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

Teaching plan (Session – 2018-2019)

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 2018 | Introduction objective scope and importance of physical education in the modern society |
| 2. | 7 to 13 September 2018 | Health education introduction aim and objective principle and its importance. |
| 3. | 14 to 20 September 2018 | introduction organization administration and ceremonies of ancient and modern Olympic games |
| 4. | 20 to 27 September 2018 | Asian and commonwealth game introduction ceremonies and venues |
| 5. | 28 to 4 October 2018 | Growth and development introduction difference development characteristics at different stages of development and factor affecting |
| 6. | 5 to 11 October 2018 | 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 2018 | personal hygiene introduction personal cleanliness rest relaxation and sleep |
| 8. | 19 to 25 October 2018 | terminologies of physical education kinesiology, anatomy physiology exercise physiology biomechanics anthropometry and sports medicine |
| 9. | 26 to 8 November 2018 | cell structure parts and its function, Football history of the game major tournament and Arjun award |
| 10. | 9 to 22 November 2018 | Digestive system introduction structure organ and function of digestive system |
| 11. | 23 to 30 November 2018 | 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 2018 | Doubt and problems |

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

Teaching plan (Session – 2018-2019)

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 2018 | Play: Introduction, theories of Play and its importance |
| 2. | 7 to 13 September 2018 | Growth and Development (physical, mental, emotional, social) |
| 3. | 14 to 20 September 2018 | Age & Sex difference: Introduction, age & sex differences, structural differences, Physiological and gynecological differences. |
| 4. | 20 to 27 September 2018 | Introduction of Yoga, Aims, importance and type of yoga. |
| 5. | 28 to 4 October 2018 | Meaning of Pranayama, its types, objectives and Importance of Yoga |
| 6. | 5 to 11 October 2018 | Meaning, types, objectives and its Importance of Shudhi Kriyas and its effect |
| 7. | 12 to 18 October 2018 | Effect of Asanas on various system of body. |
| 8. | 19 to 25 October 2018 | Endocrine system: Introduction, Glands, Location & Functions. |
| 9. | 26 to 8 November 2018 | Excretory System: Introduction, organs, structure & Functions |
| 10. | 9 to 22 November 2018 | Asanas: Introduction, Importance, Types and Techniques of Padamasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasna, Mayurasna, Chakrasna |
| 11. | 23 to 30 November 2018 | Kabaddi (national Style) & Shot put : History, General Rules & regulations , Layout and Techniques.Officials, Major Tournaments and Arjuna Awardees |
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Teaching plan (Session – 2018-2019)

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 2018 | Recreation: Introduction, Aims, Objectives, Types, Principles, Importance and Agencies providing Recreation. |
| 2. | 7 to 13 September 2018 | 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 2018 | Leadership: Introduction, Importance, Types, Qualities and Responsibilities of Leader. |
| 4. | 20 to 27 September 2018 | 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 2018 | 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 2018 | Motion:- Introduction, Types, Laws of Motion and their application in Sports & Games. |
| 7. | 12 to 18 October 2018 | Respiratory System: Introduction, Structure & Functions of Respiratory System. |
| 8. | 19 to 25 October 2018 | Blood pressure & Pulse Rate: Introduction, and Technique of Measurement. |
| 9. | 26 to 8 November 2018 | 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 2018 | Handball: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee. |
| 11. | 23 to 30 November 2018 | Badminton: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee. |
| 12. | 1 st to 7 December 2018 | Javelin throw: Rules and Regulations, Layout and Technique, Arjuna Awardee. |

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Teaching plan (Session – 2018-2019)

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 2019 | 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 2019 | Body types: Introduction, Sheldon and Kretschmer's Classification. |
| 3. | 22 to 28 March 2019 | 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 2019 | Sports Terminologies: Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability. |
| 5. | 5 to 11 April 2019 | Skeleton System: Introduction, Types, Functions and Various Bones of Body. |
| 6. | 18 to 24 April 2019 | Joints: Introduction, Classification of various Joints of Human Body and Kinds of Joint Movements. |
| 7. | 25 to 1 May 2019 | 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 2019 | 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 2019 | Warming up and Cooling Down: Introduction, Methods & Types of Warm Up Significance and Guidelines. |
| 10. | 16 to 22 May 2019 | Long Jump: Introduction, Rules, Layout, Techniques and Arjuna Awardees |
| 11. | 23 to 29 May 2019 | Hockey & Basketball: History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees. |
| 12. | 29 to 13 June 2019 | 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 – 2018-2019)

