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

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

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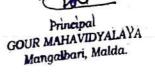
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SI.No.	Unit	OYITA SINGHA Paper Name	variation of the second		::::Classes
1.	Unit- I:	DC-I- History of Physical Education	Meaning and definition of Physical Education	July -December	4
	Unit- I:	DC-I- History of Physical Education	Aim and objectives of Physical Education.	July-December	4
	Unit- I:	DC-I- History of Physical Education	Modern concept of Physical Education.	July - December	4
	Unit- I:	DC-I- History of Physical Education	Importance of Physical Education.	July - December	4
5.	e a e	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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SI.N	Unit	APURBA KUMAR SINHA Paper Name	Sub- Unit	Month	Classes
0.	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

SI.N	Unit	ANIRUDDHA SINGH PERMAR Paper Name	Sub- Unit	Month	Classes
0.				July -December	4
1.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology	"Blood- Composition and function, Heart- Structure and functions.	July -December	
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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CURRICULUM PLAN - 2021-2022

		3.5	JOYITA SINGHA	*** **** ****	
SI. No.	Unit	Paper Name	Sub-Unit	Month and the second	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-1:	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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TEAC	HER NAME	: APURBA KUMAR SINHA			10.04 - 11-4-1 v
SI.N	Unit	Paper Name	Sub-Unit	Month of the	: 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

SI.	Unit	Paper Name	Sub- Unit	Month	Classes
No.					
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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PHYSICAL EDUCATON- GENERAL -CBCS-SEMESTER- V

CURRICULUM PLAN - 2021-2022

_			JOYITA SINGHA		VIII (22) 33
SI.N	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
1.	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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SLN D.	Unit	Paper Name	Sub-Unit	Month 22:21	Classes
1.	Unit-II:	Management of Physical Education and Sports	. Tournaments: Meaning and definition and types of tournaments (Knock-out, League,	JANUARY - JUNE	4
2	Unit-II:	Management of Physical Education and Sports	Combination, Challenge)	JANUARY - JUNE	-4
3.	Unit-II:	Management of Physical Education and Sports	Procedure of drawing fixture.	JANUARY - JUNE	4
4.	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
5.	La la	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

TEAC	HER NAME :	ANIRUDDHA SINGH PERMAR	COMMEDICATION PLANT - 2021-2022 CBCS-SEWIESTER- II		
SI.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-1	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.		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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SI.N	Unit	YITA SINGHA 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

SI.N	Unit	: APURBA KUMAR SINHA Paper Name	Sub- Unit	Month	Classes
o. 1.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	.First aid- Meaning, definition, importance and golden rules of First-aid	JANUARY - JUNE	
2.	Unit-IV:	DC-4- Health Education, Physical Fitness and Wellness.	PACE CONTRACT CONTRAC	JANUARY - JUNE	And the second
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
	Unit- IV:	.DC-4- Health Education, Physical Fitness and Wellness		JANUARY - JUNE -	4
		DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga .	First-aid Practical & Gymnastics and Yoga	JANUARY - JUNE	2

		CURRICL	JLUM PLAN - 2021-2022 CBCS- SEMESTER- IV		- 40 10
TEAC	HER NAME	: ANIRUDDHA SINGH PERMAR	The second of th	etten vikkeneumannen	T) Tr
SLN.	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.		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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SLN	T	: JOYITA SINGHA Paper Name	Sub-Unit-	Month	
1.	Unit-1:	DC-4- Health Education, Physical Fitness and Wellness.	Concept, definition and dimension of Health.	JANUARY - JUNE	4
2.	Unit-1:	DC-4- Health Education, Physical Fitness and Wellness.	Definition, aims, objectives and principles of Health Education.	JANUARY - JUNE	4
3.	Unit-I:	DC-4Health-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

SLN	Unit	Paper Name			
O.			Sub- Unit	Month	Class
	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
	Unit-III:	Psychology in Physical Education and Sports	Personality- Meaning, definition and type Personality traits. 4. Role of physical	JANUARY - JUNE	4
	Unit-IV:	Psychology in Physical Education and Sports	Stress- Meaning, definition and types of Stress. 2. Causes of Stress.	JANUARY - JUNE	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.
		Project	Project	JANUARY - JUNE -	
		LAB PRACTICAL.SEC4 Fundamental Skills	Assessment of SCATS and HARDINES (any one). 2. Measurement of Reaction	IANUARY - JUNE	2,
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PHYSICAL EDUCATON- GENERAL -CBCS-SEMESTER- VI

