

Office of Principal, Govt.Shivalik College, Naya Nangal-140126
Teaching plan (Session – 2021-2022)

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 2021	Introduction objective scope and importance of physical education in the modern society
2.	7 to 13 September 2021	Health education introduction aim and objective principle and its importance.
3.	14 to 20 September 2021	introduction organization administration and ceremonies of ancient and modern Olympic games
4.	20 to 27 September 2021	Asian and commonwealth game introduction ceremonies and venues
5.	28 to 4 October 2021	Growth and development introduction difference development characteristics at different stages of development and factor affecting
6.	5 to 11 October 2021	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 2021	personal hygiene introduction personal cleanliness rest relaxation and sleep
8.	19 to 25 October 2021	terminologies of physical education kinesiology, anatomy physiology exercise physiology biomechanics anthropometry and sports medicine
9.	26 to 8 November 2021	cell structure parts and its function, Football history of the game major tournament and Arjun award
10.	9 to 22 November 2021	Digestive system introduction structure organ and function of digestive system
11.	23 to 30 November 2021	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 2021	Doubt and problems

Signature

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

Teaching plan (Session – 2021-2022)

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 2021	Play: Introduction, theories of Play and its importance
2.	7 to 13 September 2021	Growth and Development (physical, mental, emotional, social)
3.	14 to 20 September 2021	Age & Sex difference: Introduction, age & sex differences, structural differences, Physiological and gynecological differences.
4.	20 to 27 September 2021	Introduction of Yoga, Aims, importance and type of yoga.
5.	28 to 4 October 2021	Meaning of Pranayama, its types, objectives and Importance of Yoga
6.	5 to 11 October 2021	Meaning, types, objectives and its Importance of Shudhi Kriyas and its effect
7.	12 to 18 October 2021	Effect of Asanas on various system of body.
8.	19 to 25 October 2021	Endocrine system: Introduction, Glands, Location & Functions.
9.	26 to 8 November 2021	Excretory System: Introduction, organs, structure & Functions
10.	9 to 22 November 2021	Asanas: Introduction, Importance, Types and Techniques of Padmasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasana, Mayurasana, Chakrasana
11.	23 to 30 November 2021	Kabaddi (national Style) & Shot put : History, General Rules & regulations , Layout and Techniques.Officials, Major Tournaments and Arjuna Awardees
12.	1 st to 7 December 2021	Doubt and problems

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Teaching plan (Session – 2021-2022)

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 2021	Recreation: Introduction, Aims, Objectives, Types, Principles, Importance and Agencies providing Recreation.
2.	7 to 13 September 2021	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 2021	Leadership: Introduction, Importance, Types, Qualities and Responsibilities of Leader.
4.	20 to 27 September 2021	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 2021	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 2021	Motion:- Introduction, Types, Laws of Motion and their application in Sports & Games.
7.	12 to 18 October 2021	Respiratory System: Introduction, Structure & Functions of Respiratory System.
8.	19 to 25 October 2021	Blood pressure & Pulse Rate: Introduction, and Technique of Measurement.
9.	26 to 8 November 2021	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 2021	Handball: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee.
11.	23 to 30 November 2021	Badminton: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee.
12.	1 st to 7 December 2021	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 – 2021-2022)

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 2022	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 2022	Body types: Introduction, Sheldon and Kretschmer's Classification.
3.	22 to 28 March 2022	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 2022	Sports Terminologies: Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability.
5.	5 to 11 April 2022	Skeleton System: Introduction, Types, Functions and Various Bones of Body.
6.	18 to 24 April 2022	Joints: Introduction, Classification of various Joints of Human Body and Kinds of Joint Movements.
7.	25 to 1 May 2022	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 2022	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 2022	Warming up and Cooling Down: Introduction, Methods & Types of Warm Up Significance and Guidelines.
10.	16 to 22 May 2022	Long Jump: Introduction, Rules, Layout, Techniques and Arjuna Awardees
11.	23 to 29 May 2022	Hockey & Basketball: History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees.
12.	29 to 13 June 2022	Sports Awards: Maharaja Ranjit Singh, Arjuna Award, Dronacharya award, MAKA Trophy, Rajiv Gandhi Khel Ratan Award

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Office of Principal, Govt.Shivalik College, Naya Nangal-140126
Teaching plan (Session – 2021-2022)

Class: - BA 2 (4th sem)

Name of Teacher: - Dr. Parwinder Singh

Subject: - Health & Physical Education

Period No:-

Name of Paper: - Theory (A)

Sr. no	Dates	Contents
1.	8 to 14 March 2022	Introduction of sports psychology, importance of sports psychology
2.	15 to 21 March 2022	Meaning and definition of learning, different laws of learning, and their implication in sports
3.	22 to 28 march 2022	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 2022	define personality, its types and characteristics of personality.
5.	5 to 11 April 2022	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 2022	Define muscular system, structure of muscles, function classification of muscles,
7.	25 to 1 May 2022	Structure and function of heart,
8.	2 to 8 May 2022	Introduction of sports injury, causes, symptoms, treatment, and prevention of sports injury (sprain, strain, contusion, dislocation, and fracture
9.	9 to 15 May 2022	Rules regulations, layout and techniques of high jump, rules and regulations, layout and techniques of discuss through.
10.	16 to 22 May 2022	History, layout, general rules, and regulation, officials, major tournaments.
11.	23 to 29 May 2022	Discuss throw and kho- kho, Revision and doubt clearance
12.	29 to 13 June 2022	MST, Revision, Class Test and Assignments

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

Teaching plan (Session – 2021-2022)

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 2022	Intramural and Extramural Tournaments: Introduction, Importance and Organization.
2.	15 to 21 March 2022	Tournaments: Introduction and various classifications: Elimination (Knock out), Round robin (League Cyclic, Tabular and Staircase Method), Combination & challenge
3.	22 to 28 March 2022	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 2022	Balanced Diet & Nutrition: Introduction, Components, Sources and Functions of each Component.
5.	5 to 11 April 2022	Obesity and Over Weight Management: Introduction, Causes, General Problems, Effects on Health, Preventive and Remedial Measures.
6.	18 to 24 April 2022	Physiological Terminologies: Haemoglobin, Cardiac output, Stroke volume, Oxygen Debt, Vital capacity, B.M.I and B.M.R.
7.	25 to 1 May 2022	Sports Training: Introduction, Aims & Objectives, Characteristics and Principles.
8.	2 to 8 May 2022	Physical Fitness: Introduction, its Components and their Types (Speed, Strength, Endurance, Co-ordination and Flexibility), factors affecting physical fitness.
9.	9 to 15 May 2022	Training Method: Circuit training, Interval training, Fartlek training, Weight training Plyometric training and Cross country.
10.	16 to 22 May 2022	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 2022	Relay Races: Rules & Regulations, Layout and Technique.
12.	29 to 13 June 2022	Cricket: History, Layout, General Rules & Regulation, Officials, Major Tournaments and Arjuna Awardees.

Signature