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 2019 | Introduction of sports psychology, importance of sports psychology |
| 2. | 15 to 21 March 2019 | Meaning and definition of learning, different laws of learning, and their implication in sports |
| 3. | 22 to 28 march 2019 | 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 2019 | define personality, its types and characteristics of personality. |
| 5. | 5 to 11 April 2019 | 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 2019 | Define muscular system, structure of muscles, function classification of muscles, |
| 7. | 25 to 1 May 2019 | Structure and function of heart, |
| 8. | 2 to 8 May 2019 | Introduction of sports injury, causes, symptoms, treatment, and prevention of sports injury (sprain, strain, contusion, dislocation, and fracture |
| 9. | 9 to 15 May 2019 | Rules regulations, layout and techniques of high jump, rules and regulations, layout and techniques of discuss through. |
| 10. | 16 to 22 May 2019 | History, layout, general rules, and regulation, officials, major tournaments. |
| 11. | 23 to 29 May 2019 | Discuss throw and kho- kho, Revision and doubt clearance |
| 12. | 29 to 13 June 2019 | MST, Revision, Class Test and Assignments |

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Teaching plan (Session – 2018-2019)

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 2019 | Intramural and Extramural Tournaments: Introduction, Importance and Organization. |
| 2. | 15 to 21 March 2019 | Tournaments: Introduction and various classifications: Elimination (Knock out), Round robin (League Cyclic, Tabular and Staircase Method), Combination & challenge |
| 3. | 22 to 28 March 2019 | 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 2019 | Balanced Diet & Nutrition: Introduction, Components, Sources and Functions of each Component. |
| 5. | 5 to 11 April 2019 | Obesity and Over Weight Management: Introduction, Causes, General Problems, Effects on Health, Preventive and Remedial Measures. |
| 6. | 18 to 24 April 2019 | Physiological Terminologies: Haemoglobin, Cardiac output, Stroke volume, Oxygen Debt, Vital capacity, B.M.I and B.M.R. |
| 7. | 25 to 1 May 2019 | Sports Training: Introduction, Aims & Objectives, Characteristics and Principles. |
| 8. | 2 to 8 May 2019 | Physical Fitness: Introduction, its Components and their Types (Speed, Strength, Endurance, Co-ordination and Flexibility), factors affecting physical fitness. |
| 9. | 9 to 15 May 2019 | Training Method: Circuit training, Interval training, Fartlek training, Weight training Plyometric training and Cross country. |
| 10. | 16 to 22 May 2019 | 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 2019 | Relay Races: Rules & Regulations, Layout and Technique. |
| 12. | 29 to 13 June 2019 | Cricket: History, Layout, General Rules & Regulation, Officials, Major Tournaments and Arjuna Awardees. |

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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 |
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| 12. | 1 st to 7 December 2019 | Doubt and problems |

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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) |
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| 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 Padamasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasna, Mayurasna, Chakrasna |
| 11. | 23 to 30 November 2019 | Kabaddi (national Style) & Shot put : History, General Rules & regulations , Layout and Techniques.Officials, Major Tournaments and Arjuna Awardees |
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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. |
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| 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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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. |
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| 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. |
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| 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) |
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| 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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Office of Principal, Govt.Shivalik College, Naya Nangal-140126
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. |
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| 10. | 16 to 22 May 2020 | History, layout, general rules, and regulation, officials, major tournaments. |
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| 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. |
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| 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. |

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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 |
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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 |
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| 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 Padamasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasna, Mayurasna, Chakrasna |
| 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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Office of Principal, Govt.Shivalik College, Naya Nangal-140126

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

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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 Padamasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasna, Mayurasna, Chakrasna |
| 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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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, its 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. |

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

Teaching plan (Session – 2022-2023)

