



# **Bangladesh Technical Education Board**

## **Curriculum**

**Advanced Certificate Course in Physical Education  
(One Year Course)**

**with effect from January 2023  
Technology Code-23**

1

**Advanced Certificate Course in Physical Education  
(One Year Course)**

**Total Marks - 2000**

**School placement – 200**

Sl No	Course Name	Theoretical	Practical	Total Marks
1	Physical Education for Healthy Life.	100	0	100
2	School Assembly and Squad Drill	50	150	200
3	Basics of Sports Psychology and Physiology	100	100	200
4	International Games and Organizing Sports	100	-	100
5	Athletics		200	200
6	Rules & Techniques of Different Games-1	50	150	200
7	Rules & Techniques of Different Games-2	50	150	200
8	Traditional Country Games	-	150	150
9	Food & Nutrition	50	-	50
10	Adapted Physical Education	50	-	50
11	National Days and Social Activities.	50	50	100
12	Methods of Teaching in Physical Education	50	100	150
13	Communicative English for Physical Education	100	-	100
<b>14</b>	<b>School Placement</b>	-	-	<b>200</b>
<b>Total</b>		<b>750</b>	<b>1050</b>	<b>2000</b>

**Advanced Certificate Course in Physical Education  
(One Year Course)**

**Total Marks - 2000**

**School placement – 200**

**FIRST SEMESTER:**

Sl.	Subject Code	Subject Name	T	P	C	Marks						Grand Total (T+P)
						Theory			Practical			
						Cont. Assess	Final Exam	Total	Cont. Assess	Final Exam	Total	
1	12311	Physical Education for Healthy life	2	0	2	40	60	100	-	-	0	100
2	12312	School Assembly and Squad drill	1	9	4	20	30	50	75	75	150	200
3	12313	Basics of Sports Psychology and Physiology	2	6	4	40	60	100	50	50	100	200
4	12314	International Games and Organizing sports	2	0	2	40	60	100	-	-	0	100
5	12315	Athletics	1	9	4				100	100	200	200
6	12316	Rules & Techniques of different Games-1	1	9	4	20	30	50	75	75	150	200
<b>Total</b>			<b>9</b>	<b>33</b>	<b>20</b>	<b>160</b>	<b>240</b>	<b>400</b>	<b>300</b>	<b>300</b>	<b>600</b>	<b>1000</b>



**SECOND SEMESTER:**

Sl.	Subject Code	Subject Name	T	P	C	Marks						Grand Total (T+P)
						Theory			Practical			
						Cont. Assess	Final Exam.	Total	Cont. Assess	Final Exam	Total	
1	12321	Rules & Techniques of different Games-2	1	9	4	20	30	50	75	75	150	200
2	12322	Traditional Country games	0	9	3	-	-	0	75	75	150	150
3	12323	Food & Nutrition	1	0	1	20	30	50	-	-	0	50
4	12324	Adapted Physical Education	1	0	1	20	30	50	-	-	0	50
5	12325	National Days and Social Activities	1	3	2	20	30	50	25	25	50	100
6	12326	Methods of Teaching in Physical Education	1	6	3	20	30	50	50	50	100	150
7	12327	Communicative English for Physical Education	2	0	2	40	60	100	-	-	0	100
<b>8</b>	<b>12328</b>	<b>School Placement</b>	-	<b>4</b>	<b>4</b>	-	-	-	<b>100</b>	<b>100</b>	<b>200</b>	<b>200</b>
Total			7	31	20	140	210	350	325	325	650	1000

## 1. Physical Education for Healthy life – Theory-100 (32 Period)

Theory: (32 Periods)

SL. No	Content	Period
1	<b>Physical Education:</b> <ul style="list-style-type: none"><li>- Concept of physical education</li><li>- types of physical education (performance related fitness and health related fitness)</li><li>- Aims of Physical Education</li></ul>	6
2	<b>Foundation of physical education:</b> <ul style="list-style-type: none"><li>- Philosophies of physical education- naturalism, idealism, pragmatism.</li><li>- Biological Foundation of Physical Education - Biological basis of life. Evolution of human and physical education. Growth and Development- physical development and motor development.</li><li>- Psychological foundation – PE and emotional development</li><li>- Sociological foundation- Social development and socialization through physical education, physical education and national integration.</li></ul>	20
2	<b>Objectives of physical education</b> <ul style="list-style-type: none"><li>- To keep the students active and free-minded</li><li>- To help maintain a healthy life</li><li>- To develop the body agile and flexible</li><li>- To grow a sportsperson's spirit within</li><li>- To develop movement proficiency</li><li>- To have a proper appetite and sound sleep</li><li>- To concentrate on studies</li><li>- To develop motor skills</li></ul>	6



## 2. School Assembly and Squad drill – 200

**Theory: (50 Marks)-16 Period**

**Theoretical:**

SL. No	Content	Period
1	School Assembly: (6 periods) 1. What is school assembly? 2. Rationale for school Assembly 3. Assembly Proceedings - National anthem, Oath. 4. School assembly requirements.	6
2	Squad drill: (5 periods) 1. What is the Squad drill? 2. Types of Squad drill. 3. Sequences of Squad drill. 4. 4Requirements of Squad drill.	5
2	Mass PT: (3 periods) 1. What is Mass PT 2. Types of Mass PT 3. Need for Mass PT	3
3	Rhythmic exercise (2 periods) 1. What is Rhythmic exercise 2. Importance of Rhythmic exercise	2

