



# **TRIPURA UNIVERSITY**

**(A Central University)  
Suryamaninagar-799022**

**Syllabus**

**For**

**Semester – II**

**Physical Education (General)**

**Year 2014**

## Semester-II

### Unit- I

(20)

#### **Principle and History of Physical Education-II**

- i. Need and importance of Physical Education in modern society.
- ii. Basic Schools of Philosophy: a) Idealism, b) Naturalism, c) Realism. d) Pragmatism.
- iii. Concept of Somatotype; Chronological age, anatomical age, BMI
- iv. Olympic Games: Ancient and Modern Olympics; India in Olympic Games
- v. Asian Games, Commonwealth Games, SAF Games. Meaning of Play, Games and Sports

### Unit-II

(20)

#### **Anatomy and Physiology-II**

- i. Respiratory system: Organs of the respiratory system, mechanism of respiration.
- ii. Nervous system- Basic structure and function of nervous system
- iii. Endocrine system: Major glands and their location. Hormones secreted from the glands and their functions.
- iv. Excretory system: Major organs and function of excretory system.

### Practical (40)

#### **4. Track and Field**

**- 20 marks**

- i. Running events-Start, running action and finish
- ii. Relay race- 4X100 m, 4X400 m
- iii. Walking

#### **5. Formal Activity**

**- 10 marks**

- i. Callisthenics
- ii. Drills and Marching

#### **6. Yoga**

**- 10 marks**

- i. Padmasana, Siddhasana, Vajrasana, Bhujangasana, Dhanurasana, Sarvangasana, halasana, Chakrasana, Sirsasana, Matsayasana, Paschimattanasana, Padahastanasana, Ustrasana, Gomukhasana, Sabasana,
- ii. Suryanamaskara

#### **List of Reference books:**

1. Essential of Physical Education- Ajmer Singh
2. Uchhataro Sarir Sikha – Subhabrato Kar and Indranil Mondal
3. The Physiological basis of Physical Education and Athletics- Fox, Bowers & Foss
4. Health Education and hygiene – Rai B.C.
5. Principle of Physical Education- Kamlesh M.L.
6. Sarirsikhai Sarirbidhya – Pintu Shil
7. Management of Sports Physical Eduacion
8. Adhunik Sarir Shiksha ki Itihas- P.N. saha