

## Syllabus Distribution/ Lesson Plan-2025

Department of Physical Education & Sports

Asannagar Madan Mohan Tarkalankar College

SEMESTER –I (MAJOR COURSE-NEP)

Course: Introduction and History of Physical Education and Sports

Course Code: PEDS-MJ-T-1

Total number of classes – 120

Units	Prescribed Course	Teacher	No. of class
<b>Unit-I</b>	<p><b>Introduction</b></p> <p>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</p>	UKB	12
<b>Unit -II</b>	<p><b>History of Physical Education in Greece</b></p> <p>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</p>	MPG	20
<b>Unit- III</b>	<p><b>History of Physical Education in Rome</b></p> <p>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</p>	MPG	12
<b>Unit –IV</b>	<p><b>History of Physical Education in India</b></p> <p>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</p>	UKB	16
<b>Unit – V</b>	<p><b>Field Practical:</b> Development of Physical fitness through Callisthenics, Marching and Dumble activities</p>		
	<p><b>Calisthenics</b></p> <p>Attention, preparation, four and eight-count exercises involving different body parts done to command/music, standing, jumping, and moving exercises and combination above all</p>	SS	15
	<p><b>Marching</b></p> <p>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</p>	UKB	25
	<p><b>Dumbbell</b></p> <p>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</p>	SS	20

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Department of Physical Education and Sports  
Asannagar Madan Mohan Tarkalankar College

SEMESTER -I (MAJOR COURSE-NEP)

Course: Skill Enhancement Course

Course Code: **PEDS-SEC-P-1**

Total number of classes – 90

Unit	Prescribed Course	Teacher	No. of Class
<b>Unit -1</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	MG	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	UKB	50

## **Syllabus Distribution/ Lesson Plan**

Department of Physical Education and Sports  
**Asannagar Madan Mohan Tarkalankar College**  
**SEMESTER –I (MINOR COURSE)**

Course: Foundation and History of Physical Education

**Course Code: PEDS-MI-T-1**

Total number of classes – 60

<b>Units</b>	<b>Prescribed Course</b>	<b>Teacher</b>	<b>Credit</b>
<b>Unit-I</b>	<b>I. Introduction</b> 1.1 Meaning and definition of Physical Education 1.2 Aim and objectives of Physical Education 1.3 Misconception and Modern concept of Physical Education 1.4 Importance of Physical Education in modern society	UKB	LH-12
<b>Unit -II</b>	<b>2. Biological and Sociological Foundations of Physical Education</b> 2.1 Biological Foundation- meaning and definition of growth and development, Factors affecting growth and development, Differences of growth and development, Principles of growth and development 2.2 Age-Chronological age, anatomical age, physiological age and mental age 2.3 Sociological Foundation - meaning and definition of Sociology, Society, Socialization and Physical Education 2.4 Role of games and sports in National and International Harmony	MG	LH-18
<b>Unit- III</b>	<b>3. History of Physical Education</b> 3.1 Historical Development of Physical Education and Sports in India- Pre-Independence period and post-Independence period 3.2 Olympic Movement-Ancient and Modern Olympic Games 3.3 Brief historical background of Asian Games, Commonwealth Games and SAF Games 3.4 National Sports Awards- Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award and Dhyan Chand Award	MG	LH-18
<b>Unit -IV</b>	<b>4. Yoga Education</b> 4.1 Meaning and definition of the term Yoga, types, aim, objectives, and the importance of Yoga 4.2 History of Yoga 4.3 Ashtanga Yoga 4.4 Hatha Yoga	UKB	LH-12

## Syllabus Distribution/ Lesson Plan

Department of Physical Education  
Asannagar Madan Mohan Tarkalankar College  
SEMESTER –I (MULTIDISCIPLINARY COURSE)  
Course: Health and Wellness  
Course Code: PEDS-MU-T-1  
Total number of classes – 45

Units	Prescribed Course	Teacher	Credit
Unit-I	<b>I. Introduction</b> 1.1 Health and Wellness- Definition, Meaning and Concept 1.2 Dimensions of Health and Wellness. Factors affecting health and wellness 1.3 Importance of health and wellness Education 1.4 Determinants of healthy behavior	UKB	LH-10
Unit -II	<b>2. Nutritional value of Health and Wellness</b> 2.1 Diet and nutrition for health & wellness. 2.2 Malnutrition, under-nutrition and over-nutrition 2.3 Processed foods and unhealthy eating habits 2.4 Essential components of a balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals	MG	LH-10
Unit- III	<b>3. Mental Health and Wellness</b> 3.1 Mental health- Definition and meaning. Relationship between mental health and wellness 3.2 Factors affecting mental health. 3.3 Management of Stress, anxiety, and depression 3.4 Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counseling, and rehabilitation	MG	LH-10
Unit –IV	<b>4. Physical Fitness, Health, and Wellness</b> 4.1 Physical Fitness- Definition and Meaning. Relationship among Physical Fitness, Health and Wellness 4.2 Types of Physical Fitness and its Health Benefits. 4.3 Physical activity, Lifestyle management and Hypokinetic diseases prevention 4.4 Weight management and the role of Yoga, asanas, and meditation in maintaining health and wellness.	UKB	LH-12