

# **Academic Calendar**

**SESSION 1st July 2024 to 30th June 2025**

<b>Sl. No.</b>	<b>Events</b>	<b>Tentative Time</b>
1.	Continuation of Semester VI examinations	1st Week of July, 2024
2.	Commencement of Semester– IV examinations	3rd Week of July, 2024
3.	Commencement of Semester–II examinations	4th Week of July, 2024
4.	Commencement of Semester–III, V classes	2nd Week of August,2024
5.	Celebration of Dhyanchand birthday	29 August 2024
6.	Commencement of Semester –I classes	4th Week of September, 2024
7.	Play Day Organization	4 <sup>th</sup> Week of November 2024
7.	Cross Country Run and Educational Excursion	1 <sup>st</sup> Week of December 2024
8.	IA examinations for Semester–V	3rd week December 2024
9.	Commencement of Semester– V Theory examinations	2nd Week of January, 2024
10.	Class test of Semester-I	July-December,2024
11.	Class test of Semester-III	July-December,2024
12.	Class test of Semester-V	July-December,2024
13.	Commencement of Semester–III Theory examinations	4th week of January, 2025
14.	Commencement of Semester– VI classes	3rd Week of February, 2025
15.	Commencement of Semester–IV classes	4th Week of February, 2025
16.	Commencement of Semester–I Theory examinations	1st week of March, 2025
17.	Commencement of Semester –II Classes	3rd Week of March, 2025
18.	IA examinations for Semester- VI	3rd Week of May, 2025
19.	Commencement of Semester- VI examination	2nd Week of June, 2025
20.	Celebration of 11 <sup>th</sup> International Yoga Day	21 <sup>st</sup> June 2025

**\*Schedule of examinations are subject to change after notification from CU in due time.**



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<b>Sl. No.</b>	<b>Events</b>	<b>Tentative Time</b>
1.	Continuation of Semester VI examinations	1st Week of July, 2023
2.	Commencement of Semester– IV examinations	3rd Week of July, 2023
3.	Commencement of Semester–II examinations	4th Week of July, 2023
4.	Commencement of Semester–III, V classes	2nd Week of August,2023
5.	Orientation Programme for Semester–I students	1th Week of August, 2023
6.	Commencement of Semester –I classes	4th Week of September, 2023
7.	Educational Excursion	1 <sup>st</sup> Week of December 2023
8.	IA examinations for Semester–V	3rd week December 2023
9.	Commencement of Semester– V Theory examinations	2nd Week of January, 2023
10.	Class test of Semester-I	July-December,2023
11.	Class test of Semester-III	July-December,2023
12.	Class test of Semester-V	July-December,2023
13.	Commencement of Semester–III Theory examinations	4th week of January, 2024
14.	Commencement of Semester– VI classes	3rd Week of February, 2024
15.	Commencement of Semester–IV classes	4th Week of February, 2024
16.	Commencement of Semester–I Theory examinations	1st week of March, 2024
17.	Commencement of Semester –II Classes	3rd Week of March, 2024
18.	IA examinations for Semester- VI	3rd Week of May, 2024
19.	Commencement of Semester- VI examination	2nd Week of June, 2024
20.	Celebration of 10 <sup>th</sup> International Yoga Day	21 <sup>st</sup> June 2024

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**SESSION 1st July 2022 to 30th June 2023**

<b>Sl. No.</b>	<b>Events</b>	<b>Tentative Time</b>
1.	Continuation of Semester VI examinations	1st Week of July, 2022
2.	Commencement of Semester– IV examinations	3rd Week of July, 2022
3.	Commencement of Semester–II examinations	4th Week of July, 2022
4.	Commencement of Semester–III, V classes	2nd Week of August,2022
5.	Commencement of Semester –I classes	4th Week of September, 2022
6.	Educational Excursion	1 <sup>st</sup> Week of December 2022
7.	IA examinations for Semester–III &V	3rd week December 2022
8.	IA examinations for Semester–V	1 <sup>st</sup> week January 2023
9.	Commencement of Semester– V Theory examinations	2nd Week of January, 2023
10.	Class test of Semester-I	July-December,2022
11.	Class test of Semester-III	July-December,2022
12.	Class test of Semester-V	July-December,2022
13.	Commencement of Semester–III Theory examinations	4th week of January, 2023
14.	Commencement of Semester– VI classes	3rd Week of February, 2023
15.	Commencement of Semester–IV classes	4th Week of February, 2023
16.	Commencement of Semester–I Theory examinations	1st week of March, 2023
17.	Commencement of Semester –II Classes	3rd Week of March, 2023
18.	IA examinations for Semester- VI	3rd Week of May, 2023
19.	Commencement of Semester- VI examination	2nd Week of June, 2023
20.	Celebration of 9 <sup>th</sup> International Yoga Day	21 <sup>st</sup> June 2024

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**SESSION 1st July 2021 to 30th June 2022**

<b>Sl. No.</b>	<b>Events</b>	<b>Tentative Time</b>
1.	Continuation of Semester VI examinations	1st Week of July, 2021
2.	Commencement of Semester– IV examinations	3rd Week of July, 2021
3.	Commencement of Semester–II examinations	4th Week of July, 2021
4.	Commencement of Semester–III, V classes	2nd Week of August,2021
5.	Commencement of Semester –I classes	4th Week of September, 2021
6.	IA examinations for Semester–III &V	3rd week December 2021
7.	IA examinations for Semester–V	1 <sup>st</sup> week January 2022
8.	Commencement of Semester– V Theory examinations	2nd Week of January, 2022
9.	Class test of Semester-I	July-December,2022
10.	Class test of Semester-III	July-December,2022
11.	Class test of Semester-V	July-December,2022
12.	Commencement of Semester–III Theory examinations	4th week of January, 2022
13.	Commencement of Semester– VI classes	3rd Week of February, 2022
14.	Commencement of Semester–IV classes	4th Week of February, 2022
15.	Commencement of Semester–I Theory examinations	1st week of March, 2022
16.	Commencement of Semester –II Classes	3rd Week of March, 2022
17.	IA examinations for Semester- VI	3rd Week of May, 2022
18.	Commencement of Semester- VI examination	2nd Week of June, 2022
19.	Celebration of 8 <sup>th</sup> International Yoga Day	21 <sup>st</sup> June 2022

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**SESSION 1st July 2020 to 30th June 2021**

<b>Sl. No.</b>	<b>Events</b>	<b>Tentative Time</b>
1.	Continuation of Semester- II & IV online classes	1st week of July, 2020
2.	Online examination of Semester-II & IV	1st week of December, 2020
3.	Commencement of Semester-I classes	2nd week of December, 2020
4.	Commencement of Semester-III & V classes	3rd week of December, 2020
5.	Online IA examinations of Semester-I,III & V	1st week of March, 2021
6.	Online CU examinations of Semester-III & V	2nd week of March, 2021
7.	Online CU examinations of Semester-I	4th week of March, 2021
8.	Commencement and continuation of Sem-IV & VI online classes	1st week of April, 2021
9.	Commencement and continuation of Sem-II Online classes	2nd week of April, 2021
10.	Internal Assessment examination of Semester-IV & VI	Within 2nd week of June, 2021
11.	Continuation of Part-III online classes	Online examination of Part- I & II
12.	Online examination of Part-III	1st week of October, 2020
13.	Online examination of Part- I & II	1st week of December, 2020

- \* College remain closed due to COVID-19 pandemics since 17th March, 2020.
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**SESSION 1st July 2019 to 30th June 2020**

<b>Sl. No.</b>	<b>Events</b>	<b>Tentative Time</b>
1.	Commencement of classes for Semester-I	2nd week of July, 2019
2.	Commencement of Semester-III classes	3rd week of July, 2019
3.	IA examinations of Semester-III	2nd week of November, 2019
4.	IA examinations of Semester-I	3rd week of November, 2019
5.	CU Semester-III examination	2nd week of December, 2019
6.	CU Semester-I examination	1st week of January, 2020
7.	Commencement of Semester-IV classes	3rd week of January, 2020
8.	Commencement of Semester-II classes	1st week of February, 2020
9.	Commencement and continuation of online classes	3rd week of March, 2020
10.	Commencement of Part-III classes	2nd Week of July, 2019
11.	Mid-term examination of Part-III	October, 2019
12.	Form fill up for Part-III CU examination	1st week of February, 2020
13.	Commencement and continuation of online classes	3rd week of March, 2020

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**SESSION 1st July 2018 to 30th June 2019**

