

CURRICULUM

**B.A. Honours in Physical Education
and
B.A Program in Physical Education
(w.e.f. 2016-2017)**

UNDER CHOICE BASED CREDIT SYSTEM



**KAZI NAZRUL UNIVERSITY
ASANSOL, WEST BENGAL**



Kazi Nazrul University

Curriculum

B. A. Honours in Physical Education and B.A Program in Physical Education (6 Semesters Pattern)

(With effect from 2016-2017 academic session and onwards)

There will be six semesters in the three- year B.A Honours in Physical Education. The Curriculum consists of 14 Core Courses (C), 2 Ability Enhancement Compulsory Courses (AECC), 2 Skill Enhancement Courses (SEC) and 4 Discipline Specific Elective (DSE) Courses and 4 Generic Elective (GE) courses [to be taken from the pool of Generic Elective courses]. Each course is of 50 marks. L stands for Lecture Hour, T for Tutorial Hour and P for Practical Hour.

B.A Honours in Physical Education: 1st Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	Foundation of Physical Education	C-1	6 - 0 - 0	6	50
	Health Education and First Aid	C-2	4 - 0 - 4	6	50
	Choose from Pool of Generic Electives	GE-1		6	50
	Environmental Studies	AECC-1	4 - 0 - 0	4	50
		SEMESTERTOTAL:		22	200

B.A Honours in Physical Education: 2nd Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	Anatomy & Physiology	C-3	6 - 0 - 0	6	50
	Sports Psychology	C-4	6 - 0 - 0	6	50
	Choose from Pool of Generic Electives	GE-2		6	50
	English / MIL	AECC-2	2 - 0 - 0	2	50
		SEMESTER TOTAL:		20	200

B.A Honours in Physical Education: 3rd Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	Management of Physical Education and Sports	C-5	6 - 0 - 0	6	50
	Kinesiology	C-6	6 - 0 - 0	6	50
	Recreation and Adopted Physical Education	C-7	6 - 0 - 0	6	50
	Choose from Pool of Generic Electives	GE-2		6	50
	Choose from Pool of Generic Electives				
	Ball Games	SEC-1 (any one to be chosen)	0 - 0 - 4	2	50
	Curriculum Design				
SEMESTER TOTAL:				26	250

B.A Honours in Physical Education: 4th Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	Organization and Administration of Physical Education	C-8	6 - 0 - 0	6	50
	Measurement and Evaluation	C-9	6 - 0 - 0	6	50
	Sports Sociology	C-10	6 - 0 - 0	6	50
	Choose from Pool of Generic Electives	GE-2		6	50
	Choose from Pool of Generic Electives				
	Indian Games	SEC-2 (any one to be chosen)	0 - 0 - 12	2	50
	Sports Journalism				
SEMESTER TOTAL:				26	250

B.A Honours in Physical Education: 5th Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	Sports Training	C-11	6 - 0 - 0	6	50
	Statistics in Physical Education	C-12	6 - 0 - 0	6	50
	Any two from Group A (Given below)	DSE-1	5 - 1 - 0	6	50
	DSE Group A	DSE-2	5 - 1 - 0	6	50
	Posture		6 - 0 - 0		
	Media and Career in Physical Education		6 - 0 - 0		
	Fitness and Nutritional Care		6 - 0 - 0		
	Yoga		0 - 0 - 12		
	Computer Application in Physical Education -1		4 - 0 - 4		
		SEMESTER TOTAL:		24	200

B.A Honours in Physical Education: 6th Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	Exercise Physiology	C-13	6 - 0 - 0	6	50
	Physio Therapy and Injury Management	C-14	6 - 0 - 0	6	50
	Any two from Group B (Given below)	DSE-3	5 - 1 - 0	6	50
	DSE Group B	DSE-4	5 - 1 - 0	6	50
	Track and Field		0 - 0 - 12		
	Sports Medicine		6 - 0 - 0		
	Sports Award		6 - 0 - 0		
	Yoga and Holistic life		6 - 0 - 0		
	Computer Application in Physical Education -2				
		SEMESTERTOTAL:		24	200
		GRAND TOTAL:		142	1300



