in daily life, Yoga, Macro nutrients, Hypertension, Risk factors of anxiety, BMI.

UNIT-2: Unhealthy lifestyle, Psycho somatic disorder, Types of exercises, Components of nutrition, Vital signs.

UNIT-3: Define nutrition. Elaborate various nutritional deficiency diseases; Illustrate general principles of Exercises and critically analyze the importance of exercise in daily life.