

# YOGODA SATSANGA PALPARA MAHAVIDYALAYA

## DEPARTMENT OF PHYSICAL EDUCATION

### TEACHING - PLAN

July, 2022 to June, 2023							
Semester & Year	Duration	Paper	Unit/Module	Teacher	Credit	No of Lectures	To be Completed within
1 <sup>ST</sup> Sem. CBCS	July 2022 to Dec. 2022	DSC-1A/2A	<b><u>Foundation and History of Physical Education</u></b> <b><u>DSC-1A/2A (T) Credit-4</u></b> Unit- I: Introduction Unit- II: Biological and Sociological Foundations of Physical Education Unit- III: History of Physical Education Unit- IV: Yoga Education	Mr.Samaresh Barman	6	8	*Last week July to 1 <sup>st</sup> week Aug.
			<b><u>DSC-1A/2A (P) Credit-2</u></b> <b>Field Practical</b> Marching, Suryanamaskar, Callisthenics and Aerobic activities			Mrs. Mahamaya Dinda	8 9 5 20
2 <sup>ND</sup> Sem. CBCS	Jan. 2023 to June 2023	DSC-1B/2B	<b><u>Management of Physical Education and Sports</u></b> <b><u>DSC-1B/2B (T) Credit-4</u></b> Unit- I: Introduction Unit- II: Tournaments Unit- III: Facilities and Equipment Unit- IV: Leadership	Mr.Samaresh Barman	6	8	*2 <sup>nd</sup> week June to 2 <sup>nd</sup> week July
		<b><u>DSC-1B/2B (P) Credit-2</u></b>	Mrs. Mahamaya Dinda			12 8 8	*3 <sup>rd</sup> week Feb. to 2 <sup>nd</sup> week March * 3 <sup>rd</sup> week March

			<p><b><u>Practical</u></b></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 <sup>nd</sup> week Apr.
						12	*3 <sup>rd</sup> week Apr. to 2 <sup>nd</sup> week May
						8	* 3 <sup>rd</sup> week Feb. to 4 <sup>th</sup> week March
							*1 <sup>st</sup> week Apr. to 1 <sup>st</sup> week May
3 <sup>RD</sup> Sem. CBCS	July 2022 to Dec. 2022	DSC-1C/2C	<p><b><u>Anatomy, Physiology and Exercise Physiology</u></b></p> <p><b><u>DSC-1C/2C (T) Credit-4</u></b></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><b><u>DSC-1C/2C (P) Credit-2</u></b></p> <p><b><u>Practical</u></b></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>	Mr.Samaresh Barman	6	8	*Last week july to 1 <sup>st</sup> week Aug.
				Mrs. Mahamaya Dinda		8	*Second week Aug. to 4 <sup>th</sup> week Aug.
						9	* 4 <sup>th</sup> week Aug. to 3 <sup>rd</sup> week Sep.
						5	*4 <sup>th</sup> week Sep to 1 <sup>st</sup> week Oct.
						20	*3 <sup>rd</sup> July to 1 <sup>st</sup> week Aug.
							*2 <sup>nd</sup> week Aug. to 4 <sup>th</sup> week Aug.
							*1 <sup>st</sup> week Sep. to 1 <sup>st</sup> week Oct.
		SEC-1	<p><b><u>Indian Games and Racket Sports (Practical)</u></b></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 <sup>st</sup> week Aug. to 4 <sup>th</sup> week Aug.
						8	*1 <sup>st</sup> week Sep. to 2 <sup>nd</sup> week Sep.
						10	*3 <sup>rd</sup> week Sep. to 3 <sup>rd</sup> week Nov.
						5	*4 <sup>th</sup> week Nov.