<b>Sl. No.</b>	<b>Events</b>	<b>Tentative Time</b>
1.	Commencement of classes for Semester-I	1st week of July, 2018
2.	Filling up of form for CU examination for Semester-I	November, 2018
3.	IA examinations for Semester-I	3rd week of November, 2018
4.	CU examination for Semester- I	2nd week of December, 2018
5.	Commencement of classes for Semester-II	2nd week of December, 2018
6.	Filling up of form for CU examination for Semester-II	May, 2019
7.	IA examinations for Semester-II	3rd week of May, 2019
8.	CU examination for Semester-II	2nd week of June, 2019
9.	Commencement of Part-III classes	4th week of July, 2018
10.	CU examinations for Part-I	1st week of August, 2018
11.	Commencement of Part-II classes	4th week of August, 2018
12.	Filling up of form for Part-III CU examination	4th Week of September, 2018
13.	Filling up of form for Part-II CU examination	1st week of February, 2019
14.	CU Part-III examination	1st week of March, 2019
15.	CU Part-II examination	2nd week of April, 2019
		4th week of May, 2019

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# LESSON PLAN

## Lesson Plan for the Odd Semester 2024-2025

1<sup>st</sup> Semester (CCF)

PAPER: FOUNDATIONS OF PHYSICAL EDUCATION

CC1/CC2; Course-MDC-1; Code: PE-MD-CC1-1-Th

Topic	LP	Teacher
<b>UNIT-I : Introduction to Physical Education</b>		
▶ Meaning, Definition and Scope of Physical Education	2	SB
▶ Aim and objectives of Physical Education	2	
▶ Traditional concept about Physical Education	2	
▶ Need and importance of Physical Education in modern day living.	2	
<b>UNIT-II : Historical Development of Physical Education</b>		
▶ Development of Physical Education in India during Pre-independence period	2	SB
▶ Development of Physical Education in India during Post-independence period	2	
▶ Contribution of Akhras, Vyayamshalas and YMCA. National Sports Awards in India: Major Dhyanchand, Khelratna, Arjuna award.	3	
▶ Brief concept of Olympic Movement.	2	
<b>UNIT-III : Biological Foundation of Physical Education</b>		
▶ Meaning and Principles of Growth and Development	2	SB
▶ Factors affecting Growth and Development	2	
▶ Importance of physical education activities in different developmental stage; Age and Sex differences in relation to physical activities and sports	3	
▶ Concept of Body Type and Sheldon's classification of body type.	2	
<b>UNIT-IV : Sociological Foundation of Physical Education</b>		
▶ Meaning and concept of socialization	2	SB
▶ Socialization through Physical Education and Sports	2	
▶ Roll of games and sports in National and International integration	2	
▶ Theories of Play; Emergence of Sport as social phenomena.	3	

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**1<sup>st</sup> Semester (CCF)**  
**DETAILS OF PRACTICAL SYLLABUS PHYSICAL EDUCATION-MDC**

**CC1/CC2 MDC-1 (PE-MD-CC1-1-P)**

Topic	LP	Teacher
<b>(i) Athletics: Running Events</b>		
▶ Sprint: Starting Techniques: Crouch start (with variations); Use of Starting block, Acceleration with proper running techniques. Maintenance of speed in different phase, Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug.	3	SB
▶ Distance Run: Standing start technique, Maintenance of speed in different phase	3	
▶ Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in changing zone, and Finishing. Hurdles: Clearing techniques of Hurdles.	3	
<b>(ii) Marching / Drill</b>		
▶ <b>The Basics of Marching:</b> Objectives of Marching, Command, Stand-at-Ease, Stand Easy, Turning (Right Turn, Left Turn, About Turn, Half-Right/ Left-Turn), Fall-in a Single Line, By the Right Number Count, Fall-in Three Lines, Right Dress	3	SB
▶ <b>Marching Fundamentals:</b> Mark Time, Open Order March, Close Order March, Forward march, Quick March, Right Turn at the March, Left Turn at the March, About Turn at the March, Mark Time from Quick March, Changing Step, Right or Left Wheel, Slow March, Right or Left Close March, Fall Out, Dismiss, Saluting to the Front, Saluting to the Right, Eyes Right and Eyes Front, Ceremonial Parade	3	
<b>(iii) Formal Activities in Physical Education</b>		
▶ <b>Calisthenics:</b> Four Tables should be prepared for practice. Each Table must have at least four free hand exercises which include upper and lower body muscles, The exercise should be included all fundamental movements of upper and lower joints and vertebral joints. These must be practice with 16 beats count/music and may use as warming up before any workout.	3	SB
▶ <b>Dumbbell Drill:</b> Four Tables should be prepared for practice. Each Table must have at least four exercises with light weight dumbbells in both hands. The exercise should be included all fundamental body movements of upper and lower joints and vertebral joints with variations. These must be practice with 16 beats count.	3	
▶ <b>Lezium Drill:</b> Four Tables should be prepared for practice. Each Table must have at least four exercises with Lezium in hands. The exercise should be included all fundamental body movements of upper and lower joints and vertebral joints with variations. These must be practice with 16 beats counting using the variation of 4 Thoks & 8 Thoks.	3	



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**Skill Enhancement Courses (SEC) in Physical Education for MDC (Theory)**  
**1<sup>st</sup> Semester (CCF)**  
**PAPER: OFFICIATING AND COACHING**

*PE-MD-SEC1-1-Th*

Topic	LP	Teacher
<b>UNIT-I : Introduction of Officiating and Coaching</b>		
▶ Concept of Officiating and Coaching	2	<b>SB</b>
▶ Importance and principles of Officiating	2	
▶ Ethics of Officiating in sports	2	
▶ Ethics of Coaching in sports	2	
<b>UNIT-II : Methods of Officiating</b>		
▶ Qualities and Qualification of officials	2	<b>SB</b>
▶ Duties of official in general, pre, during and post-game.	2	
▶ Relation of Officials with players and spectators	2	
▶ Relation of Coach with management and players.	2	
<b>UNIT-III : Introduction of Coaching</b>		
▶ Philosophy of coaching	2	<b>SB</b>
▶ Good qualities of a Coach	2	
▶ Qualification of a Coach; Need of sports coaching degrees;	2	
▶ Responsibilities of a Coach on and off the field	2	
<b>UNIT-IV : Planning &amp; application of Coaching in Sports</b>		
▶ Importance of psychological training of athletes for competition	2	<b>SB</b>
▶ Meaning and importance of Coaching Plan	2	
▶ Factors for preparation of a coaching plan	2	
▶ Concept of Periodization and its importance in coaching plan.	2	



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**Skill Enhancement Courses (SEC) in Physical Education for MDC (Practical)**  
**1<sup>st</sup> Semester (CCF)**  
**PAPER: OFFICIATING AND COACHING**

**PE-MD-SEC1-1-P**

<b>Topic</b>		<b>LP</b>	<b>Teacher</b>
<b>A.</b>	Rules and Regulations, Use of Signals (hand & whistle) for conducting games/activities, Use of Cards, Scoring and preparation of match report/final result etc. on following sports events and games: <b>(1 from each category)</b>		
▶	Athletics (Track & Field events)	2	<b>SB</b>
▶	Gymnastics/Swimming	2	
▶	Kho-Kho / Kabaddi	2	
▶	Ball Games: Football, Volleyball, Cricket, Handball, Basketball,	2	
▶	Hockey, Badminton/Table Tennis (any one)		
<b>B.</b>	Preparation of a short coaching plan/programme on any sports event/activity	2	



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**Interdisciplinary Courses (IDC) in Physical Education for MDC (Theory)**  
**1<sup>st</sup> Semester (CCF)**  
**PAPER: YOGA AND WEIGHT MANAGEMENT**

*PE-MD-IDC1-1-Th*

Topic	LP	Teacher
<b>UNIT-I : Introduction of Yoga</b>		
▶ Meaning and Concept of Yoga	2	<b>SB</b>
▶ Aim and objectives of Yoga	2	
▶ History and origin of Yoga	2	
▶ Need and Importance of Yoga in daily life.	2	
<b>UNIT-II : Methods of Yoga</b>		
▶ Concept of Astanga Yoga and its steps	2	<b>SB</b>
▶ Asana, Pranayam, and Meditation	2	
▶ Dos and Don'ts on Yoga practice	2	
▶ Effects of Yoga on body and mind.	2	
<b>UNIT-III : Introduction of Weight Management</b>		
▶ Meaning and concept of weight management.	2	<b>SB</b>
▶ Factors affecting weight management programme.	2	
▶ Concept of B.M.I.(Body Mass Index) and assessment of weight status from BMI.	2	
▶ Obesity-meaning, causes and solution. Health risks associated with Obesity.	2	
<b>UNIT-IV : Steps of Planning of Weight Management</b>		
▶ Concept of Nutrition and healthy diet.	2	<b>SB</b>
▶ Role of diet and exercise in weight management programme.	2	
▶ Concept of daily calorie intake and expenditure for weight management.	2	
▶ Planning of weight management programme for Overweight and Obese persons.	2	



