

# YOGODA SATSANGA PALPARA MAHAVIDYALAYA

## DEPARTMENT OF PHYSICAL EDUCATION

### TEACHING - PLAN

July, 2020 to June, 2021							
Semester & Year	Duration	Paper	Unit/Module	Teacher	Credit	No of Lectures	To be Completed within
1 <sup>ST</sup> Sem. CBCS	July 2020 to Dec. 2020	DSC-1A/2A	<b><u>Foundation and History of Physical Education</u></b>	Miss. Mahamaya Dinda	6	8	*1 <sup>st</sup> week Aug. to 3 <sup>rd</sup> week Aug.
			<b><u>DSC-1A/2A (T) Credit-4</u></b>			8	
			Unit- I: Introduction				
			Unit- II: Biological and Sociological Foundations of Physical Education			10	*4 <sup>th</sup> week Aug. to 2 <sup>nd</sup> week Sep.
			Unit- III: History of Physical Education			5	
			Unit- IV: Yoga Education				
<b><u>DSC-1A/2A (P) Credit-2</u></b>	8	* 3 <sup>rd</sup> week Sep. to 2 <sup>nd</sup> week Nov.					
<b>Field Practical</b>	5						
Marching, Suryanamaskar, Callisthenics and Aerobic activities	8	*3 <sup>rd</sup> week Nov. to 1 <sup>st</sup> week Dec.					
							*1 <sup>st</sup> week Aug. to 3 <sup>rd</sup> week Aug.
							*1 <sup>st</sup> week Nov. to 4 <sup>th</sup> week Nov.
2 <sup>ND</sup> Sem. CBCS	Jan. 2021 to June 2021	DSC-1B/2B	<b><u>Management of Physical Education and Sports</u></b>	Miss. Mahamaya Dinda	6	8	*2 <sup>nd</sup> week June to 2 <sup>nd</sup> week July
			<b><u>DSC-1B/2B (T) Credit-4</u></b>			12	
			Unit- I: Introduction				
			Unit- II: Tournaments			8	*3 <sup>rd</sup> week Feb. to 2 <sup>nd</sup> week March
			Unit- III: Facilities and Equipment				
Unit- IV: Leadership	8						
<b><u>DSC-1B/2B (P) Credit-2</u></b>							
<b><u>Practical</u></b>	10	* 3 <sup>rd</sup> week March to 2 <sup>nd</sup> week Apr.					

			<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>			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 2020 to Dec. 2020	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>		6	8	*1 <sup>st</sup> week Aug. to 3 <sup>rd</sup> week Aug.
						8	*4 <sup>th</sup> week Aug. to 2 <sup>nd</sup> week Sep.
							9
						8	*3 <sup>rd</sup> week Nov. to 2 <sup>nd</sup> week Dec.
						8	*1 <sup>st</sup> week Aug. to 4 <sup>th</sup> week Aug.
						12	*1 <sup>st</sup> week Sep. to 2 <sup>nd</sup> week Dec.
		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>	Mrs. Mahamaya Dinda	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.

4 <sup>TH</sup> Sem. CBCS	Jan. 2021 to June 2021	DSC- 1D/2D	<p><b><u>Health Education, Physical Fitness and Wellness</u></b>  <b><u>DSC-1D/2D (T) Credit-4</u></b>            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  <b><u>DSC-1D/2D (P) Credit-2</u></b>  <b><u>Practical</u></b>            1. First aid - Triangular Bandage: Slings (Arm Sling, Collar &amp; Cuff Sling), Roller            Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica.            2. Practical Knowledge of Hydro-therapy, Thermo-therapy and Cryo-therapy.</p>	Mrs. Mahamaya Dinda	6	8	to 2 <sup>nd</sup> week Dec. *2 <sup>nd</sup> week June to 2 <sup>nd</sup> week July
			12			*3 <sup>rd</sup> week Feb. to 2 <sup>nd</sup> week March	
						8	* 3 <sup>rd</sup> week March to 2 <sup>nd</sup> week Apr.
						10	*3 <sup>rd</sup> week Apr. to 2 <sup>nd</sup> week May
						12	* 3 <sup>rd</sup> week Feb. to 4 <sup>th</sup> week March
						8	*1 <sup>st</sup> week Apr. to 1 <sup>st</sup> week May
		SEC-2	<p><b><u>Ball Games (Practical)</u></b>            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 <sup>st</sup> week Feb. to 3 <sup>rd</sup> week Feb. *4 <sup>th</sup> week Feb. to 2 <sup>nd</sup> week Mar. *3 <sup>rd</sup> week Mar. to 1 <sup>st</sup> week Apr. *2 <sup>nd</sup> week Apr. to 4 <sup>th</sup> week Apr. *1 <sup>st</sup> week May to 2 <sup>nd</sup> week May *3 <sup>ed</sup> week May
						5	
						5	
						8	
						4	
						4	
5 <sup>TH</sup> Sem. CBCS	July 2020 to Dec. 2020	DSE- 1A/2A	<p><b><u>Tests, Measurements and Evaluation in Physical Education</u></b>  <b><u>DSE-1A/2A (T) Credit-4</u></b>            Unit- I: Introduction            Unit- II: Measurements of Body Compositions and Somatotype Assessment            Unit- III: Fitness Test            Unit- IV: Sports Skill Test</p>	Mrs. Mahamaya Dinda	6	8	*1 <sup>st</sup> week Aug. to 3 <sup>rd</sup> week Aug.
						9	
						8	*4 <sup>th</sup> week Aug. to 2 <sup>nd</sup> week Sep.
						8	* 3 <sup>rd</sup> week Sep.