	<p><b><u>DSE-1A/2A (P) Credit-2</u></b>  <b><u>Practical</u></b>  1. Assessment of somatotype and Body fat percentage (%)  2. Assessment of AAHPER Youth Fitness Test and Harvard Step Test.</p>			20	<p>* 4<sup>th</sup> week Aug. to 3<sup>rd</sup> week Sep.</p> <p>*4<sup>th</sup> week Sep to 1<sup>st</sup> week Oct.</p> <p>*3<sup>rd</sup> July to 1<sup>st</sup> week Aug.</p> <p>*2<sup>nd</sup> week Aug. to 4<sup>th</sup> week Aug.</p> <p>* 1<sup>st</sup> week Sep. to 1<sup>st</sup> week Oct.</p>
SEC-3	<p><b><u>Gymnastics and Yoga (Practical)</u></b>  GYMNASTICS, YOGA Asanas &amp; Pranayama</p>		2	16	<p>*2<sup>nd</sup> week Aug. to 2<sup>nd</sup> week Dec.</p>
GE-1	<p><b><u>Foundation and History of Physical Education</u></b>  <b><u>GE-1 (T) Credit-4</u></b>  Unit- I: Introduction  Unit- II: Biological and Sociological Foundations of Physical Education  Unit- III: History of Physical Education  Unit- IV: Yoga Education  <b><u>GE-1 (P) Credit-2</u></b>  <b>Field Practical</b>  Marching, Suryanamaskar, Callisthenics and Aerobic activities</p>	<p>Mr.Samaresh Barman</p> <p>Mrs. Mahamaya Dinda</p>	6	<p>8</p> <p>8</p> <p>10</p> <p>5</p> <p>8</p> <p>5</p> <p>8</p>	<p>*1<sup>st</sup> week Aug. to 3<sup>rd</sup> week Aug.</p> <p>*4<sup>th</sup> week Aug. to 2<sup>nd</sup> week Sep.</p> <p>* 3<sup>rd</sup> week Sep. to 2<sup>nd</sup> week Nov.</p> <p>*3<sup>rd</sup> week Nov. to 1<sup>st</sup> week Dec.</p> <p>*1<sup>st</sup> week Aug. to 3<sup>rd</sup> week Aug.</p> <p>*1<sup>st</sup> week Nov. to 4<sup>th</sup> week Nov.</p>

							* 1 <sup>st</sup> week Aug. to 3 <sup>rd</sup> week Aug. * 4 <sup>th</sup> week Aug. to 1 <sup>st</sup> week Sep. * 1 <sup>st</sup> week Nov. to 4 <sup>th</sup> week Nov.
6 <sup>TH</sup> Sem. CBCS	Jan. 2023 to June 2023	DSE-1B/2B	<b>Sports Training</b> <u><b>DSE-1B/2B (T) Credit-4</b></u> Unit- I: Introduction Unit- II: Principle of Training and Conditioning Unit- III: Training Load and Adaptation Unit- IV: Training Techniques <u><b>DSE-1B/2B (P) Credit-2</b></u> <b>Practical</b> 1. Practical Experience of Weight Training and Circuit Training. 2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.	Mr.Samaresh Barman  Mrs. Mahamaya Dinda	6	8  12  8  8  10  12  8	* 2 <sup>nd</sup> week June to 2 <sup>nd</sup> week July  * 3 <sup>rd</sup> week Feb. to 2 <sup>nd</sup> week March  * 3 <sup>rd</sup> week March to 2 <sup>nd</sup> week Apr.  * 3 <sup>rd</sup> week Apr. to 2 <sup>nd</sup> week May  * 3 <sup>rd</sup> week Feb. to 4 <sup>th</sup> week March  * 1 <sup>st</sup> week Apr. to 1 <sup>st</sup> week May
		SEC-4	<u><b>Track and Field (Practical)</b></u> 1. Track Events 2. Field events		2	16	* 2 <sup>nd</sup> week Feb. to 3 <sup>rd</sup> week May.
		GE-2	<b>Anatomy, Physiology and Exercise Physiology</b> <u><b>GE-2 (T) Credit-4</b></u> Unit- I: Introduction Unit- II: Musculo-skeletal System Unit- III: Circulatory System Unit- IV: Respiratory System <u><b>GE-2 (P) Credit-2</b></u> <b>Practical</b> 1. Assessment of BMI, and WHR.	Mr.Samaresh Barman  Mrs. Mahamaya Dinda	6	8  5  8  8	* 2 <sup>nd</sup> week June to 2 <sup>nd</sup> week July  * 3 <sup>rd</sup> week Feb. to 2 <sup>nd</sup> week March  * 3 <sup>rd</sup> week March to 2 <sup>nd</sup> week Apr.

			2. Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.			5 12	*3 <sup>rd</sup> week Apr. to 2 <sup>nd</sup> week May  * 3 <sup>rd</sup> week Feb. to 4 <sup>th</sup> week March  *1 <sup>st</sup> week Apr. to 1 <sup>st</sup> week May
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