

YOGODA SATSANGA PALPARA MAHAVIDYALAYA

DEPARTMENT OF PHYSICAL EDUCATION

TEACHING - PLAN

July, 2018 to June, 2019							
Semester & Year	Duration	Paper	Unit/Module	Teacher	Credit	No of Lectures	To be Completed within
1 ST Sem. CBCS	July 2018 to Dec. 2018	DSC-1A/2A	<u>Foundation and History of Physical Education</u> <u>DSC-1A/2A (T) Credit-4</u> Unit- I: Introduction Unit- II: Biological and Sociological Foundations of Physical Education Unit- III: History of Physical Education Unit- IV: Yoga Education <u>DSC-1A/2A (P) Credit-2</u> Field Practical Marching, Suryanamaskar, Callisthenics and Aerobic activities	Miss. Mahamaya Dinda.	6	8	*Last week July to 1 st week Aug.
			Mr. Sovon Maiti.		8	*Second week Aug. to 4 th week Aug.	
						9	
						5	* 4 th week Aug. to 3 rd week Sep.
						20	*4 th week Sep to 1 st week Oct.
							*3 rd July to 1 st week Aug.
							*2 nd week Aug. to 4 th week Aug.
							*1 st week Sep. to 1 st week Oct.
2 ND Sem. CBCS	Jan. 2019 to June 2019	DSC-1B/2B	<u>Management of Physical Education and Sports</u> <u>DSC-1B/2B (T) Credit-4</u> Unit- I: Introduction Unit- II: Tournaments Unit- III: Facilities and Equipment Unit- IV: Leadership <u>DSC-1B/2B (P) Credit-2</u>	Miss. Mahamaya Dinda	6	8	*2 nd week June to 2 nd week July
			Mr. Sovon Maiti.		12	*3 rd week Feb. to 2 nd week March	
						8	
						8	* 3 rd week March

			<p><u>Practical</u></p> <p>1. Lay out knowledge and Officiating ability of Track and field events</p> <p>2. Lay out knowledge and Officiating ability of Games: Football, Kabaddi, Kho-Kho, Volleyball, Hand Ball, Net Ball, Throw Ball, Badminton and Table Tennis.</p> <p>3. Gymnastic and Yoga Scoring</p>			10	to 2 nd week Apr.
						12	*3 rd week Apr. to 2 nd week May
						8	* 3 rd week Feb. to 4 th week March
							*1 st week Apr. to 1 st week May
2 ND Year	July 2018 to June 2019	Paper-II	<p><u>Unit-03</u></p> <p>Group-A: Management of Physical Education and Sports</p> <p>Group-B: Sports Training and Mechanics</p>	Miss. Mahamaya Dinda	12	14	*2 nd week July to 2 nd week Sep.
			<p><u>Unit-04</u></p> <p>Group-C: Health Education and First-aid</p> <p>Group-D: Exercise Physiology</p>			Mr. Sovan Maiti.	16
		Paper-III	<p><u>Practical</u></p> <p>1. Track & Field</p> <p>2. Gymnastics</p> <p>3. Indian Game</p> <p>4. Major Game</p> <p>5. Yogic Practice</p> <p>6. First-Aid Practical & Management of sports injury</p> <p>7. Practical Exercise Book</p>	Miss. Mahamaya Dinda	10	10	*3 rd week July to 2 nd week Sep.
						Mr. Sovan Maiti.	8
						8	*2 nd week July to 3 rd week Sep.
						6	*4 th week Sep. to 1 st week Dec.
						6	
3 RD Year	July 2018 to June 2019	Paper-IV	<p><u>Paper- IV (A) Theoretical</u></p> <p>Group-A: 1. Exercise and chronic diseases, 2. Exercise</p>	Miss. Mahamaya Dinda	12	10	*2 nd week July to 2 nd week Sep.
						10	*3 rd week Sep.

		<p>Therapy, 3. Basic principles of Therapy, 4. Basic principles of Rehabilitation.</p> <p>Group-B: 1. Health & Wellness, 2. Health & Fitness, 3. Growth & Development, 4. Physical activity & Woman, 5. Physical activity for the Aged, 5. Physical activity programme for the disabled.</p> <p><u>Paper- IV (A) Practical</u></p> <ol style="list-style-type: none"> 1. Participation in Regular Fitness programme (Barrow Motor Ability Test) 2. Administration of Fitness testing Procedures- Strength, Endurance & Speed 3. Officiating- Athletics, Indian Games & Ball Games 4. Rehabilitation Exercise 5. Participation in Social programme- E.G., N.C.C., N.S.S. etc. 6. Visit to State or higher-level Tournaments & Record Book 	Mr. Sovan Maiti.		8	to 2 nd week Nov.
					8	*2 nd week July
					6	to 3 rd week Sep.
					6	*4 th week Sep.
					6	to 1 st week Dec
					6	
					10	*3 rd week July
					10	to 2 nd week Sep.
					8	*3 rd week Sep.
					8	to 2 nd week Nov.
					8	*2 nd week July
					8	to 3 rd week Sep.
					6	*4 th week Sep.
					6	to 1 st week Dec
					6	