

4 YEAR UG NCCF 7TH AND 8TH SEM HONS & HONS WITH RESEARCH
UG NCCF PHYSICAL EDUCATION
COOCH BEHAR PANCHANAN BARMA UNIVERSITY
COOCH BEHAR

4 YEAR UG NCCF 7TH SEM HONS & HONS WITH RESEARCH

Course	Description	Credit	Marks
Major 13	Research methodology and Ethics in Physical Education and Sports	6	Theory :75 Attendance: 5 Project:10 CE:10
Major 14	Computer Application in Physical Education and Sports (Practical)	6	Practical:75 Attendance: 5 Project:10 CE:10
Major 15	Officiating and Coaching (Theory) and Seminar Presentation on any topic related to Officiating and Coaching in Game and Sports	4+2	50+25=75 Theory:50 Seminar Presentation:25 Attendance: 5 Project:10 CE:10
Major 16(Without Research)	Weight Training, Shooting, Swimming & Indoor Game (Practical)	6	Practical:75 Attendance: 5 Project:10 CE:10
Major 16(With Research)	Preparation of Research Proposal and Progress Report of the Dissertation		50+25=75 Proposal :50 Presentation :25 Attendance: 5 Project:10 CE:10
Minor 5	Officiating and Coaching	6	Theory :75 Attendance: 5 Project:10 CE:10

4YEAR UG NCCF 8th SEM HONS & HONS WITH RESEARCH

Course	Description	Credit	Marks
Major-17	Sports Psychology and Sports Sociology	6	Theory :75 Attendance: 5 Project:10 CE:10
Major-18	First-Aid, Athletic Care And Rehabilitation (Practical)	6	Practical :75 Attendance: 5 Project:10 CE:10
Major 19(Without Research)	Inclusive Physical Education and Sports	6	Theory :75 Attendance: 5 Project:10 CE:10
Major 19(With Research)	Research Report of the Dissertation		50+25=75 Dissertation :50 Presentation:25 Attendance: 5 Project:10 CE:10

Course: MAJOR 13TH

Paper Name: Research Methodology and Ethics in Physical Education and Sports

Paper Code: PED-MAJOR 13TH

PAPER TYPE: THEORY (TH)

CREDITS: 06

CLASS HOURS: 06 HOURS PER WEEK

DURATION: 2.5 HOURS

TOTAL MARKS 75

Course Outcome-

- To understand the basic framework of research process.
- To classification of research as per need.
- To describe the research process and research methods.
- To identify various sources of information for literature review and data collection.
- To know how to organize, manage, and present data.
- To use and apply a wide variety of specific statistical methods.
- To formulate research problem and construct of tables and graphs.
- To understand statistical models used in physical education and sports.

UNIT-I: Introduction to Research

- 1.1 Concept of Research, Scope of Research, Need and importance of Research in Physical Education and Sports,
- 1.2 Classification of Research: Basic Research, Applied Research, Action Research, Historical Research, Descriptive Research, Experimental Research
- 1.3 Research Problem, Review of Related Literature, Identification and Criteria of Selection of a Research Problem, Formulation of a Research Problem, Process of Preparation of Research Proposal and Report, Citation Styles
- 1.4 Variables in Research: Independent Variable, Dependent Variable and Extraneous Variable; Hypothesis: Meaning, Types and Characteristics

UNIT – II: Research Design, Sampling and Data Collection

- 2.1 Research Design: Meaning and Importance, Descriptive Design, Experimental Design and Survey
- 2.2 Population and Sample: Types of Sampling, Probability Sampling and Non-Probability Sampling
- 2.3 Measurement and Evaluation in Physical Education and Sports Research, Reliability, Validity, and Objectivity of Research Tools
- 2.4 Data: Concept and Types (Nominal, Ratio, Interval, Ordinal), Methods and Tools of Data Collection: Observation, Questionnaire, Schedule, Interview and Survey

UNIT- III: Statistical Techniques in Physical Education and Sports

- 3.1 Meaning, Definition and Importance of Statistics in Physical Education and Sports, Organization and Presentation of Data: Frequency Distribution, Tables, Graphs, Charts, Pie Diagram and Figures
- 3.2 Measures of Central Tendency: Mean, Median and Mode; Measures of Variability: Range, Quartile Deviation and Standard Deviation; Percentiles and Quartiles; Normal Probability Curve, Skewness and Kurtosis.
- 3.3 Correlation: Meaning and Types– Rank Order and Product Moment; Chi-Square Test: Meaning and Application in Physical Education and Sports

3.4 Testing of Hypothesis: t-Test (Independent and Dependent), ANOVA and Level of Significance, Concept of Type I error and Type II error

UNIT- IV: Research Ethics

4.1. Ethics: Meaning, Definition, moral philosophy, nature of moral judgments and reactions, different branches of ethics, research ethics.