**Practical: 150 Marks, 144 Periods- 48 Practical Classes**

SI No	Practical Contents and Activities	Period
1	<b>School Assembly – Proceedings of the Assembly:</b> - Hoisting and saluting the national flag - Lessons from the Holy Scriptures - Oath reading - National Anthem - Principal's speech (if necessary) - Physical/ PT exercises - Song at the end of the meeting	36
2	<b><u>Squad drill :</u></b> - Fall in - Attention - Stand at ease - Stand easy - Eyes right - Eyes front(dressing) - Turning right & left about turn	24
3	<b><u>Marching</u></b> - Arm leg coordination, - Marching mark time Quick march, - Halt, - About turn while marching & marching with salute.	24



	- Dismissal	
4	Mass P.T.	36
5	Rhythmic activities <ul style="list-style-type: none"> <li>- Warm-up</li> <li>- stretching</li> <li>- seat up</li> <li>- push up</li> <li>- Free hand exercise</li> <li>- various activities of rhythm</li> </ul>	24

### 03. Basics of Sports Psychology And Physiology -200

#### Sports Psychology

Theory: 32 Periods

SL. No	Content	Period
1	<b>Basics of Sports Psychology: (1 Period)</b> <ul style="list-style-type: none"> <li>- meaning of sports psychology.</li> <li>- development of sports psychology</li> <li>- nature and scope of psychology in physical education and sports</li> </ul>	1
2	<b>Human growth and development (2 Period)</b> <ul style="list-style-type: none"> <li>- concept and characteristics of growth and development</li> <li>- principles of growth and development</li> <li>- stages of growth: <ul style="list-style-type: none"> <li>- early childhood</li> <li>- middle childhood</li> <li>- late childhood</li> </ul> </li> <li>- adolescence period</li> <li>- factors that influence the growth &amp; development</li> <li>- cognitive development</li> </ul>	2
3	<b>Attention and interest (1 Period)</b> <ul style="list-style-type: none"> <li>- attention and its role in sports.</li> <li>- types of attention.</li> <li>- characteristics of attention</li> <li>- attention in physical activity and sports</li> </ul>	1
4	<b>Personality and sports (2 Period)</b> <ul style="list-style-type: none"> <li>- definition</li> <li>- structure of personality</li> <li>- types of personality</li> <li>- development of athletic personality</li> <li>- child behavioral development.</li> <li>- social impact of sports</li> <li>- sports leadership</li> </ul>	2
5	<b>Emotion and stress management (2 Period)</b> <ul style="list-style-type: none"> <li>- meaning and nature of instinct</li> <li>- types of emotion</li> <li>- effects of emotion on sports performance</li> <li>- way to regulate emotion</li> <li>- definition of motivation</li> <li>- control emotion in sports</li> <li>- management of anxiety</li> </ul>	2

## Sports Physiology (Continued...)

SL. No	Content	Period
1	<b>Basics of Sports Physiology:</b> (2 Period) <ul style="list-style-type: none"><li>- concept of sports physiology</li><li>- meaning of cell and tissue</li><li>- types of tissue</li><li>- effect of exercise on physical fitness</li><li>- importance of physical exercise according to the age and sex</li></ul>	2
2	<b>The Musculoskeletal System:</b> (2 Period) <ul style="list-style-type: none"><li>- structure of human skeleton</li><li>- classification and function of bones and joints</li><li>- structure and function of muscles</li><li>- regain strength and endurance</li><li>- improve joint mobility and range of motion</li></ul>	2
3	<b>The Cardiovascular and Immune Systems:</b> (2 Period) <ul style="list-style-type: none"><li>- the heart and blood vessels</li><li>- heart rate</li><li>- composition and function of blood</li><li>- blood pressure, body temperature</li></ul>	2
4	<b>The Respiratory system:</b> (2 Period) <ul style="list-style-type: none"><li>- different organs of respiratory system</li><li>- internal and external respiration</li><li>- respiratory rate</li><li>- athletic heart</li><li>- oxygen debt</li><li>- vital capacity</li><li>- effect of exercise on respiratory system</li></ul>	2
5	<b>The Nervous Systems:</b> (2 Period) <ul style="list-style-type: none"><li>- central nervous system</li><li>- somatic division of the peripheral nervous system</li><li>- autonomic nervous system</li><li>- sympathetic</li><li>- parasympathetic</li></ul>	2
6	<b>The Endocrine Systems:</b> (2 Period) <ul style="list-style-type: none"><li>- thyroid gland</li><li>- hypothalamus</li><li>- pineal gland</li><li>- pituitary gland</li><li>- parathyroid glands</li><li>- thymus</li><li>- adrenal glands</li><li>- pancreas</li></ul>	2
7	<b>The Digestive Systems</b> (2 Period) <ul style="list-style-type: none"><li>- metabolism</li><li>- process of digestion,</li><li>- location and function of liver,</li><li>- function of digestive system</li><li>- effect of exercise on digestive system.</li></ul>	2



## Sports Injuries And Rehabilitation

SL. No	Content	Period
1	<b>Causes of injuries: (2 Period)</b> <ul style="list-style-type: none"> <li>- not using the correct exercise techniques.</li> <li>- overtraining, either by training too often, too frequently, or for too long.</li> <li>- changing the intensity of physical activity too quickly.</li> <li>- running or jumping on hard surfaces.</li> <li>- have not been regularly active</li> </ul>	2
2	<b>The most common sports injuries: (2 Period)</b> <ul style="list-style-type: none"> <li>- sprains and strains.</li> <li>- knee injuries.</li> <li>- swollen muscles.</li> <li>- tendon injuries.</li> <li>- pain along the shin bone.</li> <li>- rotator cuff injuries.</li> <li>- fractures (broken bones)</li> <li>- dislocations.</li> <li>- muscle pull and swelling</li> </ul>	2
3	<b>Types of prevention (2 Period)</b> <ul style="list-style-type: none"> <li>- don't warm up properly before exercise</li> <li>- have the proper equipment</li> <li>- don't overdo it</li> <li>- warm up and cool down properly</li> <li>- resume activity slowly</li> </ul>	2
4	<b>Various types of remedies (2 Period)</b> <ul style="list-style-type: none"> <li>- methods to rescue and provide artificial breathing (bleeding from nose, drowning)</li> <li>- Rest.</li> <li>- Ice. Apply an ice pack to the injured area for 20 minutes at a time, four to eight times a day.</li> <li>- Compression. Keeping pressure on the injured area may help reduces welling.</li> </ul>	2
5	<b>Sports medicine: (2 Period)</b> <ul style="list-style-type: none"> <li>- meaning of sports medicine</li> <li>- treatment of muscle pull and fatigue</li> <li>- treatment of sprain, dislocation, bleeding through the nose</li> <li>- surgery</li> </ul>	2

