

ODD SEMESTER
GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
PHYSICAL EDUCATION- GENERAL - CBCS-SEMESTER- I
CURRICULUM PLAN - 2021-2022

TEACHER NAME : APURBA KUMAR SINHA					
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	DC-I- History of Physical Education	Historical development of Physical Education and Sports in India- Pre-Independence period.	July -December	4
2.	Unit- III:	DC-I- History of Physical Education	Historical development of Physical Education and Sports in India-Post-Independence period.	July-December	4
3.	Unit- III:	DC-I- History of Physical Education	Asian Games Modern Olympic Games.	July -December	4
4.	Unit- III:	DC-I- History of Physical Education	National Sports Awards	July -December	4
5.	Unit- III:	DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities.	July -December	2

CURRICULUM PLAN -2021-2022 CBCS-SEMESTER- I

TEACHER NAME : ANIRUDDHA SINGH PERMAR					
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	DC-I- History of Physical Education	Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.	July -December	4
2.	Unit- III:	DC-I- History of Physical Education	Age- Chronological age, anatomical age, physiological age and mental age.	July-December	4
3.	Unit- III:	DC-I- History of Physical Education	Sociological Foundation- Definition of Sociology, Society and Socialization. Physical Education & Sports as a socialization force .	July - December	4
4.	Unit- IV:	DC-I- History of Physical Education	YOGA Education.	July - December	4
5.	Unit- III:	DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities.	July - December	2



Apurba Kumar Sinha
Aniruddha Singh Permar

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CURRICULUM PLAN - 2021-2022

TEACHER NAME : JOYITA SINGHA

Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	DC-I- History of Physical Education	Meaning and definition of Physical Education	July -December	4
2.	Unit- I:	DC-I- History of Physical Education	Aim and objectives of Physical Education.	July-December	4
3.	Unit- I:	DC-I- History of Physical Education	Modern concept of Physical Education.	July - December	4
4.	Unit- I:	DC-I- History of Physical Education	Importance of Physical Education.	July - December	4
5.		DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities.	July - December	2



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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- III
CURRICULUM PLAN - 2021-2022

TEACHER NAME : APURBA KUMAR SINHA					
Sl.N o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Structure and function of Respiratory organs	July -December	4
2.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Mechanism of Respiration.	July-December	4
3.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Vital Capacity ,O2 Debt and Second Wind.	July -December	4
4.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Effect of exercise on respiratory system.	July -December	4
5.		SEC-1 – Track and Field FIELD PRACTICAL	Assessments of BMI and WHR. Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).	July -December	2

CURRICULUM PLAN - 2021-2022 CBCS - SEMESTER- III

TEACHER NAME : ANIRUDDHA SINGH PERMAR					
Sl.N o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology	Blood- Composition and function. Heart- Structure and functions.	July -December	4
2.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology	Blood Pressure, Athletic Heart and Bradycardia	July-December	4
3.	Unit- II:	DC-3 – Anatomy, Physiology and Exercise Physiology	Circulatory system	July -December	4
4.	Unit- II:	DC-3 – Anatomy, Physiology and Exercise Physiology	Skeletal System & Muscular System- Type, location, function and structure of muscle. Muscular System- Type, location, function and structure of muscle. Types of muscular contraction. Effect of exercise on muscular system.	July -December	4
5.		SEC-1 – Track and Field FIELD PRACTICAL	Assessments of BMI and WHR. Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).	July -December	2



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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- III
CURRICULUM PLAN - 2021-2022

JOYITA SINGHA

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Meaning and definition of Anatomy, Physiology and Exercise Physiology..	July -December	4
2.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.	July-December	4
3.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Human Cell	July -December	4
4.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Tissue	July -December	4
5.		SEC-1 – Track and Field FIELD PRACTICAL	Assessments of BMI and WHR. Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).	July -December	2



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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- V
CURRICULUM PLAN - 2021-2022


