

Office of Principal, Govt.Shivalik College, Naya Nangal-140126
Teaching plan (Session – 2019-2020)

Class: - BA 1 (1st sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:- 4

Name of Paper: - Theory (A)

Sr. no	Dates	Contents
1.	1 to 7 September 2019	Introduction objective scope and importance of physical education in the modern society
2.	7 to 13 September 2019	Health education introduction aim and objective principle and its importance.
3.	14 to 20 September 2019	introduction organization administration and ceremonies of ancient and modern Olympic games
4.	20 to 27 September 2019	Asian and commonwealth game introduction ceremonies and venues
5.	28 to 4 October 2019	Growth and development introduction difference development characteristics at different stages of development and factor affecting
6.	5 to 11 October 2019	growth and development heredity and environment introduction effect of heredity and environment on growth and development chronological age anatomical age physiological age
7.	12 to 18 October 2019	personal hygiene introduction personal cleanliness rest relaxation and sleep
8.	19 to 25 October 2019	terminologies of physical education kinesiology, anatomy physiology exercise physiology biomechanics anthropometry and sports medicine
9.	26 to 8 November 2019	cell structure parts and its function, Football history of the game major tournament and Arjun award
10.	9 to 22 November 2019	Digestive system introduction structure organ and function of digestive system
11.	23 to 30 November 2019	Athletics introduction classification of event general rules and of track event and type of start and finish Volleyball history layout general rules and regulations official's major tournament and Arjun awardees
12.	1 st to 7 December 2019	Doubt and problems

Signature

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Office of Principal, Govt.Shivalik College, Naya Nangal-140126

Teaching plan (Session – 2019-2020)

Class: - BA 2 (3rd sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:-

Name of Paper: - Theory (A)

Sr. no	Dates	Contents
1.	1 to 7 September 2019	Play: Introduction, theories of Play and its importance
2.	7 to 13 September 2019	Growth and Development (physical, mental, emotional, social)
3.	14 to 20 September 2019	Age & Sex difference: Introduction, age & sex differences, structural differences, Physiological and gynecological differences.
4.	20 to 27 September 2019	Introduction of Yoga, Aims, importance and type of yoga.
5.	28 to 4 October 2019	Meaning of Pranayama, its types, objectives and Importance of Yoga
6.	5 to 11 October 2019	Meaning, types, objectives and its Importance of Shudhi Kriyas and its effect
7.	12 to 18 October 2019	Effect of Asanas on various system of body.
8.	19 to 25 October 2019	Endocrine system: Introduction, Glands, Location & Functions.
9.	26 to 8 November 2019	Excretory System: Introduction, organs, structure & Functions
10.	9 to 22 November 2019	Asanas: Introduction, Importance, Types and Techniques of Padmasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasana, Mayurasana, Chakrasana
11.	23 to 30 November 2019	Kabaddi (national Style) & Shot put : History, General Rules & regulations , Layout and Techniques.Officials, Major Tournaments and Arjuna Awardees
12.	1 st to 7 December 2019	Doubt and problems

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Teaching plan (Session – 2019-2020)

Class: - BA 3 (5th sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:-

Name of Paper: - Theory (A)

Sr. no	Dates	Contents
1.	1 to 7 September 2019	Recreation: Introduction, Aims, Objectives, Types, Principles, Importance and Agencies providing Recreation.
2.	7 to 13 September 2019	Camping: Introduction, Objectives, Importance, Types, and Layout of Campsite and Organization of Camps, Athletic meet: Introduction, Planning, Organization and Importance.
3.	14 to 20 September 2019	Leadership: Introduction, Importance, Types, Qualities and Responsibilities of Leader.
4.	20 to 27 September 2019	Posture: Introduction and Characteristics of Good Posture, Causes of Poor Posture, corrections different postural positions (Walking, Standing, Sitting and Lying Postures).
5.	28 to 4 October 2019	Postural Deformities: Introduction, Causes and Corrective Measures for Spinal Deformities (Kyphosis, Lordosis and Scoliosis), Foot and Leg Deformities (Flat Foot, KnockKnee and Bow Legs).
6.	5 to 11 October 2019	Motion:- Introduction, Types, Laws of Motion and their application in Sports & Games.
7.	12 to 18 October 2019	Respiratory System: Introduction, Structure & Functions of Respiratory System.
8.	19 to 25 October 2019	Blood pressure & Pulse Rate: Introduction, and Technique of Measurement.
9.	26 to 8 November 2019	Physical Education as Profession: Qualities of Physical Education Teachers. Career opportunities in Physical Education profession, courses offered and institutions available for Physical Education in India
10.	9 to 22 November 2019	Handball: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee.
11.	23 to 30 November 2019	Badminton: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee.
12.	1 st to 7 December 2019	Javelin throw: Rules and Regulations, Layout and Technique, Arjuna Awardee.