## Basics of Sports Psychology and Physiology

Practical (100 Marks)-96 Period

Psychological practical part:

SI No	Practical Contents and Activities	Period
1	Age level personality test	12
2	Intelligence Test	12
3	Depression & anxiety test etc	12

Physiological practical part:

SI No	Practical Contents and Activities	Period
1	Speed test	12
2	Endurance test	12
3	Flexibility test	12
4	Agility Test	12
5	Strength test	12

### 4. International Games and Organizing Sports: 100

**Theory (32 Periods)**

SL. No	Content	Period
1	Olympic Games	6
2	Commonwealth Games	3
3	Asian Games	2
4	SAF Games	2
5	Prominent Athletes and Teams in Bangladesh and in the world – Usain Bolt, Mashraafe bin Mortoja, Shirin Akter, Jobera Rahman Linu, Bangladesh National Women's Football team (SAFF Winner)	4
6	<b>Administration and organization</b> - concept of administration and organization - importance of school organization - principles of organization. - principles of administration - responsibilities and qualities of a good administrator. making efficient committee	4
7	<b>Different physical education program</b> - arranging annual sports - intramural competition - extramural competition - house competition	4
8	<b>Budgeting</b> - making budget - fund collection - sponsorship	2
9	<b>Different sport equipment</b> - according to games different kinds of tools and materials	2

10	<b>By-laws and fixtures</b> - develop standard by laws - making standard fixtures	2
11	<b>Buying different goods for sports</b> - arrange additional goods for a sports program	2

**05. Athletics -200**

**Athletics (Practical) – Total 192 periods**

Sl No	Practical Name and Activities	Period
1	<b>Conditioning for track events</b> Practicing Rules and regulations of Track events	<u>6</u>
2	<b>Developing sprint skills (100mtr,200mtr, 400 mtr)</b> - Practicing stance - Start – Bunch start, medium start and elongated start - Acceleration - Locomotion - Deceleration - Anaerobic training - Finishing	18
3	<b>Middle distance run (800 mtr,1500mtr,3000mtr)</b> - Stance - Start - Aerobic training: Endurance development - Finishing	18
4	<b>Long distance running (10 thousand mtr,20 thousand, 30 thousand, 42,195 mtr)</b> - Stance - Start - Aerobic training: endurance development - Second wind Finishing	9
5	<b>Relay races (100 mtr, 400 mtr)</b> - Stance - Start - Baton Gripping - Baton changing Finishing	9
6	<b>Hurdles -</b> - -Approaching the Hurdles - -Stride pattern - Run with controlled speed at Hurdle - Drive up rear leg up & forward - -Raising front knee up & extend - -clearing the Hurdles	9

	- -Finishing	
7	Rules and regulations in Field events <b>Practicing Long Jump</b> - Approach run - Takeoff - flight though the air - landing	9
8	<b>Practicing High Jump</b> - approach run - addressing the bar - Bar clearance	9
9	<b>Practicing Triple Jump</b> - Approach - Hop - Step - Jump - Landing	9
10	<b>Practicing Rules and regulations in Field events</b> <b>Developing throwing skills</b> - Shot Put - Javelin throw - Discus throw - Hammer Throw	12
11	<b><u>Practicing Shot Put –</u></b> - The shot hold - The placement of shot - The initial stance - Dip - The leg swing - Follow through	9
12	<b><u>Practicing Javelin throw</u></b> - Grip the pole correctly - Hold the Javelin up near your hear - Take the Approach run - Perform the Withdrawal - Make the transition - Pre- delivery stride - performing the delivery	9
13	<b><u>Practicing Discus -</u></b> - Gripping the discus - Stance - Wind up - Starting the throw - Beginning the turn to the center of the ring - Turn to the power position - Release - Follow through	9
14	<b>Pole vault</b>	9

	<ul style="list-style-type: none"> <li>- approach,</li> <li>- plant,</li> <li>- take-off,</li> <li>- penetration,</li> <li>- rock back,</li> <li>- stretch turn,</li> <li>- bar clearance</li> <li>- landing</li> </ul>	
<b>15</b>	<b>Hammer Throw</b> <ul style="list-style-type: none"> <li>- Gripping</li> <li>- Sowing</li> <li>- Turn</li> <li>- Stance</li> <li>- Wind up</li> <li>- Starting the throw</li> <li>- Release</li> <li>- Follow through</li> </ul>	<b>9</b>

## 06. Rules & Techniques of different Games-1 & (200 Marks)

### 1. Football (2 Periods)

#### Theory : (2 Periods)

1. History
1. Field measurement
2. Ball
3. Equipment
4. Player
5. Rules

#### Practical: (30 Periods)

Sl No	Practical Name and Activities	Period
<b>1</b>	<b>Developing Kicking skills:</b> <ul style="list-style-type: none"> <li>- Inside kick</li> <li>- outside kick</li> <li>- back heel</li> <li>- volley</li> <li>- shooting</li> <li>- instep</li> </ul>	<b>6</b>
<b>2</b>	<b>Receiving :</b> <ul style="list-style-type: none"> <li>- inside,</li> <li>- outside &amp; sole trap (foot)</li> <li>- thigh trap</li> <li>- chest trap</li> <li>- head trap</li> </ul>	<b>6</b>
<b>3</b>	<b>Passing :</b> <ul style="list-style-type: none"> <li>- Short pass</li> <li>- Long pass</li> </ul>	<b>3</b>