4.2. Responsibilities of researchers to fellow researchers, respondents, the public and the academic community, Scientific misconducts of Falsification, Fabrication and Plagiarism (FFP), Redundant publications: Duplicate and overlapping publications, salami slicing

4.3. Publication ethics: definition introduction and importance and Best practices/standards setting initiatives and guidelines of COPE (Committee of Publication Ethics), WAME (World Association of Medical Editors), etc.

4.4. Publication misconduct: definition, concept, problems that lead to unethical behavior, Violation of publication ethics, authorship and contributor ship, Identification of publication misconduct, complaints and appeals

REFERENCE

- Best, JW (1963). Research in education USA Prentice Hall
- 2 Bompa, T. O. & Haff. G. G. (2009) Periodization theory and methodology of training, 5th ed Champaign, IL. Human Kinetics
- Brown, L. E., & Ferrigno, VA. (2005). Training for speed, agility and quickness, 2nd ed Brown, LE & Miller, J. (2005). How the training work In Training Speed, Agility, and
- Champaign, IL: Human Kinetics
- Quickness Brown, LE & Ferrigno, VA & Ferrigno, VA, eds Champaign, IL. Human Kinetics
- Carl, E. K. & Damel, D. A. (1969) Modern principles of athletes training St. Louis St. Louis's Mosby Company Clark, H. H. & Clark, DH (1975) Research process in physical education Englewood cliffs, New Jersey. Prentice Hall, Inc
- 10 Garrett, HE (1981) Statistics in psychology and education. New York Vakils Feffer and SimonLtd.
- 11 Oyster, C. K. Hanten, WP. & Llorens, L. A (1957). Introduction to research A guide for the health science professional Landon JB. Lippincott Company
- 12 Thomas, JR, & Nelson JK. (2005) Research method in physical activity USA Champaign IL. Human Kinetics Books
- 13 Thomas, JR. Nelson, J.K & Silverman, SJ. (2011). Research method in physical activity
- 14 USA Champaign, IL. Human Kinetics Books
- 15 Uppal, A. K. (1990) Physical fitness how to develop. New Delhi Friends Publication 16
- Verma, J. P. S(2000). A text book on sports statistics Gwalior Venus Publications
- 17 Khan, Md Ali, Acharya Subrata (2026), Sikkhaya Razhi Bigyan, Alpona Publisher, Kolkata

Course: MAJOR 14th
Paper Name: Computer Application in Physical Education and Sports
Paper Code: PED-MAJ 14
PAPER TYPE: PRACTICAL
CREDITS: 6

CLASS HOURS: 06 HOURS PER WEEK

DURATION:

TOTAL MARKS 75

COURSE OUTCOMES-

- To understand the Fundamentals of Computers and ICT and Utilize Application Software in Physical Education and Sports
- To implement Technology in Training Program Design as well as Analyze and Interpret Data Using Computer Applications
- To integrate AI in Injury Prevention and Rehabilitation
- To explore Ethical and Practical Implications of AI in Sports

Unit-I INTRODUCTION

- 1.1 Information and communication technology (ICT).
- 1.2 Application of Computers in Physical Education, components of computer, input and output devices
- 1.3 Application software used in Physical Education and sports
- 1.4 Concept of Artificial Intelligence, Impact of A.I in Physical Education and Sports & Use of different A.I application-ChatGpt, Gemini, Grammarly and Duolingo

Unit-II MS OFFICE

- 2.1 Getting started with Microsoft Word, Creating, saving and opening a document
- 2.2 Formatting Editing features Drawing table, Page Setup, Paragraph Alignment, Spelling and Grammar Check, Printing Option, Inserting Page Number, Graph and Footnote.
- 2.3 Getting started with Microsoft Excel, Creating, saving and opening spreadsheet
- 2.4 Creating formulas, Format and editing features for charting data.

