

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
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

Signature

Ph. 01887 -220643(O)

Ph. 01887 -220643(O)

E-Mail:- gcnayanangal@gmail.com

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
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

Signature

Ph. 01887 -220643(O)

Ph. 01887 -220643(O)

E-Mail:- gcnayanangal@gmail.com

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
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.

Signature

Ph. 01887 -220643(O)

Ph. 01887 -220643(O)

E-Mail:- gcnayanangal@gmail.com

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

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
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

Signature

Ph. 01887 -220643(O)

Ph. 01887 -220643(O)

E-Mail:- gcnayanangal@gmail.com

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

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)

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

Signature

Ph. 01887 -220643(O)

Ph. 01887 -220643(O)

E-Mail:- gcnayanangal@gmail.com

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
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

Signature

Ph. 01887 -220643(O)

Ph. 01887 -220643(O)

E-Mail:- gcnayanangal@gmail.com

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

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
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	Crickets: History, Layout, General Rules & Regulation, Officials, Major Tournaments and Arjuna Awardees.

Signature