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**Interdisciplinary Courses (IDC) in Physical Education for MDC (Practical)**  
**1<sup>st</sup> Semester (CCF)**  
**PAPER: YOGA AND WEIGHT MANAGEMENT**

**PE-MD-IDC1-1-P**

Topic		LP	Teacher
A	<b>Practice of Asanas, Pranayam and Meditation</b>		
a)	<b>Asanas:</b>		
▶	Sitting & Twisting Poses: Padmasana, Gomukhasana, Bojrasana, Ardha-Motysendrasana,	2	
▶	Forward bending poses: Janusirasana, Pashcimottanasana,	2	
▶	Backword bending poses: Salavasana, Vugongasana, Ustrasana, Setubondanasana,	2	
▶	Balance Poses: Brikshasana, Birvadrana.	2	SB
b)	<b>Practice of Pranayama:</b>		
	Anulom & Bilom; Vamri, Silolie, Shitkari.	2	
c)	<b>Meditation techniques:</b>		
	Deep breath meditation, Mindful meditation, Visualization meditation.	2	
B.			
a)	<b>Calculation of BMI and assessment weight status</b>		
b)	<b>Preparation of healthy Diet Chart according to the needs of the weight management programme.</b>	2	



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**3<sup>rd</sup> Semester (CCF)**  
**PAPER: PHYSIOLOGY OF EXERCISE**

*CC1/CC2; Course-MDC-3; Code: PE-MD-CC3-3-Th*

Topic	LP	Teacher
<b>UNIT-I : Introduction of the Human Body</b>		
▶ Meaning, Definition and Importance of Anatomy, Physiology & Exercise Physiology in Physical Education and Sports.	2	<b>SB</b>
▶ Organization of the human body: Cells, tissues, organs and body systems.	2	
▶ Classification and functions of bone and joints of human body.	2	
▶ Concept and Types of Exercises.	2	
<b>UNIT-II : Muscular System and Respiratory system</b>		
▶ Muscular system- Characteristics of muscular tissue; Types of muscle and muscular contraction,	2	<b>SB</b>
▶ Structure of skeletal muscles. Effect of exercises on muscular system	2	
▶ Respiratory system: Different organs of respiratory system & its function, Mechanism of breathing;	2	
▶ Effect of exercise on respiratory system; VO <sub>2</sub> max, Second Wind, Oxygen debt or EPOC.	2	
<b>UNIT-III : Cardio-Vascular System:</b>		
▶ Composition and function of blood, Pulmonary circulation & Systemic circulation.	2	<b>SB</b>
▶ The Heart- location, structure and function.	2	
▶ Cardiac cycle, Blood pressure. Stroke volume, Cardiac output, Athletic heart.	2	
▶ Effect of exercise on cardiovascular system.	2	
<b>UNIT-IV : Energy metabolism and Exercise</b>		
▶ Concept & types of Energy Metabolism.	2	<b>SB</b>
▶ Aerobic system and Anaerobic systems of energy production.	2	
▶ Fuel for muscular work: Role of Carbohydrate and Fat	2	
▶ Concept of energy supply during performance of different types of athletic events.	2	



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**3<sup>rd</sup> Semester (CCF)**  
**DETAILS OF PRACTICAL SYLLABUS PHYSICAL EDUCATION-MDC**

**CC1/CC2\_MDC-3 (PE-MD-CC3-3-P)**

Topic	LP	Teacher
<b>(i) Athletics: Jumping Events (High jump, Long Jump, Triple Jump)</b>		
▶ <b>Long Jump:</b> Hang Style/ Hitch Kick technique)- Approach Run, Take-off, Flight in the air and Landing.	<b>3</b>	<b>SB</b>
▶ <b>Triple Jump:</b> Approach Run, Take-off, Flight in the air and Landing.	<b>3</b>	
▶ <b>High Jump:</b> Straddle Roll / Fosbury Flop technique: Approach Run, Take-off, Clearance of Bar, and Landing.	<b>3</b>	
<b>(ii) Games: Kabaddi, Football, Basketball</b>		
▶ <b>Kabaddi:</b> Rules of the Game; Court measurements; Concept of Cant, Lona & Bonus point, Defensive skills-Ankle holds, Knee holds techniques; Blocking; Attacking skills-Hands touch, Ankle touch, Game practice.	<b>6</b>	<b>SB</b>
▶ <b>Football:</b> Rules of the Game; Field measurement, Push-pass; Kicks-Long & short; Chip and Volley, Dribbles, Receiving the ball by instep & thigh, Penalty Kick. Direct and Indirect free kick; Throwing; Tackles, Goal keeping; Game practice.	<b>6</b>	
▶ <b>Basketball:</b> Basic Rules of the Game; Court measurements; Passing skills-Chest pass, Bounce pass, Overhead pass, Shoulder pass; Dribbling-High dribble, medium & low dribble; Pivoting, Shooting-Set shot, Jump shot, Lay-up shot. Game practice.	<b>6</b>	
<b>(iii) Practical of Physiology of Exercise</b>		
▶ <b>Measurement of Heart Rate –Resting Heart Rate (RHR) and Exercise Heart Rate (EHR).</b>	<b>2</b>	<b>SB</b>
▶ <b>Breathing frequency at rest and after exercise.</b>	<b>2</b>	



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**Skill Enhancement Courses (SEC) in Physical Education for MDC (Theory)**  
**3<sup>rd</sup> Semester (CCF)**  
**PAPER: OFFICIATING AND COACHING**

**PE-MD-SEC3-3-Th**

<b>Topic</b>		<b>LP</b>	<b>Teacher</b>
<b>UNIT-I : Introduction of Officiating and Coaching</b>			
▶	Concept of Officiating and Coaching	2	<b>SB</b>
▶	Importance and principles of Officiating	2	
▶	Ethics of Officiating in sports	2	
▶	Ethics of Coaching in sports	2	
<b>UNIT-II : Methods of Officiating</b>			
▶	Qualities and Qualification of officials	2	<b>SB</b>
▶	Duties of official in general, pre, during and post-game.	2	
▶	Relation of Officials with players and spectators	2	
▶	Relation of Coach with management and players.	2	
<b>UNIT-III : Introduction of Coaching</b>			
▶	Philosophy of coaching	2	<b>SB</b>
▶	Good qualities of a Coach	2	
▶	Qualification of a Coach; Need of sports coaching degrees;	2	
▶	Responsibilities of a Coach on and off the field	2	
<b>UNIT-IV : Planning &amp; application of Coaching in Sports</b>			
▶	Importance of psychological training of athletes for competition	2	<b>SB</b>
▶	Meaning and importance of Coaching Plan	2	
▶	Factors for preparation of a coaching plan	2	
▶	Concept of Periodization and its importance in coaching plan.	2	



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**3<sup>rd</sup> Semester (CCF)**  
**PAPER: OFFICIATING AND COACHING**

**PE-MD-SEC3-3-P**

<b>Topic</b>		<b>LP</b>	<b>Teacher</b>
<b>A</b>	Rules and Regulations, Use of Signals (hand & whistle) for conducting games/activities, Use of Cards, Scoring and preparation of match report/final result etc. on following sports events and games: <b>(1 from each category)</b>		
	▶ Athletics (Track & Field events)	2	<b>SB</b>
	▶ Gymnastics/Swimming	2	
	▶ Kho-Kho / Kabaddi	2	
	▶ Ball Games: Football, Volleyball, Cricket, Handball, Basketball, Hockey, Badminton/Table Tennis (any one)	2	
	<b>B.</b> Preparation of a short coaching plan/programme on any sports event/activity	2	



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**Interdisciplinary Courses (IDC) in Physical Education for MDC (Theory)**  
**3<sup>rd</sup> Semester (CCF)**  
**PAPER: YOGA AND WEIGHT MANAGEMENT**