Unit-III PRESENTATION SOFTWARE'S

- 3.1 Preparation of Presentation using Microsoft PowerPoint
- 3.2 Preparation of Presentation using Google Slides & Canva
- 3.3 Format and editing features: Inserting animations, design, slide number, picture, videos, graph, chart, diagrams and table
- 3.4 Strategies to be adopted for an effective presentation

Unit- IV INFORMATION TECHNOLOGY

- 4.1 Use a different Browser (Chrome, Firefox), Web Browsing, searching academic Information, downloading images/files, saving files from the web
- 4.2 Set up Internet Connection through (Wi-Fi, Ethernet, Mobile data)
- 4.3 Create a new email account, Composing, sending, replying and attaching files to emails,
- 4.4 Learn to manage the Privacy and Security of the Internet and Social Media, Prepare a sample online project

References:

- Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
 - Frye, C. & Lambert, J.(2015). Microsoft Office 2016 Step by Step, Microsoft Press.
 - Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
- Sinha, P. K. & Sinha, P. (2004).Computer fundamentals. 4th edition, BPB Publication
- Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
 - Marilyn, M.and Roberta, B.(n.d.). Computers in your fixture. 2nd edition, India: Prentice Hall. Milke, M. (2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
 - Sinha, P. K. and Sinha, P. (n.d.). Computer fundamentals. 4th' edition, BPB Publication.

Course: MAJOR 15TH
Paper Name: OFFICIATING AND COACHING
Paper Code: PED-MAJOR 15TH
PAPER TYPE: THEORY (TH)
CREDITS: 4 +2 =6

CLASS HOURS: 04 HOURS PER WEEK

DURATION: 2.5 HOURS

TOTAL MARKS 50

COURSE OUTCOME-

- Understand rules, regulations & latest amendments of major games
- Know duties of different officials – referee, umpire, scorer, timekeeper
- Learn principles of coaching, training methods, periodization

Unit- I: Introduction of Officiating and coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching,
- Good qualities of a Coach
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching

Unit- III: Duties of Official

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating–position, singles and movement etc.
- Ethics of officiating

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification of coach and official
- Concept of Periodization and its importance in coaching plan.
- Factors for preparation of a coaching plan
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports

SEMINAR PRESENTATION: LAB PRACTICAL SEMINAR PRESENTATION
(2 Credits - 25 Marks internal)

REFERENCE BOOKS:

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). The mechanics of athletics. London: University of London.
- Kanwar, R.C. (1991) Officiating and Coaching. Nagpur: Amit Brothers Publications
- Press Ltd. Dyson, G. H. (1963).The mechanics of Athletics. London: University of London
- Press Ltd. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Course: MAJOR 16th
Without Research
Paper Name: Weight Training, Shooting, Swimming & Indoor Game
(Practical)

Paper Code: PED-MAJ 16

PAPER TYPE: Practical

CREDITS: 06

CLASS HOURS: 06 HOURS PER WEEK

TOTAL MARKS 75

COURSE OUTCOMES-

- To understand the principles and methods of weight training and able to design training programs for strength, endurance, and power development, and demonstrate correct techniques of major lifts with safety precautions.
- Gain knowledge of rules, equipment, and techniques of Rifle/Pistol/Air Shooting and able to demonstrate shooting positions - standing, kneeling, prone - and apply mental training, breathing control, and safety rules.
- To understand the fundamentals, strokes, and rules of competitive swimming.
- Gain technical and tactical knowledge of selected indoor games
- After learning this paper students can Train, Coach, and Officiate in Weight Training, Shooting, Swimming, and Indoor Games with proper technique and rules.

1. Weight Training

- **Fundamental Skills**
 - Techniques of Weight lifting
 - Drills for Weight lifting
- **Rules and their interpretations and duties of the officials.**

2. Shooting Fundamental Skills:

- **Fundamental skills**
 - Basic stance, grip, Holding rifle/ Pistol, aiming target
 - Safety issues related to rifle shooting
 - Rules and their interpretations and duties of officials (Any one out of three)
- **Rules and their interpretations and duties of the officials.**

3. Swimming:

- **Fundamental Skills**
 - Entry into the pool.
 - Developing water balance and confidence
 - Water fear removing drills.
 - Floating-Mushroom and Jelly fish etc.
 - Gliding with and without kickboard.

- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.
- **Rules and their interpretations and duties of the officials.**

4. Indoor Game: Chess & Carrom (Any One of these)

4.1 CHESS,

- Introduction of chess board and Notation,
- Initial Position, Moves, Capture, Pawns.
- The King's Special, Features, Check, Checkmate, Casting, Stalemate, Other kinds of Draws
- Comparative Value of the Pies, Method & The time factor,
- Strategies, Rules and Regulations
- Cognitive benefits: problem-solving, concentration, and decision-making.

Rules and their interpretations and duties of the officials.

4.2 CARROM

- Introduction of carom board,
- Techniques: flicking, shooting, Seating Position, Striker Grip,
- Cut: Normal Cut, Straight Cut, Negative Cut Shot: Thumb Shot, Double Shot, Third
- Shot, Front Shot, Rebound, Centre Shot, Straight Shot
- Strategies, Rules and Regulations
- Benefits: concentration, coordination, and fine motor skills.

Rules and their interpretations and duties of the officials.

For External Examination Purposes Only: Unit I is Compulsory for all and any one activity should be selected from other of his/her best choice

Guideline for Record Book - Content of Record Book- History, Major Rules Regulation, Description of Major Skills/Technique (Fundamentals with Picture)

REFERENCES:

- Singh, H. (1996). Teaching Coaching Modern Wrestling. New Delhi: Sports Publication.
- Thomas R Bacechle. (1994) Essentials of strength Training and Conditioning. Human Kinetics.
- David Sandler. (2003). Weight training Fundamentals. Human Kinetics.
- NSCA. (2008). Exercise Technique Manual for Resistance Training (2ndEdn). Human Kinetics.
- Frederic Delavier (2010) Strength training Anatomy(3rdEdn). Human Kinetics.
- Thomas R Baechle and Roger. W Earle (2006) Weight Training: step to Success (3rdEdn) Human Kinetics.
- GM Jonathan Rowson, Chess psychology is The Seven Deadly Chess Sins 28 Feb 2025
- Matthew Sadler, Vladimir , Chess Stories

Course: MAJOR 16TH

With Research

Paper Name: Preparation of Research Proposal and Progress Report of the Dissertation

Paper Code: PED-MAJOR 16TH

PAPER TYPE: Prepared a Research Proposal

CREDITS: 06

CLASS HOURS: 06 HOURS PER WEEK

Proposal-50, Presentation-25 , TOTAL MARKS 75

Course outcome-

- To understand the meaning and importance of research in Physical Education and Sports.
- To identify types of research - descriptive, experimental, survey, historical
- Formulate a research problem with clear objectives, hypothesis, and delimitations. Select a topic that is feasible, relevant, and researchable in sports science.
- Conduct a literature review using books, journals, and online databases. Analyze previous studies and identify the research gap for the dissertation.
- Prepare a complete research proposal with all required sections: Introduction, Review of Literature, Methodology, References, and Budget

Prepared a Research Proposal

1. Choose a Focused Topic
2. Write an Introduction & Problem Statement
3. Define Research Objectives & Questions
4. Review the Literature
5. Describe the Methodology
6. List References

Reference :

- Best, JW (1963). Research in education USA Prentice Hall
- 2 Bompa, T. O. & Haff. G. G. (2009) Periodization theory and methodology of training, 5th ed Champaign, IL. Human Kinetics
- Brown, L. E., & Ferrigno, VA. (2005). Training for speed, agility and quickness, 2nd ed Brown, LE & Miller, J. (2005). How the training work In Training Speed, Agility, and
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- Quickness Brown, LE & Ferrigno, VA & Ferrigno, VA, eds Champaign, IL. Human Kinetics
- Carl, E. K. & Damel, D. A. (1969) Modern principles of athletes training St. Louis St. Louis's Mosby Company Clark, H. H. & Clark, DH (1975) Research process in physical education Englewood cliffs, New Jersey. Prentice Hall, Inc
- 10 Garrett, HE (1981) Statistics in psychology and education. New York Vakils Feffer and SimonLtd.
- 11 Oyster, C. K. Hanten, WP. & Llorens, L. A (1957). Introduction to research A guide for the health science professional Landon JB. Lippincott Company
- 12 Thomas, JR, & Nelson JK. (2005) Research method in physical activity USA Champaign IL. Human Kinetics Books
- 13 Thomas, JR. Nelson, J.K & Silverman, SJ. (2011). Research method in physical activity