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Office of Principal, Govt.Shivalik College, Naya Nangal-140126
Teaching plan (Session – 2019-2020)

Class: - BA 1 (2nd sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:-

Name of Paper: - Theory (A)

Sr. no	Dates	Contents
1.	8 to 14 March 2020	Children and Sports: Introduction, Stages of motor development in Children, Benefit of Exercise for Children, Weight Training and their advantages or Disadvantages for Children.
2.	15 to 21 March 2020	Body types: Introduction, Sheldon and Kretschmer's Classification.
3.	22 to 28 March 2020	Communicable Diseases: Introduction, Classification, Causes, Symptoms, Prevention, and Control of Communicable Diseases (Cholera, Typhoid, Tuberculosis, AIDS, Hepatitis A&B, Rabies and Malaria)
4.	29 to 4 April 2020	Sports Terminologies: Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability.
5.	5 to 11 April 2020	Skeleton System: Introduction, Types, Functions and Various Bones of Body.
6.	18 to 24 April 2020	Joints: Introduction, Classification of various Joints of Human Body and Kinds of Joint Movements.
7.	25 to 1 May 2020	N.S.N.I.S (Netaji Subhash National Institute of Sports), S.A.I (Sports Authority of India), I.O.A (Indian Olympic Association), and W.A. (World Athletics)
8.	2 to 8 May 2020	Drugs and Doping: Introduction, Causes, Symptoms, Harmful Effects and its Prevention. Doping: Introduction, Types, Prohibited Substances & Methods and its Effects.
9.	9 to 15 May 2020	Warming up and Cooling Down: Introduction, Methods & Types of Warm Up Significance and Guidelines.
10.	16 to 22 May 2020	Long Jump: Introduction, Rules, Layout, Techniques and Arjuna Awardees
11.	23 to 29 May 2020	Hockey & Basketball: History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees.
12.	29 to 13 June 2020	Sports Awards: Maharaja Ranjit Singh, Arjuna Award, Dronacharya award, MAKA Trophy, Rajiv Gandhi Khel Ratan Award

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Teaching plan (Session – 2019-2020)

Class: - BA 2 (4th sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:-

Name of Paper: - Theory (A)

Sr. no	Dates	Contents
1.	8 to 14 March 2020	Introduction of sports psychology, importance of sports psychology
2.	15 to 21 March 2020	Meaning and definition of learning, different laws of learning, and their implication in sports
3.	22 to 28 march 2020	Different types of transfer of training, and its implication in sports, define motivation, it's types, different methods of motivation, importance of motivation in physical education,
4.	29 to 4 April 2020	define personality, its types and characteristics of personality.
5.	5 to 11 April 2020	Introduction about first aid, principles, qualities of first aiders, process of providing first aid during different calamity (burns, electric shock, heat stroke, drowning)
6.	18 to 24 April 2020	Define muscular system, structure of muscles, function classification of muscles,
7.	25 to 1 May 2020	Structure and function of heart,
8.	2 to 8 May 2020	Introduction of sports injury, causes, symptoms, treatment, and prevention of sports injury (sprain, strain, contusion, dislocation, and fracture
9.	9 to 15 May 2020	Rules regulations, layout and techniques of high jump, rules and regulations, layout and techniques of discuss through.
10.	16 to 22 May 2020	History, layout, general rules, and regulation, officials, major tournaments.
11.	23 to 29 May 2020	Discuss throw and kho- kho, Revision and doubt clearance
12.	29 to 13 June 2020	MST, Revision, Class Test and Assignments

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Teaching plan (Session – 2019-2020)

Class: - BA 3 (6th sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:-

Name of Paper: - Theory (A)

Sr. no	Dates	Contents
1.	8 to 14 March 2020	Intramural and Extramural Tournaments: Introduction, Importance and Organization.
2.	15 to 21 March 2020	Tournaments: Introduction and various classifications: Elimination (Knock out), Round robin (League Cyclic, Tabular and Staircase Method), Combination & challenge
3.	22 to 28 March 2020	Life Sketch of Sports Personalities: Major Dhyan Chand, S. Milkha Singh, Prof. Ajmer Singh, P.T. Usha, Leander Paes and Abhinav Bindra
4.	29 to 4 April 2020	Balanced Diet & Nutrition: Introduction, Components, Sources and Functions of each Component.
5.	5 to 11 April 2020	Obesity and Over Weight Management: Introduction, Causes, General Problems, Effects on Health, Preventive and Remedial Measures.
6.	18 to 24 April 2020	Physiological Terminologies: Haemoglobin, Cardiac output, Stroke volume, Oxygen Debt, Vital capacity, B.M.I and B.M.R.
7.	25 to 1 May 2020	Sports Training: Introduction, Aims & Objectives, Characteristics and Principles.
8.	2 to 8 May 2020	Physical Fitness: Introduction, its Components and their Types (Speed, Strength, Endurance, Co-ordination and Flexibility), factors affecting physical fitness.
9.	9 to 15 May 2020	Training Method: Circuit training, Interval training, Fartlek training, Weight training, Plyometric training and Cross country.
10.	16 to 22 May 2020	Sports Performance: Introduction, Causes of Deterioration of sports performance, Indian Performance at Olympics, Asian & Commonwealth Games, Suggestions for improving Indian Sports Performance.
11.	23 to 29 May 2020	Relay Races: Rules & Regulations, Layout and Technique.
12.	29 to 13 June 2020	Cricket: History, Layout, General Rules & Regulation, Officials, Major Tournaments and Arjuna Awardees.

Signature

