

# Y.S. PALPARA MAHAVIDYALAYA

## DEPARTMENT OF PHYSICAL EDUCATION

### TEACHING - PLAN

July, 2023 to June, 2024

Semester & Year	Duration	Paper	Unit/Module	Teacher	Credit	No of Lectures	To be Completed within
1 <sup>ST</sup> Sem. CCFUP-2023 & NEP-2020	July 2023 to Dec. 2023	Major-1 (Disc.-A1)	<b>Foundation and History of Physical Education and Sports</b> <u>Major-1/ A-1T: Credits-03</u> Unit-I: Concept of Physical Education and Sports Unit-II: Biological, Psychological and Sociological Foundation Unit-III: Historical Development of Physical Education and Sports. Unit-IV: Olympic Movement, Commonwealth and Asian Games <u>Major-1/ A-1P: Credit-01</u> <b>Field Practical</b> I. Marching II. Callisthenics III. Aerobics		04		
		SEC-1	<b>Athletics</b> <u>SEC1P: Credits 03</u> I. Track Events II. Field Events		03		
		Minor-1 (Disc.-C1)	<b>Historical background of Physical Education and Sports</b> <u>Major-1/ C-1T: Credits-03</u> Unit-I: Concept of Physical Education and Sports Unit-II: Biological, Psychological and Sociological Foundation Unit-III: Historical Development of Physical Education and Sports. Unit-IV: Olympic Movement, Commonwealth and Asian Games <u>Major-1/ C-1P: Credit-01</u> <b>Field Practical</b>		04		

			I. Marching II. Callisthenics III. Aerobics				
		<del>MDC-1</del>	<b>Sports &amp; Fitness</b> <b><del>MDC-01T: Sports and fitness</del></b>			03	
<b>2<sup>ND</sup> Sem.</b> <b>CCFUP-</b> <b>2023 &amp;</b> <b>NEP-2020</b>	Jan. 2024 to June 2024	Major-2 (Disc.-B1)	<b>Foundation and History of Physical Education and Sports</b> <b><u>Major-2/ B-1T: Credits-03</u></b> Unit-I: Concept of Physical Education and Sports Unit-II: Biological, Psychological and Sociological Foundation Unit-III: Historical Development of Physical Education and Sports. Unit-IV: Olympic Movement, Commonwealth and Asian Games <b><u>Major-2/ B-1P: Credit-01</u></b> <b>Field Practical</b> I. Marching II. Callisthenics III. Aerobics			04	
		SEC-2	<b>Gymnastics and Yoga</b> <b><u>SEC 2P: Credits 03</u></b> 1. Gymnastics 2. Yoga 3. Suryanamaskara 4. Pranayama 5. Kriya			03	
		Minor-2 (Disc.-C2)	<b>Management of Physical Education and Sports</b> <b><u>MI-2/ C-2T: Credits 03</u></b> Unit-I Unit-II Unit-III Unit-IV <b><u>MI-2/C-2P: Credit-01</u></b> <b>Field Practical</b> Indian Games (10+10 Marks) Fundamental skills			04	

		VAC-2	<b><u>VAC-02: Yoga and Wellness</u></b> Unit -I: Introduction of Yoga Unit -II: Health and Health Problems in India Unit -III: Wellness and Wellness Programme		04		
3 <sup>RD</sup> Sem. CBCS	July 2023 to Dec. 2023	DSC- 1C/2C	<b><u>Anatomy, Physiology and Exercise Physiology</u></b> <b><u>DSC-1C/2C (T) Credit-4</u></b> Unit- I: Introduction Unit- II: Musculo-skeletal System Unit- III: Circulatory System Unit- IV: Respiratory System <b><u>DSC-1C/2C (P) Credit-2</u></b> <b><u>Practical</u></b> 1. Assessment of BMI, and WHR. 2. Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate.		06		
		SEC-1	<b><u>Indian Games and Racket Sports (Practical)</u></b> Fundamental skills, Rules and their interpretations, and duties of the officials. A. KABADDI, B. KHO-KHO, C. BADMINTON, D. TABLE TENNIS		02		
4 <sup>TH</sup> Sem. CBCS	Jan. 2024 to June 2024	DSC- 1C/2C	<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> A. 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.		06		
		SEC-2	<b><u>Ball Games (Practical)</u></b>		02		

			Fundamental skills, Rules and their interpretations, and duties of the officials. A. FOOTBALL, B. HANDBALL, C. BASKETBALL, D. VOLLEYBALL, E. NETBALL, F. THROWBALL				
5 <sup>TH</sup> Sem. CBCS	July 2023 to Dec. 2023	DSE-1A/2A	<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 <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.		06		
		SEC-3	<b><u>Gymnastics and Yoga (Practical)</u></b> GYMNASTICS, YOGA Asanas & Pranayama		06		
		GE-1	<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><u>Field Practical</u></b> Marching, Suryanamaskar, Callisthenics and Aerobic activities		06		
6 <sup>TH</sup> Sem. CBCS	Jan. 2024 to June 2024	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		06		

		<p><b><u>DSE-1B/2B (P) Credit-2</u></b></p> <p><b><u>Practical</u></b></p> <p>1. Practical Experience of Weight Training and Circuit Training.</p> <p>2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.</p>				
	SEC-4	<p><b><u>Track and Field (Practical)</u></b></p> <p>1. Track Events</p> <p>2. Field events</p>		02		
	GE-2	<p><b><u>Anatomy, Physiology and Exercise Physiology</u></b></p> <p><b><u>GE-2 (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>GE-2 (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>		06		