Course: *MINOR 5th*
Paper Name: OFFICIATING AND COACHING
Paper Code: PED-MIN 5
PAPER TYPE: THEORY (TH)
CREDITS: 06

CLASS HOURS: 06 HOURS PER WEEK

DURATION: 2.5 HOURS

TOTAL MARKS 75

COURSE OUTCOME-

- To understand rules, regulations & latest amendments of major games
- To know duties of different officials – referee, umpire, scorer, timekeeper
- To learn principles of coaching, training methods, periodization

Unit- I: Introduction of Officiating and coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching,
- Good qualities of a Coach
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching

Unit- III: Duties of Official

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating–position, singles and movement etc.
- Ethics of officiating

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification of coach and official
- Concept of Periodization and its importance in coaching plan.
- Factors for preparation of a coaching plan
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports

REFERENCE BOOKS:

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). The mechanics of athletics. London: University of London.
- Kanwar, R.C. (1991) Officiating and Coaching. Nagpur: Amit Brothers Publications
- Press Ltd. Dyson, G. H. (1963).The mechanics of Athletics. London: University of London
- Press Ltd. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Course: MAJOR 17TH

Paper Name: Sports Psychology and Sports Sociology

Paper Code: PED-MAJOR 17TH

PAPER TYPE: THEORY (TH)

CREDITS: 06

CLASS HOURS: 06 HOURS PER WEEK

DURATION: 3 HOURS

TOTAL MARKS 75

COURSE OUTCOMES-

- Understand the Concept and Scope of Sports Psychology and Analyze Psychological Factors Affecting Performance
- Apply Techniques for Mental Training and Promote Positive Attitudes and Sportsmanship
- Understand the Relationship Between Society and Sports and Examine the Socialization Process in Sports
- Evaluate the Role of Sports in Social Change and Address Social Issues in Sports
- Develop a Sociological Perspective on Sports Policies

UNIT-1: INTRODUCTION TO SPORTS PSYCHOLOGY

1.1 Meaning, Definition, and Nature of General and Sports Psychology

1.2 Scope of Psychology and Sports Psychology

1.3 Need for Knowledge of Sports Psychology in the Field of Physical Education and Sports

1.4 Role of Sports Psychology in the Growth and Development of body and mind. Importance of Sports in Modern Society.

UNITII- CONCEPTS OF PSYCHOLOGICAL TRAITS

2.1 Meaning, Definition and Principles of Learning, Meaning, Definition and Types of Motivation, Development of Motivation, Role of Motivation in Sports Performance

2.2 Laws and Theories of Learning, Transfer of Learning. Definition of Stress and Anxiety, types of Stress and Anxiety, Definition and types of Emotion, and effects of Stress, Anxiety, and Emotion on Sports Performance.

2.3 Meaning and Definition of Personality, Factors Affecting Personality. Characteristics of Personality, Dimension of Personality.

2.4 Development of Personality through Physical Education and Sports, Relationship of Personality with Sports Performance.

UNIT -III SOCIOLOGY OF SPORTS AND SOCIALIZATION

3.1 Meaning and Definition of Sports Sociology.

3.2 Social function of sports, Socialization through Physical Education and Sports

3.3 Social theories of sports, functional theory, conflict theory, critical theory, feminist theory

3.4 Sports and Politics, Sports and Media, Sports and Education, Change in Sports due to Commercialization, Role of Media in Promoting Sports 13

UNIT -IV PSYCHO-SOCIAL ASPECT OF SPORTS

- 4.1 Psycho-Social aspect of man in relation to Physical Education and Sports.
- 4.2 Biological Basis of Human Behavior, Individual Differences
- 4.3 Gender and Sports, Equity issues and cultural issues for participation in sports
- 4.4 Heredity and Environment - meaning, definition and their role in the field of Physical Education and Sports. Play, Theories of Play, Differences among Play, Sports and Games.