	- push pass - back pass	
4	<b>Dribbling :</b> - straight - dribbling with ball - jig- jag dribble with ball	3
5	<b>Heading :</b> - long head - side head - back head (ground or air)	3
6	<b>Throw-in :</b> - standing - running & half squad	3
7	<b>Tackling :</b> - single leg - double leg - slide tackling	3
8	<b>Goal Keeping :</b> - Gripping ball-ground & air - ball fest	3

## 2. Handball

### Theory : (2 Periods)

1. History
2. Field measurement
3. Ball
4. Equipment
5. Player
6. Rules

### Practical: (18 Periods)

Sl No	Practical Name and Activities	Period
1	<b>Catching :</b> - High catching - low catching	3
2	<b>Passing:</b> - Chest pass - side arm pass - overhead	3
2	<b>Dribbling :</b> - low dribble, - speed dribble - reverse dribble - cross over - dribbling with a run	3
3	<b>Shooting :</b> - over hand - side arm, - under hand shoot	3

	- jump shoot -standing shoot	
4	<b>Defense :</b> - zone system, - individual system - combined system	3
5	<b>Goal Keeping:</b> - Preparing - moving - dealing - distributing	3

### 3. Badminton:

#### Theory: (4 Periods)

1. History
2. Court measurement
3. Bat
4. Shuttle
5. Equipment
6. Player
7. Rules

#### Practical: (27 Periods)

SI No	Practical Name and Activities	Period
1	<b>Gripping :</b> - Forehand grip - Backhand grip - Bevel grip - Panhandle grip.	3
2	<b>Basic Stance:</b> - Attacking stance - Defensive stance - Serving stance - Receiving stance - Net stance.	6
3	<b>Servicing:</b> - Low serve - High serve - Flick serve - Drive Serve	6
4	<b>Receiving:</b> - forehand receive - backhand receive	3
5	<b>Footwork:</b> - Base Position, - Forward Footwork - Backwards Footwork - Sideways Footwork - Changing Direction	3

	-- The Lunge and Recovery	
6	<b>Drop shot:</b> - Basic Drop shots (Fast Pace or Slow Pace) - Slice Drop Shot (Basic Slice and Reverse Slice) - Deceptive Drop Shot.	3
7	<b>Smash:</b> - Half smash - flick smash - slice smash	3

#### 4. Swimming

##### Theory : (4 Periods)

1. History
2. Field measurement
3. Ball
4. Equipment
5. Player
6. Rules

##### Practical: (21 Periods)

SI No	Practical Name and Activities	Period
1	<b>Floating:</b> - Remove water anxiety - Floating by foot work -Developing water balance & confidence -water fear removing drills	6
2	<b>Practicing different types of floating:</b> - free style - Back stock - butterfly - breast stock	6
3	<b>Leg Kick:</b> - leg ups & downs on water crawling forward.	3
4	<b>Arm Pull:</b> - shoulder flexibility.	3
5	<b>Breathing and Condition:</b> - Breathing technique.	3

#### 5. Cricket:

##### Theory: (4 Periods)

2. History
3. Field measurement
4. Ball
5. Bat
6. Stamp & ball
7. Equipment
8. Player
9. Rules



**Practical: (48 Periods)**

Sl No	Practical Name and Activities	Period
1	<b>Batting :</b> - Stance - defensive shot - drive - cut - left right. -Forward defensive stroke -Backward defensive stroke	12
2	<b>Bowling:</b> - First bowling inswing or out swing - Right or left arm of spin - top spin	12
3	<b>Catching (Fielding):</b> - Short catch - low catch - high catch - mid catch - slip catch	9
4	<b>Fielding (Ground):</b> - bowler - wicket keeper - slip - fly slip - Gully - Third man -stopping & throwing technique	9
5	<b>Wicket Keeping:</b> - stance - tacking the ball - foot work - diving	6

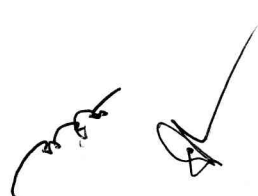
## 2<sup>nd</sup> Semester

### 1. Rules & Techniques of different Games-2

#### 6.Volleyball

**Theory: (3 Periods)**

1. History
2. Court measurement
3. Ball
4. Net
5. Equipment
6. Player



## 7. Rules

### Practical: (18 Periods)

SI No	Practical Name and Activities	Period
1	<b>Servicing:</b> - Upper hand - under arm -side arm service -round arm service	3
2	<b>Receiving:</b> - Upper hand - under arm -receiving the ball & passing to the team mates	3
3	<b>Set up:</b> - Upper hand - under arm - tempo set	3
4	<b>Attacking:</b> - Quick attach - receiver & opposite spike	3
5	<b>Blocking &amp; Defense:</b> - Read block - commit block & Libaro & other players -single & double court defence	3
6	<b>Spike:</b> frontal spike, rest spike, hook spike	3

## 7. Kabaddi

### Theory : (3 Periods)

1. History
2. Court
3. Equipment measurement
4. Player
5. Rules

### Practical: (24 Periods)

SI No	Practical Name and Activities	Period
1	<b>Raiding:</b> touches - hand touches - toe touches - foot touches - leg touches	6
2	<b>Raiding techniques</b> - Squat thrust - Dubki	6
3	<b>Raiding: Kicks</b> - Side kicking - Back kicking	3
4	<b>Defense:</b> - Block	6

