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

Teaching plan (Session – 2020-2021)

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 2020	Introduction objective scope and importance of physical education in the modern society
2.	7 to 13 September 2020	Health education introduction aim and objective principle and its importance.
3.	14 to 20 September 2020	introduction organization administration and ceremonies of ancient and modern Olympic games
4.	20 to 27 September 2020	Asian and commonwealth game introduction ceremonies and venues
5.	28 to 4 October 2020	Growth and development introduction difference development characteristics at different stages of development and factor affecting
6.	5 to 11 October 2020	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 2020	personal hygiene introduction personal cleanliness rest relaxation and sleep
8.	19 to 25 October 2020	terminologies of physical education kinesiology, anatomy physiology exercise physiology biomechanics anthropometry and sports medicine
9.	26 to 8 November 2020	cell structure parts and its function, Football history of the game major tournament and Arjun award
10.	9 to 22 November 2020	Digestive system introduction structure organ and function of digestive system
11.	23 to 30 November 2020	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 2020	Doubt and problems

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Office of Principal, Govt.Shivalik College, Naya Nangal-140126
Teaching plan (Session – 2020-2021)

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 2020	Play: Introduction, theories of Play and its importance
2.	7 to 13 September 2020	Growth and Development (physical, mental, emotional, social)
3.	14 to 20 September 2020	Age & Sex difference: Introduction, age & sex differences, structural differences, Physiological and gynecological differences.
4.	20 to 27 September 2020	Introduction of Yoga, Aims, importance and type of yoga.
5.	28 to 4 October 2020	Meaning of Pranayama, its types, objectives and Importance of Yoga
6.	5 to 11 October 2020	Meaning, types, objectives and its Importance of Shudhi Kriyas and its effect
7.	12 to 18 October 2020	Effect of Asanas on various system of body.
8.	19 to 25 October 2020	Endocrine system: Introduction, Glands, Location & Functions.
9.	26 to 8 November 2020	Excretory System: Introduction, organs, structure & Functions
10.	9 to 22 November 2020	Asanas: Introduction, Importance, Types and Techniques of Padmasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasana, Mayurasana, Chakrasana
11.	23 to 30 November 2020	Kabaddi (national Style) & Shot put : History, General Rules & regulations , Layout and Techniques.Officials, Major Tournaments and Arjuna Awardees
12.	1 st to 7 December 2020	Doubt and problems

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Teaching plan (Session – 2020-2021)

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 2020	Recreation: Introduction, Aims, Objectives, Types, Principles, Importance and Agencies providing Recreation.
2.	7 to 13 September 2020	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 2020	Leadership: Introduction, Importance, Types, Qualities and Responsibilities of Leader.
4.	20 to 27 September 2020	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 2020	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 2020	Motion:- Introduction, Types, Laws of Motion and their application in Sports & Games.
7.	12 to 18 October 2020	Respiratory System: Introduction, Structure & Functions of Respiratory System.
8.	19 to 25 October 2020	Blood pressure & Pulse Rate: Introduction, and Technique of Measurement.
9.	26 to 8 November 2020	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 2020	Handball: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee.
11.	23 to 30 November 2020	Badminton: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee.
12.	1 st to 7 December 2020	Javelin throw: Rules and Regulations, Layout and Technique, Arjuna Awardee.

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Teaching plan (Session – 2020-2021)

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 2021	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 2021	Body types: Introduction, Sheldon and Kretschmer's Classification.
3.	22 to 28 March 2021	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 2021	Sports Terminologies: Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability.
5.	5 to 11 April 2021	Skeleton System: Introduction, Types, Functions and Various Bones of Body.
6.	18 to 24 April 2021	Joints: Introduction, Classification of various Joints of Human Body and Kinds of Joint Movements.
7.	25 to 1 May 2021	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 2021	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 2021	Warming up and Cooling Down: Introduction, Methods & Types of Warm Up Significance and Guidelines.
10.	16 to 22 May 2021	Long Jump: Introduction, Rules, Layout, Techniques and Arjuna Awardees
11.	23 to 29 May 2021	Hockey & Basketball: History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees.
12.	29 to 13 June 2021	Sports Awards: Maharaja Ranjit Singh, Arjuna Award, Dronacharya award, MAKA Trophy, Rajiv Gandhi Khel Ratan Award

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Teaching plan (Session – 2020-2021)

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 2021	Introduction of sports psychology, importance of sports psychology
2.	15 to 21 March 2021	Meaning and definition of learning, different laws of learning, and their implication in sports
3.	22 to 28 march 2021	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 2021	define personality, its types and characteristics of personality.
5.	5 to 11 April 2021	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 2021	Define muscular system, structure of muscles, function classification of muscles,
7.	25 to 1 May 2021	Structure and function of heart,
8.	2 to 8 May 2021	Introduction of sports injury, causes, symptoms, treatment, and prevention of sports injury (sprain, strain, contusion, dislocation, and fracture
9.	9 to 15 May 2021	Rules regulations, layout and techniques of high jump, rules and regulations, layout and techniques of discuss through.
10.	16 to 22 May 2021	History, layout, general rules, and regulation, officials, major tournaments.
11.	23 to 29 May 2021	Discuss throw and kho- kho, Revision and doubt clearance
12.	29 to 13 June 2021	MST, Revision, Class Test and Assignments

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Teaching plan (Session – 2020-2021)

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 2021	Intramural and Extramural Tournaments: Introduction, Importance and Organization.
2.	15 to 21 March 2021	Tournaments: Introduction and various classifications: Elimination (Knock out), Round robin (League Cyclic, Tabular and Staircase Method), Combination & challenge
3.	22 to 28 March 2021	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 2021	Balanced Diet & Nutrition: Introduction, Components, Sources and Functions of each Component.
5.	5 to 11 April 2021	Obesity and Over Weight Management: Introduction, Causes, General Problems, Effects on Health, Preventive and Remedial Measures.
6.	18 to 24 April 2021	Physiological Terminologies: Haemoglobin, Cardiac output, Stroke volume, Oxygen Debt, Vital capacity, B.M.I and B.M.R.
7.	25 to 1 May 2021	Sports Training: Introduction, Aims & Objectives, Characteristics and Principles.
8.	2 to 8 May 2021	Physical Fitness: Introduction, its Components and their Types (Speed, Strength, Endurance, Co-ordination and Flexibility), factors affecting physical fitness.
9.	9 to 15 May 2021	Training Method: Circuit training, Interval training, Fartlek training, Weight training, Plyometric training and Cross country.
10.	16 to 22 May 2021	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 2021	Relay Races: Rules & Regulations, Layout and Technique.
12.	29 to 13 June 2021	Cricket: History, Layout, General Rules & Regulation, Officials, Major Tournaments and Arjuna Awardees.

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