		<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>			8	to 2 <sup>nd</sup> week Nov.  *3 <sup>rd</sup> week Nov. to 2 <sup>nd</sup> week Dec.  *1 <sup>st</sup> week Aug. to 4 <sup>th</sup> week Aug.  *1 <sup>st</sup> week Sep. to 2 <sup>nd</sup> week Dec.
SEC-3		<p><b><u>Gymnastics and Yoga (Practical)</u></b>  GYMNASTICS, YOGA Asanas &amp; Pranayama</p>		2	16	2 <sup>nd</sup> week Aug. to 2 <sup>nd</sup> week Dec.
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>	Mrs. Mahamaya Dinda	6	8	*1 <sup>st</sup> week Aug. to 3 <sup>rd</sup> week Aug.  8  10  5  *4 <sup>th</sup> week Aug. to 2 <sup>nd</sup> week Sep.  *3 <sup>rd</sup> week Sep. to 2 <sup>nd</sup> week Nov.  8  5  8  *1 <sup>st</sup> week Aug. to 3 <sup>rd</sup> week Aug.  *1 <sup>st</sup> week Nov. to 4 <sup>th</sup> week Nov.

								* 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. 2021 to June 2021	DSE-1B/2B	<b><u>Sports Training</u></b> <b><u>DSE-1B/2B (T) Credit-4</u></b> Unit- I: Introduction Unit- II: Principle of Training and Conditioning Unit- III: Training Load and Adaptation Unit- IV: Training Techniques <b><u>DSE-1B/2B (P) Credit-2</u></b> <b><u>Practical</u></b> 1. Practical Experience of Weight Training and Circuit Training. 2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.	Mrs. Mahamaya Dinda	6	8	* 2 <sup>nd</sup> week June to 2 <sup>nd</sup> week July	
					12	* 3 <sup>rd</sup> week Feb. to 2 <sup>nd</sup> week March		
					8	* 3 <sup>rd</sup> week March to 2 <sup>nd</sup> week Apr.		
						8	* 3 <sup>rd</sup> week Apr. to 2 <sup>nd</sup> week May	
						10	* 3 <sup>rd</sup> week Feb. to 4 <sup>th</sup> week March	
						12	* 1 <sup>st</sup> week Apr. to 1 <sup>st</sup> week May	
						8	* 2 <sup>nd</sup> week Feb. to 3 <sup>rd</sup> week May.	
		SEC-4	<b><u>Track and Field (Practical)</u></b> 1. Track Events 2. Field events		2	16		
		GE-2	<b><u>Anatomy, Physiology and Exercise Physiology</u></b> <b><u>GE-2 (T) Credit-4</u></b> Unit- I: Introduction Unit- II: Musculo-skeletal System Unit- III: Circulatory System Unit- IV: Respiratory System <b><u>GE-2 (P) Credit-2</u></b> <b><u>Practical</u></b> 1. Assessment of BMI, and WHR.	Mrs. Mahamaya Dinda	6	8	* 2 <sup>nd</sup> week June to 2 <sup>nd</sup> week July	
					5	* 3 <sup>rd</sup> week Feb. to 2 <sup>nd</sup> week March		
					8			
						8	* 3 <sup>rd</sup> week March to 2 <sup>nd</sup> week Apr.	
						5		

			2. Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.			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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