	- chain tackle – corner, cover & middle man, with hand rotation - Dash - super tackle	
<b>5</b>	<b>Holding:</b> - ankle hold - thigh hold - waist hold	<b>3</b>

## 8. Table Tennis:

### Theory : (3 Periods)

1. History
2. Table measurement
3. Bat
4. Ball
5. Net
6. Equipment
7. Player
8. Rules

### Practical: (18 Periods)

SI No	Practical Name and Activities	Period
<b>1</b>	<b>Stance:</b> - leg and position	<b>3</b>
<b>2</b>	<b>Bat Gripping:</b> - shake hand grip - pen hold grip	<b>3</b>
<b>3</b>	<b>Ball controlling:</b> - bouncing - wall ball	<b>3</b>
<b>4</b>	<b>Servicing:</b> - forehand service - backhand service	<b>3</b>
<b>5</b>	<b>Receiving:</b> - forehand receive - backhand receive	<b>3</b>
<b>6</b>	<b>Stepping:</b> - two steps - three steps - pivot stepping	<b>3</b>

## 9. Basketball

### Theory: (3 Periods)

1. History
2. Field measurement
3. Ball
4. Equipment
5. Player

## 6. Rules

### Practical: (36 Periods)

SI No	Practical Name and Activities	Period
1	Fundamental Skills i) Player's stance and ball handling.	6
2	Passing technique: - Two hand chest passes - two hand bounce passes - one hand Baseball pass - side arm pass - over head pass and Hook pass	6
3	<b>Receiving:</b> - Two hands receiving - one hand recovering - receiving in stationary position - receiving while running and reserving while jumping.	6
4	<b>Dribbling:</b> - How to start dribble - how to stop dribble - high dribble - low dribble - reverse dribble - rolling dribbling	6
5	<b>Shooting:</b> - Lay-up shot and its variations - one hand set shot - one hand shot - one hand jump shot - hook shot - free throw	6
6	<b>Rebounding:</b> - defensive rebound - offensive rebound - knock out - rebound organization - Individual defense - Guarding the man with the ball - guarding the man without the ball - Pivoting	6

## 10. Gymnastics

### **Theory: (4 Periods)**

1. History Gymnastics
2. Measurement of Apparatus
3. Rules and Regulation

### **Practical (Male): (48 Periods)**

SI No	Practical Name and Activities	Period
1	<b>Floor Exercise</b> - Forward roll	12

	<ul style="list-style-type: none"> <li>- Backward roll</li> <li>- cart wheel</li> <li>- Hand stand</li> <li>- Hand stand roll</li> <li>- Drive roll</li> <li>- scale</li> <li>- Bridge round off</li> <li>- Hand spring</li> <li>- Back plips</li> </ul>	
2	<ul style="list-style-type: none"> <li>- <b>Vaulting Table:</b></li> <li>- Straddle vault</li> <li>- Squat vault</li> <li>- Cat vault</li> <li>- Hand spring</li> </ul>	9
3	<p><b>Parallel Bars:</b></p> <ul style="list-style-type: none"> <li>- walking</li> <li>- swing</li> <li>- Forward and backward roll</li> <li>- hand stand</li> <li>- Shoulder balance</li> <li>- Different types of mounts and dismounts.</li> </ul>	9
4	<p><b>Horizontal bar –</b></p> <ul style="list-style-type: none"> <li>- Chinning</li> <li>- Front swing</li> <li>- Reverse swing</li> <li>- Circling</li> <li>- Different types of mounts and dismounts.</li> </ul>	6
5	<p><b>Roman ring –</b></p> <ul style="list-style-type: none"> <li>- Inverted hang</li> <li>- Bird's nest</li> <li>- T position</li> <li>- L position</li> <li>- Different mount</li> <li>- Landing and lever.</li> </ul>	6
6	<p><b>Pommel Horse –</b></p> <ul style="list-style-type: none"> <li>- Different types of mounts and dismounts, Hand circling</li> <li>- Circling in one foot</li> <li>- Circling in both the foot</li> <li>- Combination</li> </ul>	6

**Practical (Female): (48 Periods)**

Sl No	Practical Name and Activities	Period
1	<p><b>Floor Exercise:</b></p> <ul style="list-style-type: none"> <li>- Forward roll</li> <li>- Backward roll</li> <li>- cart wheel</li> <li>- Hand stand</li> </ul>	12

	<ul style="list-style-type: none"> <li>- Hand stand roll</li> <li>- Drive roll</li> <li>- scale</li> <li>- Bridge round off</li> <li>- Hand spring</li> <li>- Back flips.</li> </ul>	
2	<b>Vaulting Table:</b> <ul style="list-style-type: none"> <li>- Straddle vault</li> <li>- Squat vault</li> <li>- Cat vault</li> <li>- Hand spring</li> </ul>	12
3	<b>Balance Beam:</b> <ul style="list-style-type: none"> <li>- Walking and running on the beam</li> <li>- Turing movement of the beam</li> <li>- cat jump</li> <li>- mount (1/4/ turn to cross sitting), Dismount (Jum from the end of the beam with legs straddle in the)</li> <li>- straddle mount</li> <li>- forward roll on the beam</li> <li>- Dismount (from front support legs swing upward dismount sideways)</li> </ul>	12
4	<b>Un even bar:</b> <ul style="list-style-type: none"> <li>- Different climbing technique</li> <li>- Remaining on the bears</li> <li>- Changing the bar</li> <li>- Maintaining balance and dismount.</li> </ul>	12