*PE-MD-IDC3-3-Th*

Topic	LP	Teacher
<b>UNIT-I : Introduction of Yoga</b>		
▶ Meaning and Concept of Yoga	2	<b>SB</b>
▶ Aim and objectives of Yoga	2	
▶ History and origin of Yoga	2	
▶ Need and Importance of Yoga in daily life.	2	
<b>UNIT-II : Methods of Yoga</b>		
▶ Concept of Astanga Yoga and its steps	2	<b>SB</b>
▶ Asana, Pranayam, and Meditation	2	
▶ Dos and Don'ts on Yoga practice	2	
▶ Effects of Yoga on body and mind.	2	
<b>UNIT-III : Introduction of Weight Management</b>		
▶ Meaning and concept of weight management.	2	<b>SB</b>
▶ Factors affecting weight management programme.	2	
▶ Concept of B.M.I.(Body Mass Index) and assessment of weight status from BMI.	2	
▶ Obesity-meaning, causes and solution. Health risks associated with Obesity.	2	
<b>UNIT-IV : Steps of Planning of Weight Management</b>		
▶ Concept of Nutrition and healthy diet.	2	<b>SB</b>
▶ Role of diet and exercise in weight management programme.	2	
▶ Concept of daily calorie intake and expenditure for weight management.	2	
▶ Planning of weight management programme for Overweight and Obese persons.	2	



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**Interdisciplinary Courses (IDC) in Physical Education for MDC (Practical)**  
**3<sup>rd</sup> Semester (CCF)**  
**PAPER: YOGA AND WEIGHT MANAGEMENT**

**PE-MD-IDC1-1-P**

Topic		LP	Teacher
A	<b>Practice of Asanas, Pranayam and Meditation</b>		
a)	<b>Asanas:</b>		
▶	Sitting & Twisting Poses: Padmasana, Gomukhasana, Bojrasana, Ardha-Motysendrasana,	2	
▶	Forward bending poses: Janusirasana, Pashcimottanasana,	2	
▶	Backword bending poses: Salavasana, Vugongasana, Ustrasana, Setubondanasana,	2	
▶	Balance Poses: Brikshasana, Birvaderasana.	2	SB
b)	<b>Practice of Pranayama:</b>		
	Anulom & Bilom; Vamri, Silolie, Shitkari.	2	
c)	<b>Meditation techniques:</b>		
	Deep breath meditation, Mindful meditation, Visualization meditation.	2	
B.			
a)	<b>Calculation of BMI and assessment weight status</b>		
b)	<b>Preparation of healthy Diet Chart according to the needs of the weight management programme.</b>	2	



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**5<sup>th</sup> Semester (CBCS)**  
**PAPER: MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS**

***PEDN-G-DSE-A-5-1-TH***

Topic	LP	Teacher
<b>UNIT-I : Introduction</b>		
▶ Sports Management: Meaning, Definition Nature and Scope.	2	SB
▶ Emergence: History and Importance of Sports Management.	2	
▶ Basics: Principles and Practices of Sports Management.	2	
▶ Application: Qualities, Duties and Responsibilities of Sports Manager.	2	
<b>UNIT-II : Tournaments</b>		
▶ Tournaments: Meaning, Definition and Types; Tournaments- Knock-out, League, Combination, Challenge.	2	SB
▶ Organisation: Fixture Drawing Procedure of Knock-out, League, Combination Tournaments	3	
▶ Annual Program: Athletic Meet and Play Day Organisation and Management.	2	
▶ Year-round Programme: Intramural and Extramural Competition Organisation and Management.	2	
<b>UNIT-III : Facilities and Equipment</b>		
▶ Lay-out: Characteristics, Principles and Lay-out of Standard Athletic Track and Football Field.	3	SB
▶ Care and Maintenance: Meaning, Methods, Need and Importance of Sports Equipment Playground and Gymnasium.	3	
▶ Documentation: Meaning, Methods, Need and Importance.	2	
▶ Time Table: Meaning, Definition, Importance and Factors.	2	
<b>UNIT-IV : Financial Management</b>		
▶ Financial Management: Meaning, Definition, Need and Importance.	2	SB
▶ Budget: Meaning, Definition, Criteria, Principles; Steps for Preparing a Good Budget.	2	
▶ Sponsorship: Meaning, Trends, Process, Aim and Objectives.	2	
▶ Sports Promotion: Meaning, Means and Methods; Funding Agencies – Types, Procedure Communication with the Agencies.	2	

**PAPER: MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS**

***PEDN-G-DSE-A-5-1-P***

Topic	LP	Teacher
<b>Lab &amp; Field Practical</b>		
1. Lay out of a Standard Track and any two sport field/court 2. Fixture of Different type Tournaments 3. Preparation of a Model Budget and ideal Time Table.	8	SB



**5<sup>th</sup> Semester (CBCS)  
PAPER: BALL GAMES**

*PEDN-G-SEC-A-5-2-P*

Topic		LP	Teacher					
<b>FOOTBALL</b>								
<b>A. Fundamental Skills</b>	<ul style="list-style-type: none"> <li>▶ 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.</li> <li>▶ Trapping: Trapping- the Rolling ball, and the Bouncing ball with Sole of the foot, Thigh and Chest Trapping.</li> <li>▶ Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot.</li> <li>▶ Heading: In standing, running and jumping condition.</li> <li>▶ Throw-in: Standing throw-in and Running throw-in.</li> <li>▶ Feinting: With the lower limb and upper part of the body.</li> <li>▶ Tackling: Simple Tackling, Slide Tackling.</li> <li>▶ Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting.</li> </ul>	<b>40</b>	<b>SB</b>					
<b>B. Rules and their interpretation and duties of officials.</b>				<b>6</b>				
<b>CRICKET</b>								
<b>A. Fundamental Skills</b>				<ul style="list-style-type: none"> <li>▶ Batting - Forward Defence Stroke, Backward Defence Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut.</li> <li>▶ Bowling -Out-swing, In-swing, Off Break, Leg Break and Googly.</li> <li>▶ Fielding: Catching - The High Catch, The Skim Catch, The Close Catch and throwing at the stumps from different angles. Long Barrier and Throw, Short Throw, Long Throw, Throwing on the Turn.</li> <li>▶ Wicket Keeping</li> </ul>	<b>40</b>	<b>SB</b>		
<b>B. Rules and their interpretation and duties of officials.</b>							<b>6</b>	
<b>BASKETBALL</b>								
<b>A. Fundamental Skills</b>				<ul style="list-style-type: none"> <li>▶ Passing: Two hand Chest Pass, Two-hand Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass.</li> <li>▶ Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.</li> <li>▶ Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.</li> <li>▶ Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw.</li> <li>▶ Rebounding: Defensive rebound and Offensive rebound.</li> <li>▶ Individual Defence: Guarding the player with the ball and without the ball, Pivoting.</li> <li>▶ Game practice with application of Rules and Regulations.</li> </ul>	<b>40</b>	<b>SB</b>		
<b>B. Rules and their interpretation and duties of officials.</b>	<b>6</b>							

Topic		LP	Teacher
<b>VOLLEYBALL</b>			
<b>A. Fundamental Skills</b>			
▶ Serve: Under hand serve and Side arm serve; Over-head serve, Floating service standing and jumping.			
▶ Passing: Fore arm passing, Over-head passing.			
▶ Setting: Front set, Back set and Long set.			
▶ Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing).			
▶ Blocking: Offensive and Defensive with one or more than one blockers (approach, arm and foot movement, and landing).			
▶ Service reception and Court coverage.			
▶ Rotation and front court and back court players.			
<b>B. Rules and their interpretation and duties of officials.</b>			
		<b>40</b>	<b>SB</b>
		<b>6</b>	



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## Lesson Plan for the Even Semester 2023-2024

2<sup>nd</sup> Semester (CCF)

**PAPER: HEALTH EDUCATION**

*CC1/CC2; Course-MDC-2; Code: PE-MD-CC2-2-Th*

Topic	LP	Teacher
<b>UNIT-I : Introduction to Health Education</b>		
▶ Meaning and Concept of Health and Health Education.	2	SB
▶ Aims, objectives and principles of Health Education	2	
▶ Concept of Dimensions and Determinants of Health	2	
▶ Benefits of exercise and sports participation on health & wellbeing.	2	
<b>UNIT-II : Learning</b>		
▶ Meaning and types of Hygiene.	2	SB
▶ Personal Hygiene: Care of eye, ear, skin and hair.	2	
▶ Meaning of Health Services, Health Instruction and Health Supervision.	2	
▶ Adverse effect of alcohol, tobacco and smoking on health & hygiene.	2	
<b>UNIT-III : Psychological Factors</b>		
▶ Meaning of Communicable disease, Causes & Prevention of Communicable diseases: Cough and cold, Malaria, Dengue.	2	SB
▶ Meaning of Non-Communicable disease, Causes & Prevention of Non-Communicable diseases: Diabetes, Cardio Vascular Diseases	2	
▶ Meaning of Postural Deformities, Causes and Correction: Knock Knee, Bow Legs, Flat Foot.	3	
▶ Management of Lifestyle diseases: Obesity, High Blood Pressure and Stress	2	
<b>UNIT-IV : Sociological Aspects</b>		
▶ Meaning of First-Aid, Golden rules of First Aid	2	SB
▶ Importance of first-aid on & off the field for emergency care of injuries:	2	
▶ First-Aid for Contusion, Bleeding, Sprain, Dislocation, Fracture;	2	
▶ Concept of CPR.	2	