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 2022 | Introduction objective scope and importance of physical education in the modern society |
| 2. | 7 to 13 September 2022 | Health education introduction aim and objective principle and its importance. |
| 3. | 14 to 20 September 2022 | introduction organization administration and ceremonies of ancient and modern Olympic games |
| 4. | 20 to 27 September 2022 | Asian and commonwealth game introduction ceremonies and venues |
| 5. | 28 to 4 October 2022 | Growth and development introduction difference development characteristics at different stages of development and factor affecting |
| 6. | 5 to 11 October 2022 | 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 2022 | personal hygiene introduction personal cleanliness rest relaxation and sleep |
| 8. | 19 to 25 October 2022 | terminologies of physical education kinesiology, anatomy physiology exercise physiology biomechanics anthropometry and sports medicine |
| 9. | 26 to 8 November 2022 | cell structure parts and its function, Football history of the game major tournament and Arjun award |
| 10. | 9 to 22 November 2022 | Digestive system introduction structure organ and function of digestive system |
| 11. | 23 to 30 November 2022 | 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 2022 | Doubt and problems |

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

Teaching plan (Session – 2022-2023)

Class: - BA 2 (3rd sem)

Name of Teacher: - Dr. Parwinder Singh

Subject: - Health & Physical Education

Period No:- 1

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
|--------|------------------------------------|---|
| 1. | 1 to 7 September 2022 | Play: Introduction, theories of Play and its importance |
| 2. | 7 to 13 September 2022 | Growth and Development (physical, mental, emotional, social) |
| 3. | 14 to 20 September 2022 | Age & Sex difference: Introduction, age & sex differences, structural differences, Physiological and gynecological differences. |
| 4. | 20 to 27 September 2022 | Introduction of Yoga, Aims, importance and type of yoga. |
| 5. | 28 to 4 October 2022 | Meaning of Pranayama, its types, objectives and Importance of Yoga |
| 6. | 5 to 11 October 2022 | Meaning, types, objectives and its Importance of Shudhi Kriyas and its effect |
| 7. | 12 to 18 October 2022 | Effect of Asanas on various system of body. |
| 8. | 19 to 25 October 2022 | Endocrine system: Introduction, Glands, Location & Functions. |
| 9. | 26 to 8 November 2022 | Excretory System: Introduction, organs, structure & Functions |
| 10. | 9 to 22 November 2022 | Asanas: Introduction, Importance, Types and Techniques of Padamasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasna, Mayurasna, Chakrasna |
| 11. | 23 to 30 November 2022 | Kabaddi (national Style) & Shot put : History, General Rules & regulations , Layout and Techniques.Officials, Major Tournaments and Arjuna Awardees |
| 12. | 1 st to 7 December 2022 | Doubt and problems |

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Teaching plan (Session – 2022-2023)

Class: - BA 3 (5th sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:- 2

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
|---------------|------------------------------------|--|
| 1. | 1 to 7 September 2022 | Recreation: Introduction, Aims, Objectives, Types, Principles, Importance and Agencies providing Recreation. |
| 2. | 7 to 13 September 2022 | 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 2022 | Leadership: Introduction, Importance, Types, Qualities and Responsibilities of Leader. |
| 4. | 20 to 27 September 2022 | 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 2022 | 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 2022 | Motion:- Introduction, Types, Laws of Motion and their application in Sports & Games. |
| 7. | 12 to 18 October 2022 | Respiratory System: Introduction, Structure & Functions of Respiratory System. |
| 8. | 19 to 25 October 2022 | Blood pressure & Pulse Rate: Introduction, and Technique of Measurement. |
| 9. | 26 to 8 November 2022 | 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 2022 | Handball: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee. |
| 11. | 23 to 30 November 2022 | Badminton: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee. |
| 12. | 1 st to 7 December 2022 | 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 – 2022-2023)

Class: - BA 1 (2nd sem)