## 2. Traditional Country Games- (200 Marks)

**Practical:** (192 Periods)

Sl No	Practical Name and Activities	Period
1	<b>Traditional country Games: (150 Periods)</b> <ul style="list-style-type: none"> <li>- Daria bandha -(12 Periods)</li> <li>- Gollachut -(12 Periods)</li> <li>- Bouchi -(12 Periods)</li> <li>- Morog larai -(12 Periods)</li> <li>- Biscuit daur -(06 Periods)</li> <li>- Kana machi vo vo -(06 Periods)</li> <li>- Kut kut khela -(06 Periods)</li> <li>- Sat chara khela -(06 Periods)</li> <li>- Ayre amar golapful -(06 Periods)</li> <li>- Vershamma daur -(06 Periods)</li> <li>- Biral o edur -(06 Periods)</li> <li>- Rumal chor -(06 Periods)</li> <li>- Dari laff -(06 Periods)</li> <li>- Chokh bedhe ha-(06 Periods)ry bhanga</li> <li>- Nonta bolore -(06 Periods)</li> <li>- Bajnar tale tale balish khela -(06 Periods)</li> </ul>	144




	<ul style="list-style-type: none"> <li>- Jal o mach -(06 Periods)</li> <li>- Mini oi bari jao -(06 Periods)</li> <li>- Duti biral ekti kata-(06 Periods)</li> <li>- Hati ora pakhi ora. -(06 Periods)</li> </ul>	
<b>2</b>	<b><u>International competition:</u></b> <ul style="list-style-type: none"> <li>- Olympic Games-(12 Periods)</li> <li>- Commonwealth Games -(12 Periods)</li> <li>- Asian Games-(12 Periods)</li> <li>- SAF Games-(12 Periods)</li> </ul>	<b>48</b>

### 3. Food & Nutrition – (50 Marks)

Theory: (16 Periods)

Sl No	Practical Name and Activities	Period
<b>1</b>	<b>Concept of food &amp; nutrition</b> <ul style="list-style-type: none"> <li>- Definition of food &amp; nutrition</li> <li>- Classification of nutrient</li> <li>- Calorie requirement in different ages</li> <li>- Concept of calorie</li> <li>- Concept of balanced diet</li> <li>- Food list according of food groups</li> </ul>	<b>4</b>
<b>2</b>	<b>Body Mass index (BMI)</b> <ul style="list-style-type: none"> <li>- BMI Range</li> <li>- Ideal body weight chart (children &amp; adult)</li> </ul>	<b>2</b>
<b>3</b>	<b>Food safety guideline</b> <ul style="list-style-type: none"> <li>- Food hygiene maintenance</li> <li>- Demerits of junk food</li> </ul>	<b>2</b>
<b>4</b>	<b>Hydration</b> <ul style="list-style-type: none"> <li>- Water intake</li> <li>- Other fluid intake</li> </ul>	<b>2</b>
<b>5</b>	<b>Nutrition related health problems in Bangladesh</b> <ul style="list-style-type: none"> <li>➤ <b>Over nutrition</b> <ul style="list-style-type: none"> <li>- overweight</li> <li>- Obese</li> </ul> </li> <li>➤ <b>Malnutrition</b> <ul style="list-style-type: none"> <li>- Stunting</li> <li>- Wasting</li> </ul> </li> </ul>	<b>4</b>
<b>6</b>	<b>Food poisoning causes &amp; prevention</b> <ul style="list-style-type: none"> <li>- Types of poisoning</li> <li>- Tips to prevention</li> </ul>	<b>2</b>

### 4. Adapted Physical Education: (50 Marks)

Theory – 50 (16 Periods)

Sl No	Practical Name and Activities	Period
<b>1</b>	<b>Adapted Physical Education: (4 Periods)</b> <ul style="list-style-type: none"> <li>- concept of adapted physical education</li> <li>- types of disabilities</li> <li>- physical activities &amp; games for special needed child</li> <li>- sports arrangements for special needed child</li> <li>- precaution &amp; extra care</li> </ul>	<b>4</b>
<b>2</b>	<b>Method of basic adaptation in Physical Education:</b>	<b>4</b>

	<b>(4 Periods)</b> - structural - physiological - behavioral	
3	<b>Functions of a sports teacher: (4 Periods)</b> - planning service (games, fitness, motor development, motor skills, movement education, sports) - individual assessment - counselling - evaluation of services - advocacy	4
4	<b>Learners of special needs: (4 Periods)</b> - physically handicapped - mental disorders - visual / hearing / speech impairment - multiple disabilities - autism	4

### 5 National Days and Social Activities –(100 Marks)

#### Theory – 50 marks (16 periods)

Sl No	Practical Name and Activities	Period
1	<b>Observing National Days</b> - Pahela Baishakh - Pohela Falgoon - Shaheed Dibosh (Martyrs day) 21 <sup>st</sup> February - Independence Day (26 <sup>th</sup> March) - Bijoy Dibosh (Victory Day) 16 <sup>th</sup> December - Eid-ul-Fitre - Eid-ul-Azha - Durga Puja - Janmastami - Buddho Purnima - Christmas	8
2	<b>Scouting</b> <b>A. History of the Scout Movement</b> - Biography of Baden Powell. <b>B. Fundamentals of Scouting</b> - What is scouting and why? - Scout Promise - Scout Law - Scout motto - Scout sign - Scout salute - Scout shakes hands - Scout uniform - National flag - National anthem - Prayer music - Troop meeting <b>C. Scout organizational knowledge</b>	2