Reference Book:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
- Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
- John D Lauther (2000) Psychology of Coaching. Ner Jersy: Prenticce Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.
- Blair, J. & Simpson, R. (1962). Educational psychology, New York: McMillan Co. Cratty, B.
- J. (1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
- Kamlesh, M. L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978) Sports and social system. London: Addison Wesley Publishing Company Inc.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society.

Course: MAJOR 18th

Paper Name: FIRST-AID, ATHLETIC CARE AND REHABILITATION

Paper Code: PED-MAJ 18

PAPER TYPE: Practical

CREDITS: 06

LEARNING OUTCOMES

At the completion of this course, the student should be able to

- Administering basic life support skills including cardiopulmonary resuscitation
- Providing first aid of simple and multiple system trauma such as
- Identifying signs of Stroke and heart attack and safe transfer after first aid without delay in transfer.
- Manage general medical complaints seizures and animal bites (snake /dog bite)
- Competent First Aid Responders will demonstrate a robust blend of knowledge, practical skills, and quick decision-making to handle emergencies effectively.
- Ethical and Compassionate Practitioners will uphold empathy, ethical responsibility, and a commitment to saving lives while respecting dignity and cultural sensitivities.
- Community Contributors will exhibit readiness to serve society by applying first aid skills in real-world scenarios, promoting health and safety awareness.
- Adaptive Problem-Solvers will learn to assess emergencies dynamically, prioritize actions, and utilize available resources efficiently.
- Confident Leaders will be trained to lead or assist in crisis situations, fostering teamwork and clear communication under pressure.

Unit I: First Aid Skills

1. Identification and use of First Aid Box and its contents.
2. Measurement of pulse rate, Blood Pressure, body temperature and respiratory Rate.
3. Demonstration of dressing and bandaging techniques.
4. Practice of emergency assessment (Primary Survey: DRABC/ABC).

Unit II: Sports Injury Management

1. Application of RICE/PRICE protocol for acute injuries.
2. Practical demonstration of basic taping and wrapping techniques.
3. Application of cold and heat therapy.
4. Immobilization and transportation of an injured athlete.

Unit III: Rehabilitation Exercises

1. Active & passive range of motion exercises and stretching and flexibility exercises for injured muscles.
2. Resistance and assisted strengthening exercises.
3. Corrective exercises for common postural deformities.
4. Massage for recovery and rehabilitation

Unit IV: Emergency Care and Therapeutic Modalities

1. Demonstration of CPR (Cardiopulmonary Resuscitation) on a manikin or simulator, practice of recovery position and safe lifting techniques.
2. Demonstration of therapeutic massage and hydrotherapy/contrast bath.
3. Practicing Electro Therapy (TENS/NMES/UST/SWD/IR) or Wax-bath
4. Preparation of an injury rehabilitation and return-to-play plan for an athlete.

REFERENCES:

- St. John Ambulance Association (India) – Indian Red Cross Society National Headquarters 1, RED CROSS ROAD, NEW DELHI – 110001
- First aid in illness and injury. 2. CPR (First aid). I. St. John Ambulance
- St John Ambulance First Aid Manual 11th Edition. FIRST AD MANUAL WRITTEN. In addition to hand washing, disposable gloves
- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
- Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90).
- Champaign, IL: Human Kinetics. David, R. M. (2005). Drugs in sports, (4th Ed).
- Routledge Taylor and Francis Group. Hunter, M. D. (1979).
- A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74).
- Philadelphia: Lea &Febiger. Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G. L., (1990). Exercise physiology & sports medicine. Delhi: Lucky Enterprises.
- Mathew, D. K. & Fox, E. L, (1971). Physiological basis of physical education and athletics.
- Philadelphia: W.B. Saunders Co. Pandey, P. K., (1987). Outline of sports medicine, New Delhi
- J.P. Brothers Pub. Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

Course: Major 19th
Without Research
Paper Name: Inclusive Physical Education and Sports
Paper Code: PED-MAJOR 19th
PAPER TYPE: THEORY
CREDITS: 06

