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 ST Sem. CBCS	July 2022 to Dec. 2022	DSC- 1A/2A	Foundation and History of Physical EducationDSC-1A/2A (T) Credit-4Unit- I: IntroductionUnit- I: Biological and Sociological Foundations of PhysicalEducationUnit- III: History of Physical EducationUnit- IV: Yoga EducationDSC-1A/2A (P) Credit-2Field PracticalMarching, Suryanamaskar, Callisthenics and Aerobicactivities	Mr.Samaresh Barman Mrs. Mahamaya Dinda	6	8 8 9 5 20	*Last week july to 1 st week Aug. *Second week Aug. to 4 th week Aug. * 4 th week Aug. to 3 rd week Sep. *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. 2023 to June 2023	DSC- 1B/2B	Management of Physical Education and Sports <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>	Mr.Samaresh Barman Mrs. Mahamaya Dinda	6	8 12 8 8	*2 nd week June to 2 nd week July *3 rd week Feb. to 2 nd week March * 3 rd week March

			 <u>Practical</u> 1. Lay out knowledge and Officiating ability of Track and field events 2. Lay out knowledge and Officiating ability of Games: Football, Kabaddi, Kho- Kho, Volleyball, Hand Ball, Net Ball, Throw Ball, Badminton and Table Tennis. 3. Gymnastic and Yoga Scoring 			10 12 8	to 2 nd week Apr. *3 rd week Apr. to 2 nd week May * 3 rd week Feb. to 4 th week March *1 st week Apr. to 1 st week May
3 RD Sem. CBCS	July 2022 to Dec. 2022	DSC- 1C/2C	Anatomy, Physiology and Exercise Physiology DSC-1C/2C (T) Credit-4 Unit- I: Introduction Unit- II: Musculo-skeletal System Unit- III: Circulatory System DSC-1C/2C (P) Credit-2 Practical 1. Assessment of BMI, and WHR. 2. Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.	Mr.Samaresh Barman Mrs. Mahamaya Dinda	6	8 8 9 5 20	*Last week july to 1 st week Aug. *Second week Aug. to 4 th week Aug. * 4 th week Aug. to 3 rd week Sep. *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.
		SEC-1	Indian Games and Racket Sports (Practical) Fundamental skills, Rules and their interpretations, and duties of the officials. A. KABADDI, B. KHO-KHO, C. BADMINTON, D. TABLE TENNIS		2	8 8 10 5	*1 st week Aug. to 4 th week Aug. *1 st week Sep. to 2 nd week Sep. *3 rd week Sep. to 3 rd week Nov. *4 th week Nov.

							to 2 nd week Dec.
4 TH Sem. CBCS	Jan. 2023 to June 2023	DSC- 1D/2D SEC-2	Health Education, Physical Fitness and WellnessDSC-1D/2D (T) Credit-4Unit- I: IntroductionUnit- II: Health Problems in India- Prevention and ControlUnit- III: Physical Fitness and WellnessUnit- IV: Health and First-aid ManagementDSC-1D/2D (P) Credit-2Practical1. First aid - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), RollerBandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica.2. Practical Knowledge of Hydro-therapy, Thermo-therapy and Cryo-therapy.	Mr.Samaresh Barman Mrs. Mahamaya Dinda	6	8 12 8 8 10 12 8	 *2nd week June to 2nd week July *3rd week Feb. to 2nd week March * 3rd week March to 2nd week Apr. *3rd week Apr. to 2nd week May * 3rd week Feb. to 4th week March *1st week Apr. to 1st week Feb.
		SEC-2	Ball Games (Practical) Fundamental skills, Rules and their interpretations, and duties of the officials. A. FOOTBALL, B. HANDBALL, C. BASKETBALL, D. VOLLEYBALL, E. NETBALL, F. THROWBALL		2	5 5 8 4 4	to 3 rd week Feb. *4 th week Feb. to 2 nd week Mar. *3 rd week Mar. to 1 st week Apr. *2 nd week Apr. to 4 th week Apr. *1 st week May to 2 nd week May *3ed week May
5 TH Sem. CBCS	July 2022 to Dec. 2022	DSE- 1A/2A	Tests, Measurements and Evaluation in Physical Education DSE-1A/2A (T) Credit-4 Unit- I: Introduction Unit- II: Measurements of Body Compositions and Somatotype Assessment Unit- III: Fitness Test Unit- IV: Sports Skill Test	Mr.Samaresh Barman Mrs. Mahamaya Dinda	6	8 8 9 5	*Last week july to 1 st week Aug. *Second week Aug. to 4 th week Aug.

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

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

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