

Syllabus Distribution/ Lesson Plan-2026

Department of Physical Education & Sports

Semester – II (Major)

Biological Basis of Physical Education and Sport

Course Code: PED-M-T-2

Total number of classes – 90 (60 Th + 60 Pr)

Session: 2026-2027

UNIT	Prescribed Course	LH	Teacher's Name	Total Credits in the Sem
I	<u>Introduction</u> 1.1 Evolution of Locomotion from Quadruped to Biped 1.2 Advantages and Disadvantages 1.3 Biological Basis of Life 1.4 Biological Basis of Physical Education 1.5 Exercise and its Types	12	UKB	1
II	<u>Growth and Development</u> 2.1. Meaning and definition of Growth and Development 2.2. Differences between Growth and Development 2.3. Stages of Growth and Development 2.4. Characteristics of Growth and Development at Different Stages 2.5. Principles of Growth and Development 2.6. Factors Affecting Growth and Development	14	MG	1
III	<u>Age and Sex Differences in Physical Education</u> 3. 1 Age- Chronological age, Anatomical age, Physiological age and Mental age 3. 2 Anatomical Differences and Physiological Differences 3. 3 Age and Sex differences in relation to Physical activities and Sports 3. 4 Hereditary Traits 3. 5 Major Neurotransmitters and their effects 3. 6 Principles of activity and its implications	12	MG	1
IV	<u>Somatotype</u> 4.1 Somatotype – Meaning and Definition 4.2 Classification of Somatotype 4.3 Methods in the Assessment of Physique: Viola's Method; Kretschmer's Method; Sheldon's Method; Parnell's Method; Heath-Carter Method 4.4 Factors affecting Somatotype 4.5 Posture – Meaning and Definition, Importance of Good Posture, Causes of Poor Posture, Postural Deformities and Remedial Measures	22	UKB	1
<u>Field Practical</u>				
V	5.1 Standing Posture: Ardha Chandrasana, Brikshasana, Pada Hastasana 5.2 Sitting Posture: Ardha Kurmasana, Paschimottanasana, Gomukhasana 5.3 Supine Posture: Setu Bandhasana, Halasana, Matsyasana 5.4 Prone Posture: Bhujangasana, Salvasana, Dhanurasana 5.5 Inverted Posture: Sarvangasana, Shirsasana, Bhagasana (One Asana is compulsory for each posture)	60	SS	4

Syllabus Distribution/ Lesson Plan-2026

Department of Physical Education & Sports

Semester – II (SEC)

Skill Enhancement Course: Track Event and Ball Games

Course code: PED-SEC-P-2

Total number of classes – 90

Session: 2026-2027

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
1	<p>Track Events</p> <p>1.1 Starting Techniques: Standing Start and Crouch Start (its variations), use of Starting Block</p> <p>1.2 Acceleration with proper running techniques</p> <p>1.3 Finishing technique: Run Through, Forward Lunging and Shoulder Shrug</p> <p>1.4 Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing</p>	20	SS	1
2	<p>Football</p> <p>2.1 Kicking: kicking the ball with inside of the foot, kicking the ball with full instep of the foot, kicking the ball with inner instep of the foot, kicking the ball with outer instep of the foot and lofted kick</p> <p>2.2 Trapping: trapping- the Rolling ball, and the Bouncing ball with sole of the foot</p> <p>2.3 Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer step of the foot</p> <p>2.4 Heading: In standing, running and jumping condition</p> <p>2.5 Throw-in: Standing throw-in and Running throw-in</p> <p>2.6 Feinting: With the lower limb and upper part of the body</p> <p>2.7 Tackling: Simple Tackling, Slide Tackling</p> <p>2.8 Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting</p> <p>2.9 Game practice with application of Rules and Regulations</p>	35	UKB	1
3	<p>Handball</p> <p>3.1 Catching, Throwing and Ball Control</p> <p>3.2 Goal Throws: Jump Shot, Center Shot, Dive shot, Reverse Shot</p> <p>3.3 Dribbling: High and Low</p> <p>3.4 Attack and counter attack, simple counter attack, counter attack from two wings and center</p> <p>3.5 Blocking, Goal Keeping and Defensive skills</p> <p>3.6 Game practice with application of Rules and Regulations</p>	35	MG	1

Syllabus Distribution/ Lesson Plan-2026

Department of Physical Education & Sports

Semester – II (Minor)

Foundations and History of Physical Education & Sports

Course code: PED-MI-T-2

Total number of classes – 60

Session: 2026-2027

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
1	Introduction 1.1 Evolution of Locomotion from Quadruped to Biped 1.2 Advantages and Disadvantages 1.3 Biological Basis of Life 1.4 Biological Basis of Physical Education 1.5 Exercise and its Types	12	MG	1
2	Biological and Sociological Foundations of Physical Education 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	18	MG	1
3	Age and Sex Differences in Physical Education 3.1 Age-Chronological age, Anatomical age, Physiological age and Mental age 3.2 Anatomical Differences and Physiological Differences 3.3 Age and Sex differences in relation to Physical activities and Sports 3.4 Hereditary Traits 3.5 Major Neurotransmitters and Their Effects 3.6 Principles of Activity and its Implications	18	UKB	1
4	Yoga Education 4.1 Meaning and definition of the term Yoga, types, aim, objectives, and importance of Yoga 4.2 History of Yoga 4.3 Ashtanga Yoga 4.4 Hatha Yoga	12	UKB	1

Syllabus Distribution/ Lesson Plan

Department of Physical Education & Sports

Semester – II (MDC)

Health and Wellness

Course code: PED-MU-T-2

Total number of classes – 45

Session: 2026-2027

UNIT	TOPIC	LH	Teacher's Name	Total Credits in the Sem
1	Introduction 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 behaviour	10	MG	3
2	Nutritional value of Health and Wellness 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	10	MG	
3	Mental Health and Wellness 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, counselling, and rehabilitation	10	UKB	
4	Physical Fitness, Health, and Wellness 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.	15	UKB	