	<ul style="list-style-type: none"> <li>- Structure and Functions of Group Scouts</li> <li>- Petrol system</li> </ul>	
3	<b>Red crescent society</b> <ul style="list-style-type: none"> <li>- Disaster &amp; Climate Risk Management.</li> <li>- Pilot Programmatic Partnership (PPP)</li> <li>- Cash Hub. Bangladesh Floods 2022.</li> <li>- Reinforcing Rural Resilience.</li> <li>- Request for Training.</li> <li>- Strengthening DRM Structures &amp; Capacities.</li> <li>- Cox's Bazar Health Care Project.</li> </ul>	2
4	Shandhani and Badhan	2
5	Preventing Juvenile delinquency	2

**Practical: (48 Periods)**

SI No	Practical Name and Activities	Period
2	<b>Scouting</b> <b>a. Signal</b> <ul style="list-style-type: none"> <li>- Hand signal</li> <li>- Whistle signal</li> <li>-</li> </ul>	3
	<b>b. Rope work</b> <ul style="list-style-type: none"> <li>- Whipping</li> <li>- Over Hand or Thumb Knot</li> <li>- Reef Knot</li> <li>- Bowline</li> <li>- Clove Hitch</li> <li>- Sheet Bend</li> <li>- Timber Hitch</li> <li>- Square Lashing</li> <li>- Diagonal Lashing</li> </ul>	12
	<b>c. First Aid</b> <ul style="list-style-type: none"> <li>- Dressing,</li> <li>- Lint,</li> <li>- Pads,</li> <li>- Splint</li> <li>- Bandages – (1) Roller bandage. (2) Triangular bandage.</li> </ul>	24
	<b>d. Sign</b> <ul style="list-style-type: none"> <li>- Tracking Sign</li> <li>- Conventional Sign</li> </ul>	3
4	<b>Tree plantation</b> <ul style="list-style-type: none"> <li>- Preparing Planting soil Mix.</li> <li>- Digging hole</li> <li>- Planting seedlings</li> <li>- Watering</li> </ul>	6

## 6. Methods of Teaching in Physical Education –(150 Marks)

Theory: 50 (16 Periods)

Theory: 50 (16 Periods)

SL. No	Content	Period
1	Introduction of teaching Duties and responsibilities of a physical education teacher Qualities of a physical education teacher.	2
2	Phases in teaching – Preparation, Implementation and Evaluation Motivating and engaging students	2
3	Teaching methods and techniques <ul style="list-style-type: none"><li>○ Lecture</li><li>○ Demonstration</li><li>○ Drill and Practice</li><li>○ Whole class Discussion</li><li>○ Small group discussion</li><li>○ Questioning</li><li>○ Classroom management</li><li>○ Project method and Problem solving</li></ul>	8
4	Use of Teaching Aids	2
5	Management of special Needs Learners	1
6	Classroom assessment and feedback	1

Practical: 100 Marks (96 Periods)

SI No	Practical Name and Activities	Period
1	- Preparing Lesson Plan	12
2	- Microteaching	36
3	- Simulation	48



## Recommendation:

### 1) Ideal Measurement of Football court:

- length 120 m. & width 80 m.
- length 115 m. & width 75 m.
- Length 110 m. & width 70 m.
- Length 100 m. & width 60 m.

### 2) Ideal measurement of Cricket:

- **Field:** 140 and 150m. for man  
110 and 130m. for woman.
- Pitch:** length 20.12 m width 3.05 m

### 3) Ideal measurement of Swimming pool/pond:

- length 25/50 m. & width 25 m. depth 4.4 feet. / (1.35)

### 4) Ideal measurement of Handball court:

- length 40m. & width 20m

### 5) Ideal measurement of Volleyball field:

- Length 18 m. & width 9 m.

### 6) Ideal measurement of Badminton court:

- Length 44 feet & width 20 feet

### 7) Ideal measurement of Basketball court:

- Length 28 m. & width 15 m

### 8) Ideal measurement of Table Tennis:

- Table Length 2.74 m. & width 1.525 m

### 9) Ideal measurement of kabaddi court:

- length 13m. & width 10 m. (for men)
- Length 11 m. width & 8 m. (for women)

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Subject Code	Subject Name	Period Per Week		Credit
12327	Communicative English for Physical Education	T	P	2
		2	0	

### Aim

The syllabus aims at creating opportunities for the learners to use professional English for specific situations.

### General objectives

The course would

- enable the learners to practice the different skills through group and pair work;
- allow grammar to be used in context;
- practice four language skills - listening, speaking, reading, and writing;
- create opportunities for critical thinking in English;
- enhance English language competencies of the learners to be used in real life situations.

### Detail syllabus

Unit	Topic	Lesson	Content	Learning Outcomes	Language points	Period	Final marks
1	Introducing	1. Introduce oneself 2. Introduce others	Greetings, exchanging personal information like where one is from, age, educational qualification, expertise, personal interest, family members, likes, dislikes, aims etc. Use of contractions, difference between formal and informal introduction.	Learners will be able to – • introduce him/herself • introduce others • ask and answer questions with be verbs • ask and answer questions with action verbs (skills: speaking, listening)	Questions with wh- words, questions with be-verbs, questions with helping verbs, use of contractions, present simple tense, past simple tense	5	60
2	Giving Sports-Instructions	1. Follow instructions 2. Use clear and precise language and tone 3. Read news/articles/texts 4. Write sports	Materials on sports items like football, cricket, volleyball, handball, kabadi, badminton etc.  Sports related vocabulary	Learners will be able • to give and follow instructions on how to play different games and sports • to read sports related text for scanning and scheming • to listen for specific information from	Use of imperatives has/have, subject-verb agreement.	5	