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**2<sup>nd</sup> Semester (CCF)**  
**DETAILS OF PRACTICAL SYLLABUS PHYSICAL EDUCATION-MDC**

**CC1/CC2 MDC-2 (PE-MD-CC2-2-P)**

Topic	LP	Teacher
<b>(i) Athletics: Throwing Events (Shot put, Discus, Javelin)</b>		
▶ <b>Shot Put:</b> Technique-Parry-O'Brain Style; Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery.	3	SB
▶ <b>Discus Throw - (Rotation method):</b> Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery	3	
▶ <b>Javelin Throw:</b> Grip, Carry, Release and Recovery (3/5 Impulse stride)	3	
<b>(ii) Games: Kho-Kho, Badminton/Table Tennis, Volleyball</b>		
▶ <b>Kho-Kho:</b> Rules of the game, Court measurement & marking, Attacking Skills-Correct Sitting Technique; Technique of execute correct 'Kho', Execution of Early Kho and Let Kho; Pole drive; Defensive techniques: Single Chain and Double Chain, Ring formation;	3	SB
▶ <b>Badminton:</b> Rules of the game, Service-Short & Long service, Forehand and Backhand shots, Clear shot, Net shot, Smash. Singles & Doubles Play-Game practice.	3	
▶ <b>Table Tennis:</b> Rules of the game, Service-Back hand & Forehand; Push and Counter-Forehand and Backhand; Attacking shots- Topspin and Smash; Singles & Doubles Play, Game practice;	3	
▶ <b>Volleyball:</b> Rules of the game; Service-Underarm, Sidearm and Overhead, Defensive Shot-Underarm, Setting by Overhead shot, Attacking shot-Spiking & placing, Blocking techniques, Libero. Rotation rules, Game practices.	3	
<b>(iii) Practical on Health Status &amp; First Aid</b>		
▶ <b>Health Status:</b> Measurement of height and weight; Calculation of BMI & assessment of weight status. Periodical assessment of weight status & BMI;	3	SB
▶ First Aid for Bleeding, Fracture, Dislocation, Sprain. Use of Roller Bandage and Triangular Bandage.	2	



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**Skill Enhancement Courses (SEC) in Physical Education for MDC (Theory)**  
**2<sup>nd</sup> Semester (CCF)**  
**PAPER: OFFICIATING AND COACHING**

*PE-MD-SEC2-2-Th*

Topic	LP	Teacher
<b>UNIT-I : Introduction of Officiating and Coaching</b>		
▶ Concept of Officiating and Coaching	2	SB
▶ Importance and principles of Officiating	2	
▶ Ethics of Officiating in sports	2	
▶ Ethics of Coaching in sports	2	
<b>UNIT-II : Methods of Officiating</b>		
▶ Qualities and Qualification of officials	2	SB
▶ Duties of official in general, pre, during and post-game.	2	
▶ Relation of Officials with players and spectators	2	
▶ Relation of Coach with management and players.	2	
<b>UNIT-III : Introduction of Coaching</b>		
▶ Philosophy of coaching	2	SB
▶ Good qualities of a Coach	2	
▶ Qualification of a Coach; Need of sports coaching degrees;	2	
▶ Responsibilities of a Coach on and off the field	2	
<b>UNIT-IV : Planning &amp; application of Coaching in Sports</b>		
▶ Importance of psychological training of athletes for competition	2	SB
▶ Meaning and importance of Coaching Plan	2	
▶ Factors for preparation of a coaching plan	2	
▶ Concept of Periodization and its importance in coaching plan.	2	



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**Skill Enhancement Courses (SEC) in Physical Education for MDC (Practical)**  
**2<sup>nd</sup> Semester (CCF)**  
**PAPER: OFFICIATING AND COACHING**

**PE-MD-SEC2-2-P**

<b>Topic</b>		<b>LP</b>	<b>Teacher</b>
<b>A.</b>	Rules and Regulations, Use of Signals (hand & whistle) for conducting games/activities, Use of Cards, Scoring and preparation of match report/final result etc. on following sports events and games: <b>(1 from each category)</b>		
▶	Athletics (Track & Field events)	2	<b>SB</b>
▶	Gymnastics/Swimming	2	
▶	Kho-Kho / Kabaddi	2	
▶	Ball Games: Football, Volleyball, Cricket, Handball, Basketball,	2	
▶	Hockey, Badminton/Table Tennis (any one)		
<b>B.</b>	Preparation of a short coaching plan/programme on any sports event/activity	2	



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**Interdisciplinary Courses (IDC) in Physical Education for MDC (Theory)**  
**2<sup>nd</sup> Semester (CCF)**  
**PAPER: YOGA AND WEIGHT MANAGEMENT**

*PE-MD-IDC2-2-Th*

Topic	LP	Teacher
<b>UNIT-I : Introduction of Yoga</b>		
▶ Meaning and Concept of Yoga	2	<b>SB</b>
▶ Aim and objectives of Yoga	2	
▶ History and origin of Yoga	2	
▶ Need and Importance of Yoga in daily life.	2	
<b>UNIT-II : Methods of Yoga</b>		
▶ Concept of Astanga Yoga and its steps	2	<b>SB</b>
▶ Asana, Pranayam, and Meditation	2	
▶ Dos and Don'ts on Yoga practice	2	
▶ Effects of Yoga on body and mind.	2	
<b>UNIT-III : Introduction of Weight Management</b>		
▶ Meaning and concept of weight management.	2	<b>SB</b>
▶ Factors affecting weight management programme.	2	
▶ Concept of B.M.I.(Body Mass Index) and assessment of weight status from BMI.	2	
▶ Obesity-meaning, causes and solution. Health risks associated with Obesity.	2	
<b>UNIT-IV : Steps of Planning of Weight Management</b>		
▶ Concept of Nutrition and healthy diet.	2	<b>SB</b>
▶ Role of diet and exercise in weight management programme.	2	
▶ Concept of daily calorie intake and expenditure for weight management.	2	
▶ Planning of weight management programme for Overweight and Obese persons.	2	



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**Interdisciplinary Courses (IDC) in Physical Education for MDC (Practical)**  
**2<sup>nd</sup> Semester (CCF)**  
**PAPER: YOGA AND WEIGHT MANAGEMENT**

**PE-MD-IDC1-1-P**

	<b>Topic</b>	<b>LP</b>	<b>Teacher</b>
A	<b>Practice of Asanas, Pranayam and Meditation</b>		
a)	<b>Asanas:</b>		
▶	Sitting & Twisting Poses: Padmasana, Gomukhasana, Bojrasana, Ardha-Motysendrasana,	<b>2</b>	
▶	Forward bending poses: Janusirasana, Pashcimottanasana,	<b>2</b>	
▶	Backword bending poses: Salavasana, Vugongasana, Ustrasana, Setubondanasana,	<b>2</b>	
▶	Balance Poses: Brikshasana, Birvadransana.	<b>2</b>	<b>SB</b>
b)	<b>Practice of Pranayama:</b>		
	Anulom & Bilom; Vamri, Silolie, Shitkari.	<b>2</b>	
c)	<b>Meditation techniques:</b>		
	Deep breath meditation, Mindful meditation, Visualization meditation.	<b>2</b>	
B.			
a)	<b>Calculation of BMI and assessment weight status</b>		
b)	<b>Preparation of healthy Diet Chart according to the needs of the weight management programme.</b>	<b>2</b>	



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**4<sup>th</sup> Semester (CBCS)**  
**PAPER: PSYCHOLOGY AND SOCIOLOGY IN**  
**PHYSICAL EDUCATION AND SPORTS**