Name of Teacher: - Dr. Parwinder Singh

Subject: - Health & Physical Education

Period No:- 4

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
|---------------|------------------------|--|
| 1. | 15 to 21 February 2023 | 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. | 22 to 28 February 2023 | Body types: Introduction, Sheldon and Kretschmer's Classification. |
| 3. | 1 to 7 March 2023 | Communicable Diseases: Introduction, Classification, Causes, Symptoms, Prevention, and Control of Communicable Diseases (Cholera, Typhoid, Tuberculosis, AIDS, Hepatitis A&B, Rabies and Malaria) |
| 4. | 8 to 14 March 2023 | Sports Terminologies: Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability. |
| 5. | 15 to 21 March 2023 | Skeleton System: Introduction, Types, Functions and Various Bones of Body. |
| 6. | 18 to 24 March 2023 | Joints: Introduction, Classification of various Joints of Human Body and Kinds of Joint Movements. |
| 7. | 25 to 31 March 2023 | 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. | 1 to 7 April 2023 | Drugs and Doping: Introduction, Causes, Symptoms, Harmful Effects and its Prevention. Doping: Introduction, Types, Prohibited Substances & Methods and its Effects. |
| 9. | 8 to 14 April 2023 | Warming up and Cooling Down: Introduction, Methods & Types of Warm Up Significance and Guidelines. |
| 10. | 16 to 22 April 2023 | Long Jump: Introduction, Rules, Layout, Techniques and Arjuna Awardees |
| 11. | 23 to 29 April 2023 | Hockey & Basketball: History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees. |
| 12. | 30 to 10 May 2023 | 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 – 2022-2023)

Class: - BA 1 (2nd sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:- 4

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
|---------------|------------------------|--|
| 1. | 15 to 21 February 2023 | 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. | 22 to 28 February 2023 | Body types: Introduction, Sheldon and Kretschmer's Classification. |
| 3. | 1 to 7 March 2023 | Communicable Diseases: Introduction, Classification, Causes, Symptoms, Prevention, and Control of Communicable Diseases (Cholera, Typhoid, Tuberculosis, AIDS, Hepatitis A&B, Rabies and Malaria) |
| 4. | 8 to 14 March 2023 | Sports Terminologies: Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability. |
| 5. | 15 to 21 March 2023 | Skeleton System: Introduction, Types, Functions and Various Bones of Body. |
| 6. | 18 to 24 March 2023 | Joints: Introduction, Classification of various Joints of Human Body and Kinds of Joint Movements. |
| 7. | 25 to 31 March 2023 | 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. | 1 to 7 April 2023 | Drugs and Doping: Introduction, Causes, Symptoms, Harmful Effects and its Prevention. Doping: Introduction, Types, Prohibited Substances & Methods and its Effects. |
| 9. | 8 to 14 April 2023 | Warming up and Cooling Down: Introduction, Methods & Types of Warm Up Significance and Guidelines. |
| 10. | 16 to 22 April 2023 | Long Jump: Introduction, Rules, Layout, Techniques and Arjuna Awardees |
| 11. | 23 to 29 April 2023 | Hockey & Basketball: History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees. |
| 12. | 30 to 10 May 2023 | 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 – 2022-2023)

Class: - BA 2 (4th)

Name of Teacher: - Dr Parwinder Singh

Subject: - Health & Physical Education

Period No:- 1

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
|---------------|------------------------|---|
| 1. | 9 to 14 February | Introduction of sports psychology, importance of sports psychology |
| 2. | 15 to 21 february 2023 | Meaning and definition of learning, different laws of learning, and their implication in sports |
| 3. | 22 to 28 february 2023 | 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. | 1 to 7 march 2023 | define personality, its types and characteristics of personality. |
| 5. | 8 to 14 march 2023 | Introduction about first aid, principles, qualities of first aiders, process of providing first aid during different calamity (burns, electric shock, heat stroke, drowning) |
| 6. | 15 to 21 march 2023 | Define muscular system, structure of muscles, function classification of muscles, |
| 7. | 18 to 24 march 2023 | Structure and function of heart, |
| 8. | 25 to 31 march 2023 | Introduction of sports injury, causes, symptoms, treatment, and prevention of sports injury (sprain, strain, contusion, dislocation, and fracture |
| 9. | 1 to 7 April 2023 | Rules regulations, layout and techniques of high jump, rules and regulations, layout and techniques of discuss through. |
| 10. | 8 to 14 April 2023 | History, layout, general rules, and regulation, officials, major tournaments. |
| 11. | 16 to 29 April 2023 | Discuss throw and kho- kho, Revision and doubt clearance |
| 12. | 30 to 10 May 2023 | Revision, Class Test and Assignments |

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

Teaching plan (Session – 2022-2023)