TEACHER NAME : APURBA KUMAR SINHA					
Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- IV:	Training Techniques	Strength- Meaning and methods of strength development.	July -December	4
2.	Unit- IV:	Training Techniques	Speed- Meaning and methods of speed development.	July-December	4
3.	Unit- IV:	Training Techniques	Endurance- Meaning and methods of endurance development.	July -December	4
4.	Unit- IV:	Training Techniques	Flexibility- Meaning and methods of flexibility development.	July -December	4
5.		FIELD PRACTICAL	Practical Experience of Weight Training and Circuit Training (any one). Measurement of Balance, Sargent Vertical Jump and Flexibility (any two).	July -December	2

CURRICULUM PLAN - 2021-2022 CBCS - SEMESTER- V

TEACHER NAME : ANIRUDDHA SINGH PERMAR					
Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	Training Techniques	Warming up and cooling down- Meaning, types and methods.	July -December	4
2.	Unit- II:	Training Techniques	Conditioning- Concept of Conditioning and its principles.	July-December	4
3.	Unit- II:	Training Techniques	Training Methods- Circuit Training, Interval Training, Weight Training.	July -December	4
4.	Unit- II:	Training Techniques	Periodisation- Meaning, types, aim and contents of different periods.	July -December	4
5.	:	FIELD PRACTICAL	Practical Experience of Weight Training and Circuit Training (any one). Measurement of Balance, Sargent Vertical Jump and Flexibility (any two).	July -December	2



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CURRICULUM PLAN - 2021-2022
JOYITA SINGHA

Sl.N o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	Training Techniques	Meaning and definition of Sports Training. Aim and objectives of Sports Training.	July -December	4
2.	Unit- I:	Training Techniques	Characteristics of sports training , Principles of Sports Training	July-December	4
3.	Unit- IV:	Training Techniques	Strength- Meaning and methods of strength development. Speed- Meaning and methods of speed development.	July -December	4
4.	Unit- IV:	Training Techniques	Endurance- Meaning and methods of endurance development. Flexibility- Meaning and methods of flexibility development	July -December	4
5.	:	FIELD PRACTICAL	Practical Experience of Weight Training and Circuit Training (any one). Measurement of Balance, Sargent Vertical Jump and Flexibility (any two).	July -December	2



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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- II
CURRICULUM PLAN - 2021-2022

TEACHER NAME : APURBA KUMAR SINHA

Sl.N o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	Management of Physical Education and Sports	Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge)	JANUARY - JUNE	4
2.	Unit- II:	Management of Physical Education and Sports	Procedure of drawing fixture.	JANUARY - JUNE	4
3.	Unit- II:	Management of Physical Education and Sports	Method of organising Annual Athletic Meet and Play Day. Method of organising of Intramural and Extramural competition.	JANUARY - JUNE	4
4.	Unit- II:	FIELD PRACTICAL	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2

CURRICULUM PLAN - 2021-2022 CBCS-SEMESTER- II

TEACHER NAME : ANIRUDDHA SINGH PERMAR

Sl.N o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit-I:	Management of Physical Education and Sports	Concept and definition of Sports Management. Important of Sports Management.	JANUARY - JUNE	4
2.	Unit- I	Management of Physical Education and Sports	Purpose of Sports Management. ,Principles of Sports Management.	JANUARY - JUNE	4
3.	Unit- III	Management of Physical Education and Sports	Method of calculation of Standard Track & Field events (any one). Care and maintenance of play ground.	JANUARY - JUNE	4
4.	Unit- III	Management of Physical Education and Sports	Importance, care and maintenance of sports equipments. Time Table: Meaning and importance of time table.	JANUARY - JUNE	4
5.	Unit- III	FIELD PRACTICAL	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2



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CURRICULUM PLAN - 2021-2022

TEACHER NAME : JOYITA SINGHA

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit-IV:	Management of Physical Education and Sports	Meaning and definition of leadership.	JANUARY - JUNE	4
2.	Unit- IV	Management of Physical Education and Sports	Qualities of good leader in Physical Education	JANUARY - JUNE	4
3.	Unit- IV	Management of Physical Education and Sports	Principles of leadership activities	JANUARY - JUNE	4
4.	Unit- IV	Management of Physical Education and Sports	Hierarchy of Leadership in School, College and University level.	JANUARY - JUNE	4
5.		FIELD PRACTICAL	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2