CLASS HOURS: 06 HOURS PER WEEK

DURATION: 2.5 HOURS

TOTAL MARKS 75

Outcome: After studying this paper the student teachers will be able

- Explain the concept, characteristics, causes and educational provisions for various disabilities in relation to Physical Education and Sports
- Analyse integrated and inclusive Physical Education and Sports practices and identify and utilize existing resources for promoting inclusive practice,
- Realize educational problems of socially disadvantaged sections and marginalized genders in relation to Physical Education and Sports
- Know about Schemes, Programme and provisions in Indian Constitution for Physical Educational Empowerment
- Acquire basic knowledge on teaching learning strategies and curriculum adjustment for disabled in relation to Physical Education and Sports
- Know about several efforts, schemes and programmes for empowerment of disadvantaged sections and Marginalized Genders

Unit-I: An Introduction to Inclusive Physical Education and Sports.

- 1.1 Meaning, Concept and Objectives of Integrated and Inclusive Physical Education and Sports
- 1.2 Historical Perspective of Inclusive Physical Education; Concept of Impairment, Disability and Handicap; Types, Characteristics, and Causes of Disabilities
- 1.3 Inclusive Development through Physical Education, Games and Sports
- 1.4 Classroom Management and Teaching Strategies: Individualized Physical Education Programme (IPEP) for Kids, Older Adult, and Marginalized Gender

Unit-II: Physical Educational Empowerment of Minorities and Marginalized Genders.

- 2.1. Challenges a Status of Minorities in the field of Physical Education and Sports; National Commission and Schemes/ Programmes for Physical Educational Empowerment of Minorities
- 2.2. Present Physical Educational Challenges and Status of Weaker Sections (SCs, STs, and OBCs) and their Empowerment
- 2.3. Various Schemes, Programmes and Organizations for Weaker Section Empowerment through Physical Education and Sports

2.4. Educational empowerment of marginalized genders: present challenges, status and programmes for Educational Empowerment of Women in the Physical Education and Sports; Third Gender: concept, equalize acceptance; equal rights and Opportunities in Perspective of Games and Sports

Unit-III: Adapted Physical Education and Sports

3.1. Teaching and Coaching Strategies for Disabled; Risk Factors and Preventive Measures of Physical Exercise Programme of otherwise equally able

3.2. Meaning, definition and importance of adapted Physical Education and Sports in present society

3.3 Purpose, aims and objectives of adapted Physical Education and Sports

3.4. Adapted Sports- Para Olympics and other opportunities, performance of India in Para Olympics during last decade

Unit IV - Development of Individual Education Program (IEP)

4.1 Early childhood and Adapted Physical Education, special learning disability

4.2 Components and Development of IEP, Motor development and Perceptual Motor development

4.3 Principles of Adapted Physical Education and Sports

4.4 Role of games and sports in Adapted Physical Education

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Course: MAJOR 19th

With Research

Paper Name: Research Report of the Dissertation

Paper Code: PED-MAJ 19th

PAPER TYPE: Dissertation CREDITS: 6

CLASS HOURS: 06 HOURS PER WEEK, Dissertation : 50 & Presentation:25 TOTAL MARKS 75

Course outcome-

- To understand the meaning and importance of research in Physical Education and Sports.
- To identify types of research - descriptive, experimental, survey, historical
- Formulate a research problem with clear objectives, hypothesis, and delimitations. Select a topic that is feasible, relevant, and researchable in sports science.
- Conduct a literature review using books, journals, and online databases. Analyze previous studies and identify the research gap for the dissertation.
- Prepare a complete research Report with all required sections: Introduction, Review of Literature, Methodology, References, and Budget
- After studying this paper the student teachers will be able to Guide data collection, analysis, and interpretation steps
- Use clear action verbs like examine, evaluate, or determine

Research Report:

- I. Preliminary Pages
- II. Introduction conceptual Background
- III. Review of literature and Research Gap
- IV. Study Area
- V. Database and Research Methodology
- VI. Data Collection and Field Investigation
- VII. Data processing and analysis
- VIII. Results and Discussion
- IX. Major Findings
- X. Conclusion and Recommendation
- XI. References and Appendices
- XII. Editing, Formatting and Final Submission

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- 2 Bompa, T. O. & Haff. G. G. (2009) Periodization theory and methodology of training, 5th ed Champaign, IL. Human Kinetics
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