**PEDN-G-CC-4-4-TH**

Topic	LP	Teacher
<b>UNIT-I : Introduction</b>		
▶ Psychology: Meaning, Definition and Scope of Psychology.	2	SB
▶ Nature of Psychology; Branches, Need and Importance of Psychology.	2	
▶ Sports Psychology: Meaning, Definition, Scope and Role of Sports Psychology.	2	
▶ Need for Psychology in Physical Education and Sports.	2	
<b>UNIT-II : Learning</b>		
▶ Learning: Meaning, Definition and Characteristics.	2	SB
▶ Learning Phenomenon: Basic Theories and Laws of Learning. Learning Phenomena and Physical Education and Sports.	2	
▶ Learning Process: Learning Curve - Meaning, Stages and Features; Learning Motor Skills.	2	
▶ Transfer of Learning: Meaning, Definition and Types. Factors of Transfer of Learning/Training	2	
<b>UNIT-III : Psychological Factors</b>		
▶ Motivation: Meaning, Definition, Types and Role of Motivation in Life.	2	SB
▶ Instinct and Emotion: Meaning, Definition and Types; Physical Education and Sports for Emotional Development.	2	
▶ Stress: Meaning, Definition, Types and Causes; Physical Education and Sports for Students' Stress Relaxation.	2	
▶ Personality: Meaning, Definition, Types and Traits; Physical Education and Sports for Personality Development.	2	
<b>UNIT-IV : Sociological Aspects</b>		
▶ Sociology: Meaning and Definition, Society and Social Group – Primary, Secondary and Remote Groups.	2	SB
▶ Culture: Features, Importance, Cultural Values of Games and Sports.	2	
▶ Leadership: Meaning, Definition and Types. Leadership and Sports Performance; Leadership and Physical Education and Sports.	2	
▶ Sports Related Social Issues: Empowerment, Gender Discrimination, Women and Sport, Socio-economic Status and Sports Participation, Sports in Modern Society.	2	



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**4<sup>th</sup> Semester (CBCS)**  
**PAPER: PSYCHOLOGY AND SOCIOLOGY IN**  
**PHYSICAL EDUCATION AND SPORTS**

***PEDN-G-CC-4-4-P***

<b>Topic</b>	<b>LP</b>	<b>Teacher</b>
<b>Lab &amp; Field Practical</b>		
1. Assessment of Simple and Choice Reaction Time 2. Assessment of Group-cohesion and Social Development. 3. Assessment of Personality.	<b>8</b>	<b>SB</b>



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**4<sup>th</sup> Semester (CBCS)**  
**PAPER: GYMNASTICS AND YOGA**

**PEDN-G-SEC-B-4-1-P**

<b>Topic</b>		<b>LP</b>	<b>Teacher</b>
<b>GYMNASTICS</b>			
<b>1.</b>	<b>Compulsory</b> Forward Roll T-Balance Forward Roll with Split leg Backward Roll Cart-Wheel	<b>10</b>	<b>SB</b>
<b>2.</b>	<b>Optional (any three)</b> Dive and Forward Roll Hand Spring Head Spring Neck Spring Hand Stand and Forward Roll Summersault	<b>10</b>	
<b>YOGA</b>			
<b>3.</b>	<b>Asana</b> <b>Standing Posture</b> Ardhachandrasana, Brikshasana, Padahastasana <b>Sitting Posture</b> Ardhakurmasana, Paschimottanasana, Gomukhasana <b>Supine Posture</b> Setubandhasana, Halasana, Matsyasana <b>Prone Posture</b> Bhujangasana, Salvasana, Dhanurasana <b>Inverted Posture</b> Sarbangasana, Shirsasana, Bhagrasana	<b>6</b> <b>6</b> <b>6</b> <b>6</b> <b>6</b>	<b>SB</b>
<b>4.</b>	<b>Suryanamaskara and Pranayama</b> Suryanamaskara, Kapalbhati, Pranayama- Bhramari and Anulam Vilom.	<b>8</b>	



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**6<sup>th</sup> Semester (CBCS)**  
**PAPER: SPORTS TRAINING**

***PEDN-G-CC-4-4-TH***

Topic	LP	Teacher
<b>UNIT-I : Introduction</b>		
▶ Sports Training: Meaning, Definition and Scope.	2	SB
▶ Aim, Objectives and Characteristics of Sports Training.	2	
▶ Principles of Sports Training.	2	
▶ Need and Importance of Sports Training.	2	
<b>UNIT-II : Methods of Training and Conditioning in Sports</b>		
▶ Warming-up and Cooling-down: Meaning, Definition and Methods.	2	SB
▶ Conditioning: Meaning, Definition and Principles.	2	
▶ Training Methods: Principles and Characteristics of Circuit Training, Interval Training and Weight Training.	2	
▶ Periodisation: Meaning, Definition, Types, Aim and Contents of Different Periods.	2	
<b>UNIT-III : Training Load and Adaptation</b>		
▶ Training Load: Meaning, Definition, Types and Factors.	2	SB
▶ Training Load Components: Volume, Intensity, Repetition and Duration.	2	
▶ Over Load: Meaning, Causes, Symptoms and Overcoming Over-load.	2	
▶ Load Adaptation: Meaning and Conditions of Adaptation; Super-compensation.	2	
<b>UNIT-IV : Training Techniques</b>		
▶ Strength: Means and Methods Development.	2	SB
▶ Speed: Means and Methods Development.	2	
▶ Endurance: Means and Methods Development.	2	
▶ Flexibility: Means and Methods Development.	2	



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**6<sup>th</sup> Semester (CBCS)**  
**PAPER: PSYCHOLOGY AND SOCIOLOGY IN**  
**PHYSICAL EDUCATION AND SPORTS**

*PEDN-G-CC-4-4-P*

Topic	LP	Teacher
<b>Lab &amp; Field Practical</b>		
1. Weight Training – Practice with Principles. 2. Measurement of Speed, Strength, Endurance and Flexibility. 3. Circuit Training - Practice with Principles and Periodisation Chart.	<b>8</b>	<b>SB</b>



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**6<sup>th</sup> Semester (CBCS)**  
**PAPER: Indian Games (Any One) and Racket Sports (Any One)**

*PEDN-G-SEC-B-6-2-P*

Topic		LP	Teacher
<b>KABADDI</b>			
<b>A. Fundamental Skills</b>	<ul style="list-style-type: none"> <li>▶ Raiding Skills: Cant, Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow flying kick, roll back; crossing of baulk line; Crossing of Bonus line.</li> <li>▶ Holding skills: Ankle, Knee, Thigh, Wrist, Crocodile and Washer man hold.</li> <li>▶ Formation during holding: Various formations, catching from particular position.</li> <li>▶ Additional Raiding skills: Escaping from various holds, techniques of escaping from chain formation, offense and defence.</li> <li>▶ Game practice with application of Rules and Regulations.</li> </ul>	44	SB
<b>B. Rules and their interpretations and duties of the officials.</b>		6	
<b>KHO-KHO</b>			
<b>A. Fundamental Skills</b>	<ul style="list-style-type: none"> <li>▶ Chasing Skills: Sitting on the box - Parallel and Bullet toe method; Getting up from the box -Proximal and Distal foot method; Giving Kho - Simple, Early, Late and Judgment Kho; Pole Turn, Pole Diving, Tapping, Hammering, Rectification of foul.</li> <li>▶ Running Skills: Chain Play, Ring play and Chain, Ring mixed play, running zigzag, avoiding and dodging.</li> <li>▶ Game practice with application of Rules and Regulations.</li> </ul>	44	SB
<b>B. Rules and their interpretations and duties of the officials.</b>		6	
<b>BADMINTON</b>			
<b>A. Fundamental Skills</b>	<ul style="list-style-type: none"> <li>▶ Basic Knowledge: Various parts of the Racket and Grip – hand-shake grip, figure pointing grip.</li> <li>▶ Basic foot work and court coverage.</li> <li>▶ Basic Stance: Defensive, attacking, net stance.</li> <li>▶ Service: Short service, Long service, Long-high service.</li> <li>▶ Shots: fore hand, back hand, clearing, lobbing, over-head shot, defensive clear shot, attacking clear shot, drop shot, net shot, smash.</li> <li>▶ Game practice with application of Rules and Regulations.</li> </ul>	44	SB
<b>B. Rules and their interpretation and duties of officials.</b>		6	

Topic		LP	Teacher
<b>TABLE TENNIS</b>			
<b>A. Fundamental Skills</b>			
▶ Basic Knowledge: Various parts of the racket and grip (shake hand & pen hold grip), back hand and fore hand grip.			
▶ Stance: Alternate and Parallel.			
▶ Service: Backhand and Forehand high toss service, spin, top spin, back spin, side spin.		44	SB
▶ Chop: Backhand and Forehand.			
▶ Receive return and receiving: Push, Chop, drive loop and flick with both Backhand & Forehand.			
▶ Game practice with application of Rules and Regulations.			
<b>B. Rules and their interpretation and duties of officials.</b>		6	



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## Lesson Plan for the Odd Semester 2023-24

1<sup>st</sup> Semester (CCF)