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CURRICULUM PLAN - 2021-2022

TEACHER NAME : APURBA KUMAR SINHA

SL.N o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	.First aid- Meaning, definition, importance and golden rules of First-aid	JANUARY - JUNE	4
2.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.	JANUARY - JUNE	4
3.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	.Management of sports injuries through the application of Cryo-therapy and Thermo- therapy.	JANUARY - JUNE	4
4.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	Management of sports injuries through the application of Exercise and Massage therapy.	JANUARY - JUNE	4
5.		DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga .	First-aid Practical & Gymnastics and Yoga	JANUARY - JUNE	2


CURRICULUM PLAN - 2021-2022 CBCS- SEMESTER- IV

TEACHER NAME : ANIRUDDHA SINGH PERMAR

SL.N o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	Communicable Diseases Life-style Diseases.	JANUARY - JUNE	4
2.	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	Nutrition.	JANUARY - JUNE	4
3.	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	Postural deformities	JANUARY - JUNE	4
4.	Unit- III:	DC-4- Health Education, Physical Fitness and Wellness.	Physical Fitness & Components of Physical Fitness.	JANUARY - JUNE	4
5.		DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga .	First-aid Practical & Gymnastics and Yoga	JANUARY - JUNE	2



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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- IV
CURRICULUM PLAN - 2021-2022

TEACHER NAME : JOYITA SINGHA

SLN o.	Unit	Paper Name	Sub-Unit	Month	Classes
1.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	Concept, definition and dimension of Health.	JANUARY - JUNE	4
2.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	Definition, aims, objectives and principles of Health Education.	JANUARY - JUNE	4
3.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	Health Agencies-	JANUARY - JUNE	4
4.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	School Health Program.	JANUARY - JUNE	4
5.		DC4 LAB PRACTICAL & SEC- 2. Gymnastics and Yoga .	First-aid Practical & Gymnastics and Yoga	JANUARY - JUNE	2



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CURRICULUM PLAN - 2021-2022

TEACHER NAME : ANIRUDDHA SINGH PERMAR

S/N	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	Psychology in Physical Education and Sports	Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports. 2. Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports.	JANUARY - JUNE	4
2.	Unit- III:	Psychology in Physical Education and Sports	Personality- Meaning, definition and type Personality traits. 4. Role of physical activities in the development of personality	JANUARY - JUNE	4
3.	Unit- IV:	Psychology in Physical Education and Sports	Stress- Meaning, definition and types of Stress. 2. Causes of Stress.	JANUARY - JUNE	4
4.	Unit- IV:	Psychology in Physical Education and Sports	Anxiety- Meaning, definition and types of Anxiety. 4. Management of Stress and Anxiety through physical activity and sports.	JANUARY - JUNE	4
5.		Project	Project	JANUARY - JUNE	
5.		LAB PRACTICAL.SEC4 Fundamental Skills	Assessment of SCATS and HARDINES (any one). 2. Measurement of Reaction Time, Distance Perception and Hand & Eye Co-ordination (any one.) Fundamental Skills	JANUARY - JUNE	2



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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- VI
CURRICULUM PLAN - 2021-2022

TEACHER NAME : JOYITA SINGHA

SLN o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	Psychology in Physical Education and Sports	Meaning and definition Psychology. Importance and scope of Psychology.	JANUARY - JUNE	4
2.	Unit- I:	Psychology in Physical Education and Sports	Meaning and definition Sports Psychology. Need for knowledge of Sports Psychology in the field of Physical Education.	JANUARY - JUNE	4
3.	Unit- II:	Psychology in Physical Education and Sports	Meaning and definition of learning. Theories of learning and Laws of learning.	JANUARY - JUNE	4
4.	Unit- II:	Psychology in Physical Education and Sports	Learning curve: Meaning and Types. Transfer of learning- Meaning, definition type and factors affecting transfer of learning.	JANUARY - JUNE	4
5.		Project	Project	JANUARY - JUNE	
5.		LAB PRACTICAL.SEC4 Fundamental Skills	Assessment of SCATS and HARDINES (any one). 2. Measurement of Reaction Time, Distance Perception and Hand & Eye Co-ordination (any one.) Fundamental Skills	JANUARY - JUNE	2