CURRICULUM PLAN - 2021-2022

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



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SI.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
	Unit- III:	DC-I- History of Physical- Education	Physical Education & Sports as a socialization force YOGA Education.	July - December	4
i	Unit- :IV.	DC-I- History of Physical Education	Meaning and definition of the term Yoga Aim and objectives of Yoga.	July - December	4
i.	Unit- :IV	DC-I- History of Physical Education	Types of Yoga , Importance of Yoga.	July - December	4
• - ;		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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SI.No.	Unit	Paper Name	THE STATE OF THE S		
1.	Unit-1:	DC-I- History of Physical Education	Sub- Unit Meaning and definition of Physical Education	Month July -December	Classes 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.			the process of the state of the	- Ambaron incorporate to	an ensuremental s
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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DEPARTMENT OF PHYSICAL EDUCATION PHYSICAL EDUCATON- GENERAL -CBCS-SEMESTER- III CURRICULUM PLAN - 2022-2023

	1 Init	Paper Name	C.L H.M		
SI.	Unit	rapei 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

SI.	Unit	Paper Name	Sub-Unit	Month	Classes
No. 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- la	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	. 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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SI.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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SI.N o.	Unit	Paper Name	Sub- Unit	Month	Classes
i.	Unit- I:	Training Techniques	Meaning and definition of Sports Training. Aim and objectives of Sports Training.	July -December	4
	Unit- I:	Training Techniques	Characteristics of sports training , Principles of Sports Training	July-December	4
	Unit-1V:	Training Techniques	Strength- Meaning and methods of strength development.	July - December	4
	Unit- IV:	Training Techniques	Speed- Meaning and methods of speed development.	July - December	4
	Unit- IV:	Training Techniques	Endurance- Meaning and methods of endurance development.	July -December	4
	Unit- IV:	Training Techniques	Flexibility- Meaning and methods of flexibility development	July -December	4
	:	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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TEAC	HER NAM	E: ANIRUDDHA SINGH PERM	AR STATE OF THE ST		
SI. No.	Unit	Paper Name	Sub- Unit	Month	Classes
l.	Unit-II:	Management of Physical Education and Sports	Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge).	JANUARY - JUNE	4
	Unit- II	Management of Physical Education and Sports	Procedure of drawing fixture. Method of organising Annual Athletic Meet and Play Day.	JANUARY - JUNE	4 .
	Unit- III	Management of Physical Education and Sports	Method of organising of Intramural and Extramural competition.	JANUARY - JUNE	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
		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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SI. No.	Unit	E : JOYITA SINGHA Paper Name	Sub- Unit	Month:	Classes
	Unit-l	-Management of Physical Education and Sports	-Concept and definition of Sports Management. Important of Sports Management.	JANUARY - JUNE	. 4
	Unit-l	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	27 - VI.	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

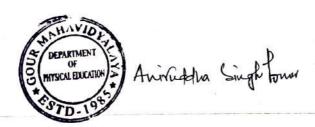


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CH	ER NAME :	ANIKUDDHA SINGH PEKMAK	1000		Cl
	Unit	Paper Name		Month 2 112	
	Unit-III:	DC-4- Health Education, Physical Fitness and Wellness.	Physical Fitness- Meaning, definition and Importance of Motor Fitness. Components of Physical Fitness- Health and Performance related Physical Fitness	JANUARY - JUNE	4
1	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	
1	Jnit- 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, Facture and Dislocation.	JANUARY - JUNE -	-4
1	Jnit- 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
1-		DC4_LAB PRACTICAL & SEC2_Gymnastics and Yoga	First-aid Practical & Gymnastics and Yoga	-JANUARYJUNE.	2



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Unit	: JOYITA SINGHA Paper Name	Sùb- Unit	Month	Classes
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
Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).	JANUARY - JUNE	
Unit-1:	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
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
Unīt- 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
	DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga".	First-aid Practical & Gymnastics and Yoga	JANUARY - JUNE	- 2

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ILAC		ANIRUDDHA SINGH PERMAR	Col. Halbert Colonial Colonial Colonial	Month	Classes
SLN o.	Unit	Paper Name	Sub- Unit		ARITH CO.
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	JANUARY - JUNE	4
2.	Unit- III:	Psychology in Physical Education and Sports	Emotion 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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I.N	Unit	Paper Name	Sub- Unit	Month	Classes
0.				JANUARY - JUNE	4
	Unit- I:	Psychology in Physical Education and Sports	Meaning and definition Psychology. Importance and scope of Psychology.	THINDWITTIONE .	
-	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.	JAŅŲĄŖŲ-JUNE.	4
1	Unit- II:	Psychology in Physical Education and Sports	Meaning and definition of learning. Theories of learning and Laws of learning.	JANUARY - JUNE	4
1	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
1		Project	Project	JANUARY - JUNE	
3		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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