		5. Introduce a sport		any verbal text/ audio recordings (skills: speaking, listening, reading)			
3	Describing Sports Personalities	1. Describe sports personalities 2. Describe a sport you like most	Lionel Messi, Girls of Kalsundar/Bangladesh Female Football Team, Salauddin, Maradona, Michael Phelps, Usaine Bolt etc.	Learners will be able to- • describe appearance and special qualities of sports personalities • critically analyze behavioral features of players • suggest or advice how to improve (skills: speaking, reading, writing)	Present simple, past simple, linking verbs/sentence connectors like in spite of, instead, moreover, hence, thus, in contrast, additionally, to begin with, to conclude etc.	5	
4	Commentary	1. Define sports commentary 2. Write commentary on a specific sport	Some audio or video files of sports commentary	Learners will be able to • identify sports related jargon • act out commentary in a simulated situation • critically analyze language structures of a running commentary • interview a fellow player (skills: speaking, listening, reading, writing)	Informal expression, adjectives, present continuous, past continuous, wh-questions, yes/no-questions, questions with helping verbs	4	
5	Fitness (Physical needs, Psychological needs)	1. Define physical and mental fitness 2. Analyze the relation between mental and physical health	Dialogues between a doctor and a patient; dialogues between a patient and a nurse, dialogues between a coach and a player)	Learners will be able to- • describe physical and mental ailments to a doctor or a mentor • seek for suggestions • list essentials for physical and mental fitness • tell about every day routine and practice	Present simple, past simple, present perfect, modals	5	
6	Expressing Feeling/Pro	• Express feeling	Audio or video files of players	Learners will be able to • express (written or verbal) personal	Expressions like you	5	



	blem	<ul style="list-style-type: none"> <li>Identify health problems</li> </ul>	narrating their feelings after a match. Newspaper reports	feelings and/or problems regarding a match, a plan, a person, a situation, future dos and don'ts <ul style="list-style-type: none"> <li>defend a situation/problem and seek solutions to a concerned authority (skills: speaking, listening, writing)</li> </ul>	see, boys have played well, batting was weak, we had early runs, we lost early wickets etc. Simple future		
7	Health benefits of physical activities	<ul style="list-style-type: none"> <li>Analyze benefits of physical activities</li> </ul>	Health related articles; materials on physical activities like warm up, stretching, yoga, breathing exercise, cool-down etc.	Learners will be able to <ul style="list-style-type: none"> <li>define related terms to games and sports</li> <li>list/describe benefits of physical activities</li> <li>evaluate activities or measure advantages or disadvantages of them</li> </ul> (skills: writing, speaking)	Simple sentence, use of ing+verb, infinitive phrase etc.	4	
8	Sports in Other Countries	i) Identify traditional games played in other countries ii) Know prominent clubs around the world	Reading articles on different sports clubs around the world like Barcelona, Real Madrid,  Names of different traditional games like, swimming, athletics	Learners will be able to <ul style="list-style-type: none"> <li>ask and answer questions after reading a text;</li> <li>read texts for listing, comparison and contrast;</li> <li>summarise a written text.</li> </ul> (skills: Speaking, reading, writing)	Complex sentence, conjunction	5	
9	Sports Icons home and abroad	<ul style="list-style-type: none"> <li>Sachin Tendulkar</li> <li>Mashrafi bin Mortuza</li> <li>Mostafizur Rahman</li> <li>Pele</li> <li>Usain Bolt</li> </ul>	Audio/video/documentary on Sachin Tendulkar and Mashrafi bin Mortuza	Learners will be able to <ul style="list-style-type: none"> <li>describe iconic characteristics; appraise strengths and grey areas in personalities;</li> </ul> (skills: Listening, speaking)	Active and passive voice, adverb,	5	

10	Professional Ethics	<ul style="list-style-type: none"> <li>identify the principles of games and sports</li> <li>identify types of professional ethics</li> <li>apply professional attitude</li> </ul>	Listen to the audio on professional ethics like field rule, track rule, behaviour, manner and etiquette,	Learners will be able to <ul style="list-style-type: none"> <li>Define professional ethics;</li> <li>determine professional attitudes;</li> <li>write what to do and what not as a sports person;</li> <li>tell about values and attitudes in games and sports.</li> </ul> (skills: Listening, speaking, writing)	Practice listening for specific purpose, Speaking on	5	
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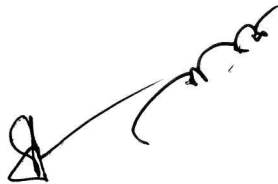
Marks Distribution (100)	
Attendance	05
Class Test for Listening (through continuous assessment; it can be of any marks but will be converted to a mark out of 6)	06
Class test for Speaking (through continuous assessment; it can be of any marks but will be converted to a mark out of 4)	04
Presentation and Assignment	05
Midterm	20
Final	60
<b>Total</b>	<b>100</b>

**Assessment:**

**1. Test Items: Students will be evaluated on the basis of following criteria.**

Skills	Total Marks	Test Items	Notes
Listening	06	MCQ, Gap filling, Matching	Test items must be newly prepared for each test by the question setters themselves on their own.

<p><b>Speaking</b></p>	<p><b>04</b></p>	<ul style="list-style-type: none"> <li>• Describing/narrating</li> <li>• answering questions or narrating something based on everyday familiar topics/events/situations such as family, school, home city/village, books, games and sports, movie/TV show, recent events and incidents etc.</li> <li>• MCQ</li> <li>• Answering questions (open ended and close ended questions)</li> <li>• Gap filling without clues</li> <li>• Information transfer</li> </ul>	<p>Five to ten sentences used coherently with acceptable English with understandable pronunciation</p>
<p><b>Reading &amp; Writing</b></p>	<p><b>60</b></p>	<ul style="list-style-type: none"> <li>• Answering questions after reading a text</li> <li>• Gap filling</li> <li>• MCQ</li> <li>• Information transfer</li> <li>• Substitution tables</li> <li>• Completing sentences</li> <li>• Formal letter writing</li> <li>• Composition</li> </ul>	



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