Class: - BA 3rd (6th sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:- 2

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
|--------|------------------------|--|
| 1. | 9 to 14 February | Intramural and Extramural Tournaments: Introduction, Importance and Organization. |
| 2. | 15 to 21 february 2023 | Tournaments: Introduction and various classifications: Elimination (Knock out), Round robin (League Cyclic, Tabular and Staircase Method), Combination & challenge |
| 3. | 22 to 28 february 2023 | Life Sketch of Sports Personalities: Major Dhyan Chand, S. Milkha Singh, Prof. Ajmer Singh, P.T. Usha, Leander Paes and Abhinav Bindra |
| 4. | 1 to 7 march 2023 | Balanced Diet & Nutrition: Introduction, Components, Sources and Functions of each Component. |
| 5. | 8 to 14 march 2023 | Obesity and Over Weight Management: Introduction, Causes, General Problems, Effects on Health, Preventive and Remedial Measures. |
| 6. | 15 to 21 march 2023 | Physiological Terminologies: Haemoglobin, Cardiac output, Stroke volume, Oxygen Debt, Vital capacity, B.M.I and B.M.R. |
| 7. | 18 to 24 march 2023 | Sports Training: Introduction, Aims & Objectives, Characteristics and Principles. |
| 8. | 25 to 31 march 2023 | Physical Fitness: Introduction, its Components and their Types (Speed, Strength, Endurance, Co-ordination and Flexibility), factors affecting physical fitness. |
| 9. | 1 to 7 April 2023 | Training Method: Circuit training, Interval training, Fartlek training, Weight training, Plyometric training and Cross country. |
| 10. | 8 to 14 April 2023 | Sports Performance: Introduction, Causes of Deterioration of sports performance, Indian Performance at Olympics, Asian & Commonwealth Games, Suggestions for improving Indian Sports Performance. |
| 11. | 16 to 29 April 2023 | Relay Races: Rules & Regulations, Layout and Technique. |
| 12. | 30 to 10 May 2023 | Cricket: History, Layout, General Rules & Regulation, Officials, Major Tournaments and Arjuna Awardees. |

Signature

Office of Principal, Govt.Shivalik College, Naya Nangal-140126
Teaching plan (Session – 2023-2024)

Class: - BA 1 (1st sem)
Period No:- 4

Name of Teacher: - Nishant Kumar
Name of Paper: - Theory (A)

Subject: - Health & Physical Education

| Sr. no | Dates | Contents |
|---------------|------------------------------------|---|
| 13. | 1 to 7 September 2022 | Introduction objective scope and importance of physical education in the modern society |
| 14. | 7 to 13 September 2022 | Health education introduction aim and objective principle and its importance. |
| 15. | 14 to 20 September 2022 | introduction organization administration and ceremonies of ancient and modern Olympic games |
| 16. | 20 to 27 September 2022 | Asian and commonwealth game introduction ceremonies and venues |
| 17. | 28 to 4 October 2022 | Growth and development introduction difference development characteristics at different stages of development and factor affecting |
| 18. | 5 to 11 October 2022 | growth and development heredity and environment introduction effect of heredity and environment on growth and development chronological age anatomical age physiological age |
| 19. | 12 to 18 October 2022 | personal hygiene introduction personal cleanliness rest relaxation and sleep |
| 20. | 19 to 25 October 2022 | terminologies of physical education kinesiology, anatomy physiology exercise physiology biomechanics anthropometry and sports medicine |
| 21. | 26 to 8 November 2022 | cell structure parts and its function, Football history of the game major tournament and Arjun award |
| 22. | 9 to 22 November 2022 | Digestive system introduction structure organ and function of digestive system |
| 23. | 23 to 30 November 2022 | 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 |
| 24. | 1 st to 7 December 2022 | Doubt and problems |

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

Teaching plan (Session – 2023-2024)

Class: - BA 2 (3rd sem)