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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- I
CURRICULUM PLAN - 2022-2023**

TEACHER NAME : ANIRUDDHA SINGH PERMAR

Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	DC-I- History of Physical Education	Historical development of Physical Education and Sports in India- Pre-Independence period. 2. Historical development of Physical Education and Sports in India-Post-Independence period.	July -December	4
2.	Unit- III:	DC-I- History of Physical Education	Asian Games and Modern Olympic Games.	July-December	4
3.	Unit- III:	DC-I- History of Physical Education	National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award.	July - December	4
4.	Unit- III:	DC-I- History of Physical Education	Physical Education & Sports as a socialization force YOGA Education.	July - December	4
5.	Unit- :IV.	DC-I- History of Physical Education	Meaning and definition of the term Yoga. . Aim and objectives of Yoga.	July - December	4
6.	Unit- :IV	DC-I- History of Physical Education	Types of Yoga , Importance of Yoga.	July - December	4
5.		DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities.	July - December	2



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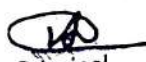
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PHYSICAL EDUCATION - GENERAL -CBCS-SEMESTER- I
CURRICULUM PLAN - 2022-2023

TEACHER NAME : JOYITA SINGHA

Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	DC-I- History of Physical Education	Meaning and definition of Physical Education	July -December	4
2.	Unit- I:	DC-I- History of Physical Education	Aim and objectives of Physical Education. 3. Modern concept of Physical Education.	July-December	4
3.	Unit- I:	DC-I- History of Physical Education	Importance of Physical Education.	July - December	4
4.	Unit- II:	DC-I- History of Physical Education	Biological-Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.	July - December	4
5.					
6.		DC-I- FIELD PRACTICAL	Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities.	July - December	2



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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- III
CURRICULUM PLAN - 2022-2023

TEACHER NAME : ANIRUDDHA SINGH PERMAR

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II	DC-3 – Anatomy, Physiology and Exercise Physiology	Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female.	July -December	4
2.	Unit- II	DC-3 – Anatomy, Physiology and Exercise Physiology	Muscular System- Type, location, function and structure of muscle. Types of muscular contraction. Effect of exercise on muscular system.	July -December	4
3.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology	Blood- Composition and function. Heart- Structure and functions.	July -December	4
4.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology	Blood Pressure, Athletic Heart and Bradycardia	July-December	4
5.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology	Circulatory system	July -December	4
6.	Unit- IV:	SEC-1 – Track and Field FIELD PRACTICAL	1) Assessments of BMI and WHR. 2) Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).	July -December	2



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CURRICULUM PLAN - 2022-2023

TEACHER NAME : JOYITA SINGHA

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Meaning and definition of Anatomy, Physiology and Exercise Physiology..	July -December	4
2.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.	July-December	4
3.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	Human Cell & Tissue	July -December	4
4.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Structure and function of Respiratory organs. Mechanism of Respiration.	July -December	4
5.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Vital Capacity, O2 Debt and Second Wind. Effect of exercise on respiratory system.	July -December	4
6.		SEC-1 – Track and Field FIELD PRACTICAL	1) Assessments of BMI and WHR. 2) Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two).	July -December	2



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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- V
CURRICULUM PLAN - 2022-2023**

