

YOGODA SATSANGA PALPARA MAHAVIDYALAYA

DEPARTMENT OF PHYSICAL EDUCATION

TEACHING - PLAN

July, 2019 to June, 2020							
Semester & Year	Duration	Paper	Unit/Module	Teacher	Credit	No of Lectures	To be Completed within
1 ST Sem. CBCS	July 2019 to Dec. 2019	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 Mr. Sovan Maiti.	6	8	*Last week July to 1 st week Aug.
			8			*Second week Aug. to 4 th week Aug.	
						9	* 4 th week Aug. to 3 rd week Sep.
						5	*4 th week Sep to 1 st week Oct.
						20	*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. 2020 to June 2020	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
			12			*3 rd week Feb. to 2 nd week March	
						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 3 rd week Apr.
						12	*3 rd week Apr. to 2 week May
						8	* 3 rd week Feb. to 4 rd week March
							*1 st week Apr. to 1 st week May
3 RD Sem. CBCS	July 2019 to Dec. 2019	DSC-1C/2C	<p><u>Anatomy, Physiology and Exercise Physiology</u></p> <p><u>DSC-1C/2C (T) Credit-4</u></p> <p>Unit- I: Introduction</p> <p>Unit- II: Musculo-skeletal System</p> <p>Unit- III: Circulatory System</p> <p>Unit- IV: Respiratory System</p> <p><u>DSC-1C/2C (P) Credit-2</u></p> <p><u>Practical</u></p> <p>1. Assessment of BMI, and WHR.</p> <p>2. Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.</p>	Miss. Mahamaya Dinda	6	8	*Last week July to 2nd week Aug.
						8	*3 rd week July to 1st week Aug.
						9	* 2 nd week Aug. to 1st week Sep.
						5	*2 nd week Sep to 2nd week dec.
						20	*3 rd week Aug to 2 nd week Sep
							*2 nd week Sep.upto Dec.
		SEC-1	<p><u>Indian Games and Racket Sports (Practical)</u></p> <p>Fundamental skills, Rules and their interpretations, and duties of the officials.</p> <p>A. KABADDI, B. KHO-KHO, C. BADMINTON, D. TABLE TENNIS</p>		2	8	*1 st week Aug. to 4 th week Aug.
						8	*1 st week Sep. to 2 nd week Sep.
						10	*2 nd week Nov.to 4 th week Nov.
						5	*1 st week Dec. to 2 nd week Dec.

4 TH Sem. CBCS	Jan. 2020 to June 2020	DSC- 1D/2D	<p><u>Health Education, Physical Fitness and Wellness</u> <u>DSC-1D/2D (T) Credit-4</u> Unit- I: Introduction Unit- II: Health Problems in India- Prevention and Control Unit- III: Physical Fitness and Wellness Unit- IV: Health and First-aid Management <u>DSC-1D/2D (P) Credit-2</u> <u>Practical</u> 1. First aid - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica. 2. Practical Knowledge of Hydro-therapy, Thermo-therapy and Cryo-therapy.</p>	Miss. Mahamaya Dinda	6	8	*2 nd week July to 2 nd week June
						10	* 1 st week Feb. to 4 th week Feb.
						9	* 1 st week March to 4 th week Mar.
						8	* 1 st week Apr. to 3 rd to Apr.
						8	* 1 st week Feb. to 4 th week Feb.
						10	* 1 st week Mar. to Apr.
		SEC-2	<p><u>Ball Games (Practical)</u> Fundamental skills, Rules and their interpretations, and duties of the officials. A. FOOTBALL, B. HANDBALL, C. BASKETBALL, D. VOLLEYBALL, E. NETBALL, F. THROWBALL</p>		2	6	* 1 st week Feb. to 3 rd week Feb.
						5	* 4 th week Feb. to 2 nd week Mar.
						5	* 3 rd week Mar. to 1 st week Apr.
						8	* 2 nd week Apr. to 4 th week Apr.
						4	* 1 st week May to 2 nd week May
						4	* 3 ^{ed} week May
3 RD Year	July 2019 to June 2020	Paper- IV	<p><u>Paper- IV (A) Theoretical</u> Group-A: 1. Exercise and chronic diseases, 2. Exercise Therapy, 3. Basic principles of Therapy, 4. Basic principles of Rehabilitation. Group-B: 1. Health & Wellness, 2. Health & Fitness, 3. Growth & Development, 4. Physical activity & Woman, 5.</p>	Miss. Mahamaya Dinda		8	* 2 nd week July to 2 nd week Sep.
						8	* 3 rd week Sep. to 2 nd week Nov.
						6	* 2 nd week July

		Physical activity for the Aged, 5. Physical activity programme for the disabled.	12	6	to 3 rd week Sep. *4 th week Sep. to 1 st week Dec
		<u>Paper- IV (A) Practical</u>			
		1. Participation in Regular Fitness programme (Barrow Motor Ability Test)		10	
		2. Administration of Fitness testing Procedures- Strength, Endurance & Speed		10	*3 rd week July to 2 nd week Sep.
		3. Officiating- Athletics, Indian Games & Ball Games		8	*3 rd week Sep.
		4. Rehabilitation Exercise		8	to 2 nd week Nov.
		5. Participation in Social programme- E.G., N.C.C., N.S.S. etc.		6	*2 nd week July to 3 rd week Sep.
		Visit to State or higher-level Tournaments & Record Book		6	*4 th week Sep. to 1 st week Dec