Name of Teacher: - Dr. Parwinder Singh

Subject: - Health & Physical Education

Period No:- 1

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
|---------------|------------------------------------|---|
| 13. | 1 to 7 September 2022 | Play: Introduction, theories of Play and its importance |
| 14. | 7 to 13 September 2022 | Growth and Development (physical, mental, emotional, social) |
| 15. | 14 to 20 September 2022 | Age & Sex difference: Introduction, age & sex differences, structural differences, Physiological and gynecological differences. |
| 16. | 20 to 27 September 2022 | Introduction of Yoga, Aims, importance and type of yoga. |
| 17. | 28 to 4 October 2022 | Meaning of Pranayama, its types, objectives and Importance of Yoga |
| 18. | 5 to 11 October 2022 | Meaning, types, objectives and its Importance of Shudhi Kriyas and its effect |
| 19. | 12 to 18 October 2022 | Effect of Asanas on various system of body. |
| 20. | 19 to 25 October 2022 | Endocrine system: Introduction, Glands, Location & Functions. |
| 21. | 26 to 8 November 2022 | Excretory System: Introduction, organs, structure & Functions |
| 22. | 9 to 22 November 2022 | Asanas: Introduction, Importance, Types and Techniques of Padamasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasna, Mayurasna, Chakrasna |
| 23. | 23 to 30 November 2022 | Kabaddi (national Style) & Shot put : History, General Rules & regulations , Layout and Techniques.Officials, Major Tournaments and Arjuna Awardees |
| 24. | 1 st to 7 December 2022 | Doubt and problems |

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

Teaching plan (Session – 2023-2024)

Class: - BA 3 (5th sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:- 2

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
|---------------|------------------------------------|--|
| 13. | 1 to 7 September 2022 | Recreation: Introduction, Aims, Objectives, Types, Principles, Importance and Agencies providing Recreation. |
| 14. | 7 to 13 September 2022 | Camping: Introduction, Objectives, Importance, Types, and Layout of Campsite and Organization of Camps, Athletic meet: Introduction, Planning, Organization and Importance. |
| 15. | 14 to 20 September 2022 | Leadership: Introduction, Importance, Types, Qualities and Responsibilities of Leader. |
| 16. | 20 to 27 September 2022 | Posture: Introduction and Characteristics of Good Posture, Causes of Poor Posture, corrections different postural positions (Walking, Standing, Sitting and Lying Postures). |
| 17. | 28 to 4 October 2022 | Postural Deformities: Introduction, Causes and Corrective Measures for Spinal Deformities (Kyphosis, Lordosis and Scoliosis), Foot and Leg Deformities (Flat Foot, KnockKnee and Bow Legs). |
| 18. | 5 to 11 October 2022 | Motion:- Introduction, Types, Laws of Motion and their application in Sports & Games. |
| 19. | 12 to 18 October 2022 | Respiratory System: Introduction, Structure & Functions of Respiratory System. |
| 20. | 19 to 25 October 2022 | Blood pressure & Pulse Rate: Introduction, and Technique of Measurement. |
| 21. | 26 to 8 November 2022 | 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 |
| 22. | 9 to 22 November 2022 | Handball: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee. |
| 23. | 23 to 30 November 2022 | Badminton: History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee. |
| 24. | 1 st to 7 December 2022 | Javelin throw: Rules and Regulations, Layout and Technique, Arjuna Awardee. |

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Teaching plan (Session – 2023-2024)

Class: - BA 1 (2nd sem)

Name of Teacher: - Dr. Parwinder Singh

Subject: - Health & Physical Education

Period No:- 4

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
|---------------|------------------------|--|
| 13. | 15 to 21 February 2023 | Children and Sports: Introduction, Stages of motor development in Children, Benefit of Exercise for Children, Weight Training and their advantages or Disadvantages for Children. |
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Teaching plan (Session – 2023-2024)

Class: - BA 1 (2nd sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:- 4

Name of Paper: - Theory (A)

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

Teaching plan (Session – 2023-2024)

Class: - BA 2 (4th)

Name of Teacher: - Dr Parwinder Singh

Subject: - Health & Physical Education

Period No:- 1

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
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Teaching plan (Session – 2023-2024)

Class: - BA 3rd (6th sem)

Name of Teacher: - Nishant Kumar

Subject: - Health & Physical Education

Period No:- 2

Name of Paper: - Theory (A)

| Sr. no | Dates | Contents |
|---------------|------------------------|--|
| 13. | 9 to 14 February | Intramural and Extramural Tournaments: Introduction, Importance and Organization. |
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| 24. | 30 to 10 May 2023 | Cricket: History, Layout, General Rules & Regulation, Officials, Major Tournaments and Arjuna Awardees. |

Signature