TEACHER NAME : ANIRUDDHA SINGH PERMAR

Sl.N o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	Training Techniques	Warming up and cooling down- Meaning, types and methods.	July -December	4
2.	Unit- II:	Training Techniques	Conditioning- Concept of Conditioning and its principles.	July-December	4
3.	Unit- II:	Training Techniques	Training Methods- Circuit Training, Interval Training, Weight Training. Periodisation- Meaning, types, aim and contents of different periods.	July -December	4
4.	Unit- III:	Training Techniques	Training Load- Meaning, definition, types and factors of training load. Components of training load.	July -December	4
	Unit- III:	Training Techniques	Over Load- Meaning, causes, symptoms and tackling of over load. Load adaptation- Meaning and conditions of adaptation.	July - December	4
5.	:	FIELD PRACTICAL	Practical Experience of Weight Training and Circuit Training (any one). Measurement of Balance, Sargent Vertical Jump and Flexibility (any two).	July -December	2



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PHYSICAL EDUCATION - GENERAL -CBCS-SEMESTER- V
CURRICULUM PLAN - 2022-2023

TEACHER NAME : JOYITA SINGHA

Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	Training Techniques	Meaning and definition of Sports Training. Aim and objectives of Sports Training.	July -December	4
2.	Unit- I:	Training Techniques	Characteristics of sports training , Principles of Sports Training	July-December	4
3.	Unit- IV:	Training Techniques	Strength- Meaning and methods of strength development.	July - December	4
4.	Unit- IV:	Training Techniques	Speed- Meaning and methods of speed development.	July - December	4
5.	Unit- IV:	Training Techniques	Endurance- Meaning and methods of endurance development.	July -December	4
6.	Unit- IV:	Training Techniques	Flexibility- Meaning and methods of flexibility development	July -December	4
5.	:	FIELD PRACTICAL	Practical Experience of Weight Training and Circuit Training (any one). Measurement of Balance, Sargent Vertical Jump and Flexibility (any two).	July -December	2



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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- II
CURRICULUM PLAN - 2022-2023

TEACHER NAME : ANIRUDDHA SINGH PERMAR

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit-II:	Management of Physical Education and Sports	Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge).	JANUARY - JUNE	4
2.	Unit- II	Management of Physical Education and Sports	Procedure of drawing fixture. Method of organising Annual Athletic Meet and Play Day.	JANUARY - JUNE	4
3.	Unit- III	Management of Physical Education and Sports	Method of organising of Intramural and Extramural competition.	JANUARY - JUNE	4
4.	Unit- III	Management of Physical Education and Sports	Method of calculation of Standard Track & Field events (any one). Care and maintenance of play ground.	JANUARY - JUNE	4
	Unit- III	Management of Physical Education and Sports	Importance, care and maintenance of sports equipments.	JANUARY - JUNE	4
	Unit- III	Management of Physical Education and Sports	Time Table: Meaning and importance of time table.	JANUARY - JUNE	4
5.		FIELD PRACTICAL	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2



Aniruddha Singh Permar.


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PHYSICAL EDUCATION- GENERAL -CBCS-SEMESTER- II
CURRICULUM PLAN - 2022-2023

TEACHER NAME : JOYITA SINGHA

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
	Unit-I	Management of Physical Education and Sports	Concept and definition of Sports Management. Important of Sports Management.	JANUARY-JUNE	4
	Unit-I	Management of Physical Education and Sports	Purpose of Sports Management. 4. Principles of Sports Management.	JANUARY - JUNE	4
1.	Unit-IV:	Management of Physical Education and Sports	Meaning and definition of leadership.	JANUARY - JUNE	4
2.	Unit- IV	Management of Physical Education and Sports	Qualities of good leader in Physical Education	JANUARY - JUNE	4
3.	Unit- IV	Management of Physical Education and Sports	Principles of leadership activities	JANUARY - JUNE	4
4.	Unit- IV	Management of Physical Education and Sports	Hierarchy of Leadership in School, College and University level.	JANUARY - JUNE	4
5.		FIELD PRACTICAL	Lay out knowledge and Officiating ability. Track and Field events (any one). Games: Football, Kabaddi, Kho-Kho and Volleyball (any one).	JANUARY - JUNE	2



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CURRICULUM PLAN - 2022-2023 CBCS