### PAPER: FOUNDATIONS OF PHYSICAL EDUCATION

*CC1/CC2; Course-MDC-1; Code: PE-MD-CC1-1-Th*

Topic	LP	Teacher
<b>UNIT-I : Introduction to Physical Education</b>		
▶ Meaning, Definition and Scope of Physical Education	2	SB
▶ Aim and objectives of Physical Education	2	
▶ Traditional concept about Physical Education	2	
▶ Need and importance of Physical Education in modern day living.	2	
<b>UNIT-II : Historical Development of Physical Education</b>		
▶ Development of Physical Education in India during Pre-independence period	2	SB
▶ Development of Physical Education in India during Post-independence period	2	
▶ Contribution of Akhras, Vyayamshalas and YMCA. National Sports Awards in India: Major Dhyanchand, Khelratna, Arjuna award.	3	
▶ Brief concept of Olympic Movement.	2	
<b>UNIT-III : Biological Foundation of Physical Education</b>		
▶ Meaning and Principles of Growth and Development	2	SB
▶ Factors affecting Growth and Development	2	
▶ Importance of physical education activities in different developmental stage; Age and Sex differences in relation to physical activities and sports	3	
▶ Concept of Body Type and Sheldon's classification of body type.	2	
<b>UNIT-IV : Sociological Foundation of Physical Education</b>		
▶ Meaning and concept of socialization	2	SB
▶ Socialization through Physical Education and Sports	2	
▶ Roll of games and sports in National and International integration	2	
▶ Theories of Play; Emergence of Sport as social phenomena.	3	

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**1<sup>st</sup> Semester (CCF)**  
**DETAILS OF PRACTICAL SYLLABUS PHYSICAL EDUCATION-MDC**

**CC1/CC2 MDC-1 (PE-MD-CC1-1-P)**

Topic	LP	Teacher
<b>(i) Athletics: Running Events</b>		
▶ Sprint: Starting Techniques: Crouch start (with variations); Use of Starting block, Acceleration with proper running techniques. Maintenance of speed in different phase, Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug.	3	SB
▶ Distance Run: Standing start technique, Maintenance of speed in different phase	3	
▶ Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in changing zone, and Finishing. Hurdles: Clearing techniques of Hurdles.	3	
<b>(ii) Marching / Drill</b>		
▶ <b>The Basics of Marching:</b> Objectives of Marching, Command, Stand-at-Ease, Stand Easy, Turning (Right Turn, Left Turn, About Turn, Half-Right/ Left-Turn), Fall-in a Single Line, By the Right Number Count, Fall-in Three Lines, Right Dress	3	SB
▶ <b>Marching Fundamentals:</b> Mark Time, Open Order March, Close Order March, Forward march, Quick March, Right Turn at the March, Left Turn at the March, About Turn at the March, Mark Time from Quick March, Changing Step, Right or Left Wheel, Slow March, Right or Left Close March, Fall Out, Dismiss, Saluting to the Front, Saluting to the Right, Eyes Right and Eyes Front, Ceremonial Parade	3	
<b>(iii) Formal Activities in Physical Education</b>		
▶ <b>Calisthenics:</b> Four Tables should be prepared for practice. Each Table must have at least four free hand exercises which include upper and lower body muscles, The exercise should be included all fundamental movements of upper and lower joints and vertebral joints. These must be practice with 16 beats count/music and may use as warming up before any workout.	3	SB
▶ <b>Dumbbell Drill:</b> Four Tables should be prepared for practice. Each Table must have at least four exercises with light weight dumbbells in both hands. The exercise should be included all fundamental body movements of upper and lower joints and vertebral joints with variations. These must be practice with 16 beats count.	3	
▶ <b>Lezium Drill:</b> Four Tables should be prepared for practice. Each Table must have at least four exercises with Lezium in hands. The exercise should be included all fundamental body movements of upper and lower joints and vertebral joints with variations. These must be practice with 16 beats counting using the variation of 4 Thoks & 8 Thoks.	3	



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**Skill Enhancement Courses (SEC) in Physical Education for MDC (Theory)**  
**1<sup>st</sup> Semester (CCF)**  
**PAPER: OFFICIATING AND COACHING**

**PE-MD-SEC1-1-Th**

<b>Topic</b>		<b>LP</b>	<b>Teacher</b>
<b>UNIT-I : Introduction of Officiating and Coaching</b>			
▶	Concept of Officiating and Coaching	2	<b>SB</b>
▶	Importance and principles of Officiating	2	
▶	Ethics of Officiating in sports	2	
▶	Ethics of Coaching in sports	2	
<b>UNIT-II : Methods of Officiating</b>			
▶	Qualities and Qualification of officials	2	<b>SB</b>
▶	Duties of official in general, pre, during and post-game.	2	
▶	Relation of Officials with players and spectators	2	
▶	Relation of Coach with management and players.	2	
<b>UNIT-III : Introduction of Coaching</b>			
▶	Philosophy of coaching	2	<b>SB</b>
▶	Good qualities of a Coach	2	
▶	Qualification of a Coach; Need of sports coaching degrees;	2	
▶	Responsibilities of a Coach on and off the field	2	
<b>UNIT-IV : Planning &amp; application of Coaching in Sports</b>			
▶	Importance of psychological training of athletes for competition	2	<b>SB</b>
▶	Meaning and importance of Coaching Plan	2	
▶	Factors for preparation of a coaching plan	2	
▶	Concept of Periodization and its importance in coaching plan.	2	



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**Skill Enhancement Courses (SEC) in Physical Education for MDC (Practical)**  
**1<sup>st</sup> Semester (CCF)**  
**PAPER: OFFICIATING AND COACHING**

**PE-MD-SEC1-1-P**

<b>Topic</b>		<b>LP</b>	<b>Teacher</b>
<b>A.</b>	Rules and Regulations, Use of Signals (hand & whistle) for conducting games/activities, Use of Cards, Scoring and preparation of match report/final result etc. on following sports events and games: <b>(1 from each category)</b>		
	▶ Athletics (Track & Field events)	2	<b>SB</b>
	▶ Gymnastics/Swimming	2	
	▶ Kho-Kho / Kabaddi	2	
	▶ Ball Games: Football, Volleyball, Cricket, Handball, Basketball,	2	
	▶ Hockey, Badminton/Table Tennis (any one)		
<b>B.</b>	Preparation of a short coaching plan/programme on any sports event/activity	2	



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**Interdisciplinary Courses (IDC) in Physical Education for MDC (Theory)**  
**1<sup>st</sup> Semester (CCF)**  
**PAPER: YOGA AND WEIGHT MANAGEMENT**

**PE-MD-IDC1-1-Th**

Topic	LP	Teacher
<b>UNIT-I : Introduction of Yoga</b>		
▶ Meaning and Concept of Yoga	2	<b>SB</b>
▶ Aim and objectives of Yoga	2	
▶ History and origin of Yoga	2	
▶ Need and Importance of Yoga in daily life.	2	
<b>UNIT-II : Methods of Yoga</b>		
▶ Concept of Astanga Yoga and its steps	2	<b>SB</b>
▶ Asana, Pranayam, and Meditation	2	
▶ Dos and Don'ts on Yoga practice	2	
▶ Effects of Yoga on body and mind.	2	
<b>UNIT-III : Introduction of Weight Management</b>		
▶ Meaning and concept of weight management.	2	<b>SB</b>
▶ Factors affecting weight management programme.	2	
▶ Concept of B.M.I.(Body Mass Index) and assessment of weight status from BMI.	2	
▶ Obesity-meaning, causes and solution. Health risks associated with Obesity.	2	
<b>UNIT-IV : Steps of Planning of Weight Management</b>		
▶ Concept of Nutrition and healthy diet.	2	<b>SB</b>
▶ Role of diet and exercise in weight management programme.	2	
▶ Concept of daily calorie intake and expenditure for weight management.	2	
▶ Planning of weight management programme for Overweight and Obese persons.	2	



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**Interdisciplinary Courses (IDC) in Physical Education for MDC (Practical)**  
**1<sup>st</sup> Semester (CCF)**  
**PAPER: YOGA AND WEIGHT MANAGEMENT**

**PE-MD-IDC1-1-P**

	<b>Topic</b>	<b>LP</b>	<b>Teacher</b>
A	<b>Practice of Asanas, Pranayam and Meditation</b>		
a)	<b>Asanas:</b>		
▶	Sitting & Twisting Poses: Padmasana, Gomukhasana, Bojrasana, Ardha-Motysendrasana,	<b>2</b>	
▶	Forward bending poses: Janusirasana, Pashcimottanasana,	<b>2</b>	
▶	Backword bending poses: Salavasana, Vugongasana, Ustrasana, Setubondanasana,	<b>2</b>	
▶	Balance Poses: Brikshasana, Birvaderasana.	<b>2</b>	<b>SB</b>
b)	<b>Practice of Pranayama:</b>		
	Anulom & Bilom; Vamri, Silolie, Shitkari.	<b>2</b>	
c)	<b>Meditation techniques:</b>		
	Deep breath meditation, Mindful meditation, Visualization meditation.	<b>2</b>	
B.			
a)	<b>Calculation of BMI and assessment weight status</b>		
b)	<b>Preparation of healthy Diet Chart according to the needs of the weight management programme.</b>	<b>2</b>	