B.A Program in Physical Education

There will be six semesters in the three-year B.A Program in Physical Education. The Curriculum consists of 12 Core Courses (C) of which 4 core courses are to be taken from Discipline 1(the **program in the subject** selected by the candidate) ; 4 core courses are to be taken from Discipline 2(any subject other than Discipline 1) and 4 core courses are to be taken from AECC-Core. Apart from these, 2 Generic Elective courses (GE) [to be taken from the pool of Generic Elective courses], 2 Ability Enhancement Compulsory Courses (AECC-Elective), 4 Skill Enhancement courses (SEC) (from the **program in the subject** selected by the candidate)and 2 Discipline Specific Elective courses (DSE) from Discipline-1 and 2 such courses from Discipline-2 are to be taken. Each paper is of 50 marks. L stands for Lecture Hour, T for Tutorial Hour and P for Practical Hour.

B.A Program in Physical Education: 1st Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	Foundation and History of Physical Education	C-1	4 - 0 - 4	6	50
	Discipline-2 (Core 1)	C-2		6	50
	MIL-I	AECC-1(Core)	5 - I - 0	6	50
	Environmental Studies -1	AECC-1(Elective)	4 - 0 - 0	4	50
		SEMESTERTOTAL:		22	200

B.A Program in Physical Education: 2nd Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	Anatomy, Physiology and Exercise Physiology	C-3	5 - I - 0	6	50
	Discipline-2 (Core 3)	C-4		6	50
	English-I	AECC-2(Core)	5 - I - 0	6	50
	English/MIL	AECC-2(Elective)	2 - 0 - 0	2	50
		SEMESTERTOTAL:		20	200

Physical Education: 3rd Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	Health Education and Wellness	C-5	6 - 0 - 0	6	50
	Discipline-2 (Core 5)	C-6		6	50
	Track and Field	SEC- 1	1 - 0 - 2	2	50
	MIL-II	AECC-3(Core)	5 - I - 0	6	50
		SEMESTERTOTAL:		20	200

B.A Program in Physical Education: 4th Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	Management of Physical Education and Sports	C-7	6 - 0 - 0	6	50
	Discipline-2 (Core 7)	C-8		6	50
	Yoga and Gymnastics	SEC- 2	1 - 0 - 2	2	50
	English-II	AECC-4(Core)	5 - I - 0	6	50
		SEMESTERTOTAL:		20	200

B.A Program in Physical Education: 5th Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	DSE (Any one from Discipline 1 and any one from Discipline 2)	DSE- 1		6	50
		DSE- 2		6	50
	DSE Discipline 1 (Group A)				
	Measurement and Evaluation		4 - 0 - 4		
	Sports Training		4 - 0 - 4		
	DSE Discipline 2				
	1.				
	2.				
	GE(Any One from Group B)	GE-1		6	50
	Choose from Pool of Generic Electives				
	Choose from Pool of Generic Electives				
	SEC (Any one from Group C)	SEC- 3		2	50
	SEC Group C				
	Indian Games		1 - 0 - 2		
	Racket Games		1 - 0 - 2		
		SEMESTER	TOTAL:	20	200

B.A Program in Physical Education: 6th Semester

Course Code	Course Title	Course type	(L-T-P)	Credit	Marks
	DSE (Any one from Discipline 1 and any one from Discipline 2)	DSE- 3		6	50
		DSE- 4		6	50
	DSE Discipline 1				
	Sport Psychology		6 - 0 - 0		
	Adopted Physical Education		6 - 0 - 0		
	DSE Discipline 2				
	1.				
	2.				
	GE (Any one)	GE- 2		6	50
	Choose from Pool of Generic Electives				
	Choose from Pool of Generic Electives				
	SEC (Any one)			2	50
	Ball Games	SEC-4	1 - 0 - 2		
	Minor Games		0 - 0 - 2		
		SEMESTER	TOTAL:	20	200
		GRAND	TOTAL:	122	1200