TEACHER NAME : ANIRUDDHA SINGH PERMAR

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
	Unit- III:	DC-4- Health Education, Physical Fitness and Wellness.	Physical Fitness- Meaning, definition and Importance of Motor Fitness. Components of Physical Fitness- Health and Performance related Physical Fitness	JANUARY - JUNE	4
	Unit- III:	DC-4- Health Education, Physical Fitness and Wellness.	Concept of Wellness. Relationship between Physical activities and Wellness. Ageing- Physical activities and its importance.	JANUARY - JUNE	4
	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	First aid- Meaning, definition, importance and golden rules of First-aid. Concept- of sports injuries- Sprain, Strain, Fracture and Dislocation.	JANUARY - JUNE	4
	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	Management of sports injuries through the application of Cryo-therapy and Thermotherapy. Management of sports injuries through the application of Exercise and Massage therapy	JANUARY - JUNE	4
		DC4- LAB PRACTICAL & SEC-2- Gymnastics and Yoga	First-aid Practical & Gymnastics and Yoga	JANUARY- JUNE	2



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CURRICULUM PLAN - 2022-2023

TEACHER NAME : JOYITA SINGHA

Sl. No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	Concept, definition and dimension of Health. Definition, aims, objectives and principles of Health Education. Health Agencies	JANUARY - JUNE	4
2.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).	JANUARY - JUNE	4
3.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record.	JANUARY - JUNE	4
4.	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	Communicable Diseases- Malaria, Dengue and Chicken Pox. Life-style Diseases- Obesity, Diabetes and AIDS.	JANUARY - JUNE	4
	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot	JANUARY - JUNE	4
5.		DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga	First-aid Practical & Gymnastics and Yoga	JANUARY - JUNE	2



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CURRICULUM PLAN - 2022-2023

TEACHER NAME : ANIRUDDHA SINGH PERMAR

SLN o.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	Psychology in Physical Education and Sports	Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports. 2. Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports.	JANUARY - JUNE	4
2.	Unit- III:	Psychology in Physical Education and Sports	Personality- Meaning, definition and type Personality traits. Role of physical activities in the development of personality.	JANUARY - JUNE	4
3.	Unit- IV:	Psychology in Physical Education and Sports	Stress- Meaning, definition and types of Stress. Causes of Stress.	JANUARY - JUNE	4
4.	Unit- IV:	Psychology in Physical Education and Sports	Anxiety- Meaning, definition and types of Anxiety.. Management of Stress and Anxiety through physical activity and sports.	JANUARY - JUNE	4
5.		Project	Project	JANUARY - JUNE	
5.		LAB PRACTICAL.SEC4.Fundamental Skills	Assessment of SCATS and HARDINES (any one) ..Measurement of Reaction Time.. Distance Perception and Hand & Eye Co-ordination (any one.) Fundamental Skills	JANUARY - JUNE	2



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CURRICULUM PLAN - 2022-2023

TEACHER NAME : JOYITA SINGHA

Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	Psychology in Physical Education and Sports	Meaning and definition Psychology. Importance and scope of Psychology.	JANUARY - JUNE	4
2.	Unit- I:	Psychology in Physical Education and Sports	Meaning and definition Sports Psychology. Need for knowledge of Sports Psychology in the field of Physical Education.	JANUARY - JUNE	4
3.	Unit- II:	Psychology in Physical Education and Sports	Meaning and definition of learning. Theories of learning and Laws of learning.	JANUARY - JUNE	4
4.	Unit- II:	Psychology in Physical Education and Sports	Learning curve: Meaning and Types. Transfer of learning- Meaning, definition type and factors affecting transfer of learning.	JANUARY - JUNE	4
5.		Project	Project	JANUARY - JUNE	
5.		LAB PRACTICAL.SEC4 Fundamental Skills	Assessment of SCATS and HARDINES (any one). Measurement of Reaction Time, Distance Perception and Hand & Eye Co-ordination (any one.) Fundamental Skills	JANUARY - JUNE	2



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