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**3<sup>rd</sup> Semester (CBCS)**  
**PAPER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY**

**PEDN-G-CC-3-3-TH**

Topic	LP	Teacher
<b>UNIT-I : Introduction:</b>		
▶ Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance.	3	<b>SB</b>
▶ Cell: Definition, Structure and Function of Human Cell.	3	
▶ Tissue: Definition, Types and Functions.	3	
▶ System: Definition, Types and Functions in Human Body.	3	
<b>UNIT-II : Musculo-skeletal System:</b>		
▶ Skeletal System: Structure of Skeletal System; Classification of Bones and Joints; Anatomical Differences between Male and Female.	3	<b>SB</b>
▶ Muscular System: Types, Location, Structure and Function of Skeletal Muscle.	3	
▶ Muscular Contraction: Meaning, Types, Definition and Characteristics.	3	
▶ Effect of Exercise and Training on Muscular System.	2	
<b>UNIT-III : Circulatory System:</b>		
▶ Blood: Definition, Composition and Functions.	3	<b>SB</b>
▶ Heart: Definition, Structure and Functions. Blood Circulation Mechanism within Heart. Meaning and Definition of Term: Heart Rate, Pulse Rate, Stroke Volume, Cardiac Output Blood Pressure – Systolic and Diastolic, Athletic Heart and Bradycardia.	3	
▶ Rate, Pulse Rate, Stroke Volume, Cardiac Output Blood Pressure – Systolic and Diastolic, Athletic Heart and Bradycardia.	3	
▶ Effect of Exercise and Training on Circulatory System.	2	
<b>UNIT-IV : Respiratory System:</b>		
▶ Structure and Functions of Human Respiratory Organs.	3	<b>SB</b>
▶ Respiration Mechanism.	3	
▶ Meaning and Definition of Term: Respiratory Rate, Tidal Volume, Residual Volume, Vital Capacity, O <sub>2</sub> Debt and Second Wind.	3	
▶ Effect of Exercise and Training on Respiratory System.	3	

**PAPER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY**

**PEDN-G-CC-3-3-P**

Topic	LP	Teacher
<b>Lab &amp; Field Practical</b>		
1. Assessments of BMI and WHR (Waist-to-hip ratio). 2. Assessment of Resting Heart Rate and Exercise Heart Rate. 3. Assessment of Blood Pressure, Respiratory Rate and Pick Flow Rate.	<b>8</b>	<b>SB</b>



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**3<sup>rd</sup> Semester (CBCS)**  
**PAPER: TRACK AND FIELD**

**PEDN-G-SEC-A-3-1-P**

Topic	LP	Teacher
<b>(i) Track Events:</b>		
<ul style="list-style-type: none"> <li>▶ Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block.</li> <li>▶ Acceleration with proper running techniques.</li> <li>▶ Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug.</li> <li>▶ Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone,</li> </ul>	<b>45</b>	<b>SB</b>
<b>(ii) Field Events:</b>		
<ul style="list-style-type: none"> <li>▶ Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.</li> <li>▶ High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing.</li> <li>▶ Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique).</li> <li>▶ Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).</li> <li>▶ Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).</li> </ul>	<b>45</b>	<b>SB</b>



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**5<sup>th</sup> Semester (CBCS)**

**PAPER: MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS**

**PEDN-G-DSE-A-5-1-TH**

Topic		LP	Teacher
<b>UNIT-I : Introduction</b>			
▶	Sports Management: Meaning, Definition Nature and Scope.	2	SB
▶	Emergence: History and Importance of Sports Management.	2	
▶	Basics: Principles and Practices of Sports Management.	2	
▶	Application: Qualities, Duties and Responsibilities of Sports Manager.	2	
<b>UNIT-II : Tournaments</b>			
▶	Tournaments: Meaning, Definition and Types; Tournaments- Knock-out, League, Combination, Challenge.	2	SB
▶	Organisation: Fixture Drawing Procedure of Knock-out, League, Combination Tournaments	3	
▶	Annual Program: Athletic Meet and Play Day Organisation and Management.	2	
▶	Year-round Programme: Intramural and Extramural Competition Organisation and Management.	2	
<b>UNIT-III : Facilities and Equipment</b>			
▶	Lay-out: Characteristics, Principles and Lay-out of Standard Athletic Track and Football Field.	3	SB
▶	Care and Maintenance: Meaning, Methods, Need and Importance of Sports Equipment Playground and Gymnasium.	3	
▶	Documentation: Meaning, Methods, Need and Importance.	2	
▶	Time Table: Meaning, Definition, Importance and Factors.	2	
<b>UNIT-IV : Financial Management</b>			
▶	Financial Management: Meaning, Definition, Need and Importance.	2	SB
▶	Budget: Meaning, Definition, Criteria, Principles; Steps for Preparing a Good Budget.	2	
▶	Sponsorship: Meaning, Trends, Process, Aim and Objectives.	2	
▶	Sports Promotion: Meaning, Means and Methods; Funding Agencies – Types, Procedure Communication with the Agencies.	2	

**PAPER: MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS**

**PEDN-G-DSE-A-5-1-P**

Topic		LP	Teacher
<b>Lab &amp; Field Practical</b>			
1. Lay out of a Standard Track and any two sport field/court 2. Fixture of Different type Tournaments 3. Preparation of a Model Budget and ideal Time Table.		8	SB



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**5<sup>th</sup> Semester (CBCS)**  
**PAPER: BALL GAMES**

**PEDN-G-SEC-A-5-2-P**

<b>Topic</b>		<b>LP</b>	<b>Teacher</b>
<b>FOOTBALL</b>			
<b>A. Fundamental Skills</b>	<ul style="list-style-type: none"> <li>▶ 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.</li> <li>▶ Trapping: Trapping- the Rolling ball, and the Bouncing ball with Sole of the foot, Thigh and Chest Trapping.</li> <li>▶ Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot.</li> <li>▶ Heading: In standing, running and jumping condition.</li> <li>▶ Throw-in: Standing throw-in and Running throw-in.</li> <li>▶ Feinting: With the lower limb and upper part of the body.</li> <li>▶ Tackling: Simple Tackling, Slide Tackling.</li> <li>▶ Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting.</li> </ul>	<b>40</b>	<b>SB</b>
<b>B. Rules and their interpretation and duties of officials.</b>			
<b>CRICKET</b>			
<b>A. Fundamental Skills</b>	<ul style="list-style-type: none"> <li>▶ Batting - Forward Defence Stroke, Backward Defence Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut.</li> <li>▶ Bowling -Out-swing, In-swing, Off Break, Leg Break and Googly.</li> <li>▶ Fielding: Catching - The High Catch, The Skim Catch, The Close Catch and throwing at the stumps from different angles. Long Barrier and Throw, Short Throw, Long Throw, Throwing on the Turn.</li> <li>▶ Wicket Keeping</li> </ul>	<b>40</b>	<b>SB</b>
<b>B. Rules and their interpretation and duties of officials.</b>			
<b>BASKETBALL</b>			
<b>A. Fundamental Skills</b>	<ul style="list-style-type: none"> <li>▶ Passing: Two hand Chest Pass, Two-hand Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass.</li> <li>▶ Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.</li> <li>▶ Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.</li> <li>▶ Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw.</li> <li>▶ Rebounding: Defensive rebound and Offensive rebound.</li> <li>▶ Individual Defence: Guarding the player with the ball and without the ball, Pivoting.</li> <li>▶ Game practice with application of Rules and Regulations.</li> </ul>	<b>40</b>	<b>SB</b>
<b>B. Rules and their interpretation and duties of officials.</b>			

Topic		LP	Teacher
<b>VOLLEYBALL</b>			
<b>A. Fundamental Skills</b>			
▶ Serve: Under hand serve and Side arm serve; Over-head serve, Floating service standing and jumping.			
▶ Passing: Fore arm passing, Over-head passing.			
▶ Setting: Front set, Back set and Long set.			
▶ Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing).			
▶ Blocking: Offensive and Defensive with one or more than one blockers (approach, arm and foot movement, and landing).			
▶ Service reception and Court coverage.			
▶ Rotation and front court and back court players.			
<b>B. Rules and their interpretation and duties of officials.</b>			
		<b>40</b>	<b>SB</b>
		<b>6</b>	



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