

SYLLABUS & PROGRAMME STRUCTURE

Physical Education

(General)

(Choice Based Credit System)

(Effective from the Academic Session 2017-2018)

Fourth Semester

MAHARAJA BIR BIKRAM UNIVERSITY
AGARTALA, TRIPURA: 799004

PROGRAMME STRUCTURE

Structure of Proposed CBCS Syllabus for B.A / B.Com (General).

Semester	Core Course (12)	Ability Enhancement Compulsory Course (AECC) (2)	Skill Enhancement Course (SEC) (2)	Discipline Specific Elective (DSE) (4)	Generic Elective (GE) (2)
1	Compulsory English-1	AECC1 : Environmental Science			
	DSC- 1 A (Paper-I of choice of subject-I)				
	DSC- 2 A (Paper-I of choice of subject-II)				
2	Compulsory English-2	AECC2 : (English/MIL) (English/Bengali/Kok borak/Hindi) (Communication)			
	DSC- 1 B (Paper-II of choice of subject-I)				
	DSC- 2 B (Paper-II of choice of subject-II)				
3	Compulsory MIL-1 (Alternative English/Bengali/Kokborak/Hin di)		SEC1 (From Choice of subject-I)		
	DSC- 1 C (Paper-III of choice of subject-I)				
	DSC- 2 C (Paper-III of choice of subject-II)				
4	Compulsory MIL-2 (Alternative English/Bengali/Kokborak/Hin di)		SEC2 (From Choice of subject-II)		
	DSC- 1D (Paper-IV of choice of subject-I)				
	DSC- 2D (Paper-IV of choice of subject-II)				
5			SEC3 (From Choice of subject-I)	DSE1A (From Choice of subject-I)	GE-1 (From Choice of subject-I)
				DSE2A (From Choice of subject-II)	
6			SEC4 (From Choice of subject-II)	DSE1B (From Choice of subject-I)	GE-2 (From Choice of subject-II)
				DSE2B (From Choice of subject-II)	

PROGRAMME STRUCTURE
Structure of Proposed CBCS Syllabus for B.Sc. (General).

Semester	Core Course (12)	Ability Enhancement Compulsory Course (AECC) (2)	Skill Enhancement Course (SEC) (4)	Discipline Specific Elective (DSE) (6)
1	DSC- 1 A (Paper-I of choice of subject-I)	AECC-1 Environmental Science		
	DSC- 2 A(Paper-I of choice of subject-II)			
	DSC- 3 A(Paper-I of choice of subject-III)			
2	DSC- 1 B(Paper-II of choice of subject-I)	AECC2 ((English/MIL (Communication)		
	DSC- 2 B(Paper-II of choice of subject-II)			
	DSC- 3 B(Paper-II of choice of subject-II)			
3	DSC- 1 C(Paper-III of choice of subject-I)		SEC1 (From Subject-1)	
	DSC- 2 C(Paper-III of choice of subject- II)			
	DSC- 3 C(Paper-III of choice of subject- III)			
4	DSC- 1 D(Paper-IV of choice of subject-I)		SEC2 (From Subject-1I)	
	DSC- 2 D(Paper-IV of choice of subject- II)			
	DSC- 3 D(Paper-IV of choice of subject- III)			
5			SEC3 (From Subject-1II)	DSE1A (From Subject-1)
				DSE2A (From Subject-1I)
				DSE3A (From Subject-1II)
6			SEC4 (From any one of Subject-1, II & III) or from the computer course prescribed for BSc (General)	DSE1B (From Subject-1)
				DSE2B (From Subject-1I)
				DSE3B (From Subject-1II)

SEMESTER – III
DSC - PAPER – IV
SPORTS TRAINING AND SPORTS PSYCHOLOGY

TOTAL MARKS – 100
(Theory – 70, Practical-30)

Theory Component (Maximum Marks: 70)

Unit-I
Sports Training

- i) Introduction, definition, importance & principles of Sports training.
- ii) Concept of fitness, physical fitness, motor fitness, warming up and cooling down.
- iii) Load, over load, adaptation and recovery.

Unit – II
Training Components

- i) Definition, forms and factors of various training components:
 - a) Strength.
 - b) Speed.
 - c) Endurance.
 - d) Coordination.
 - e) Flexibility.
- ii) Methods of developing training components (Resistance training, Interval training, Circuit training, Ballistic training, Repetition training, Fartlek training, Weight training).

Unit – III
Psychology

- i) Meaning, definition and importance of general Psychology.
- ii) General characteristics of various stages of growth and development (Infancy, Childhood, Adolescence, Adulthood).
- iii) Individual differences in sports.

Unit – IV
Sports Psychology

- i) Meaning, definition and importance of Sports Psychology in Physical Education and Sports.
- ii) Learning – Concepts and Types, Learning Curve, Laws of Learning, Transfer of Training in Sports.
- iii) Concept and role of Anxiety, Stress, Aggression, Interest, Personality, Motivation in Sports Performance.

Practical Component (Maximum Marks: 30)

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| i. Ball games
Cricket / Hockey / Softball | Basic skills, measurements, rules and regulations. |
| ii. Indigenous games
Kho-kho, Kabaddi / Wrestling | Basic skills, measurements, rules and regulations. |
| iii. Activity record book | |

Suggested Readings:

1. A. Leunes and I.R. Nation (2001), *Sports Psychology (with InfoTrac)*. Wadsworth.
2. R.A. Magill (2004), *Motor Learning and Control: Concepts and Applications*, McGraw Hill, New York, USA.
3. Sohail Raza (2014), *Specific physical and mental fitness for fast bowler*, International E-publication, ISBN-978-93-84648-22-0.
4. G.L. Martin (2003), *Sports Psychology – Practical Guidelines from Behaviour Analysis*, Sports Press, Winnipeg, Canada.
5. R.A. Schmidt and C.A. Wrishberg (2004), *Motor Learning Performance*. Human Kinetics, Champaign, Illinois, USA.
6. Mukesh Mitra (2014), *A Study of Psychological Profiles of Tribal and Non-Tribal Soccer Players of Tripura*, Minor Research Project, UGC, NERO.
7. J. Blair & R. Simpson (1962), *Educational Psychology*, New York: McMillan Co. Cratty, B.J.(1968). *Psychology and Physical activity*, Eaglewood Cliffs. Prentice Hall.
8. M.L. Kamlesh (1998), *Psychology in physical education and sport*, New Delhi: Metropolitan Book Co.
9. T.R. Baechle & R.W. Earle (2000), *Essentials of strength training and conditioning*, Human Kinetics, USA.
10. T.O. Bompá (1994), *Theory and Methods of Training – A Key to Athletic Performance (3rd Ed.)*, Kandwall Hunt Publication Co.
11. F.W. Dick (1999), *Sports training Principles*, A and C Black, London.
12. Hardayal Singh (1991), *Science of Sports Training*, D.V.S. Pub. Delhi.
13. D. Majumdar and A. Roy (2016), *Sharir-Shiksha*, Krida Prakashan, ISBN. 978-81-926855-2-6, Naya Pustak Mahal, Tripura.