

## Syllabus Distribution

Department of Physical Education

Asannagar MMT College

**SEMESTER –I (MAJOR COURSE)**

Course: Introduction and History of Physical Education and Sports

Course Code: PEDS-M-T-1

Total number of classes – 120

Units	Topic	Teacher	No. of class
<b>Unit-I</b>	<b>Introduction</b> 1.1. Meaning and Definition of Physical Education 1.2. Aim and Objectives of Physical Education 1.3. Nature of Physical Education 1.4. Misconception and Modern Conception of Physical Education 1.5. Relation of Physical Education with General Education 1.6. Importance of Physical Education in Modern Society	MPG	12
<b>Unit -II</b>	<b>History of Physical Education in Greece</b> 2.1. Homeric Sports of the Heroic Age 2.2. The City States 2.3. Sparta- Women at Sparta, Physical Education in Sparta 2.4. Athens – Education, The Palestra, The Ephebos, Gymnasium, The Greek Teachers 2.5. Greek National Games and Festivals: Pythian Games, Isthmian Games, Nemean Games, Ancient Olympic Games, Modern Olympic Games	UKB	20
<b>Unit- III</b>	<b>History of Physical Education in Rome</b> 3.1. Education in Rome 3.2. The Field of Mars, The Public Games, The Circus Maximus, The Colosseum, Gladiatorial Combats, The Thermae 3.3. The Roman Contribution	UKB	12
<b>Unit –IV</b>	<b>History of Physical Education in India</b> 4.1. Historical Development of Physical Education and Sports in India- Ancient period, Medieval Period, Pre-Independence and Post – Independence Period 4.2. Brief Historical background of Asian Games, Commonwealth Games SAF Games 4.3. National Sports Awards – Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award	MPG	16
<b>Unit – V</b>	<b>Field Practical</b> (Development of Physical fitness through Callisthenics, Marching and Dumble activities)		60
	<b>Calisthenics</b> Attention, preparation, four and eight-count exercises involving different body parts done to command/music, standing, jumping, and moving exercises and combination above all	SS	15
	<b>Marching</b> Fall In, Attention, Stand at Easy, Eyes right, Eyes front, Right Turn, Left Turn, Half Right Turn, half Right Turn, About Turn, Mark Time Mark, Forward march, Salute	MPG	25
	<b>Dumbbell</b> Grip and Attention with Light apparatus, stand – at ease with the dumbbell, and exercise with verbal command, Drum, whistle and music –two counts, four counts eight and sixteen counts, standing, jumping and moving exercise and combination above all	UKB	20

**Syllabus Distribution**  
 Department of Physical Education  
**Asannagar MMT College**  
**SEMESTER –I (MAJOR COURSE)**  
 Course: Skill Enhancement Course  
 Course Code: **PEDS-SEC-P-1**  
 Total number of classes – 90

Unit	Topic	Teacher	No. of Class
<b>Unit -I</b>	<b>Compulsory</b> 1.1. Forward Roll 1.2. T- Balance 1.3. Backward Roll 1.4. Forward Roll with Split leg 1.5. Cart -Wheel	UKB & SS	40
<b>Unit –II</b>	<b>Optional (any two)</b> 2.1. Hand Spring 2.2. Head Spring 2.3. Neck Spring 2.4. Hand Stand and Forward Roll 2.5. Summersault	MPG & AS	50