

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

**Class: - BA 1 (1<sup>st</sup> sem)**

**Name of Teacher: - Nishant Kumar**

**Subject: - Health & Physical Education**

**Period No:- 4**

**Name of Paper: - Theory (A)**

<b>Sr. no</b>	<b>Dates</b>	<b>Contents</b>
1.	1 to 10 AUGUST 2023	Introduction objective scope and importance of physical education in the modern society
2.	11 to 20 AUGUST 2023	Health education introduction aim and objective principle and its importance.
3.	21 to 31 August 2023	introduction organization administration and ceremonies of ancient and modern Olympic games
4.	1 to 10 September 2023	Asian and commonwealth game introduction ceremonies and venues
5.	11 to 20 september 2023	Growth and development introduction difference development characteristics at different stages of development and factor affecting
6.	21to 30 September 2023	growth and development heredity and environment introduction effect of heredity and environment on growth and development chronological age anatomical age physiological age
7.	1 to 7 October 2023	personal hygiene introduction personal cleanliness rest relaxation and sleep
8	8 to 15 October 2023	MST
8.	16 to 25 October 2023	terminologies of physical education kinesiology, anatomy physiology exercise physiology biomechanics anthropometry and sports medicine
9.	26 Oct to 8 November 2023	cell structure parts and its function, Football history of the game major tournament and Arjun award
10.	9 to 20 November 2022	Digestive system introduction structure organ and function of digestive system
11.	20 to 27 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.	28 nov to 01 dec or till exam	Doubt and problems ( commencement of university exam appr. 1-12-2023

Signature

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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)**

<b>Sr. no</b>	<b>Dates</b>	<b>Contents</b>
1.	1 to 10 AUGUST 2023	Play: Introduction, theories of Play and its importance
2.	11 to 20 AUGUST 2023	Growth and Development (physical, mental, emotional, social)
3.	21 to 31 August 2023	Age & Sex difference: Introduction, age & sex differences, structural differences, Physiological and gynecological differences.
4.	1 to 10 September 2023	Introduction of Yoga, Aims, importance and type of yoga.
5.	11 to 20 september 2023	Meaning of Pranayama, its types, objectives and Importance of Yoga
6.	21to 30 September 2023	Meaning, types, objectives and its Importance of Shudhi Kriyas and its effect
7.	1 to 7 October 2023	Effect of Asanas on various system of body.
	8 to 15 October 2023	MST
8.	16 to 25 October 2023	Endocrine system: Introduction, Glands, Location & Functions.
9.	26 Oct to 8 November 2023	Excretory System: Introduction, organs, structure & Functions
10.	9 to 20 November 2022	Asanas: Introduction, Importance, Types and Techniques of Padamasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasna, Mayurasna, Chakrasna
11.	20 to 27 November 2022	Kabaddi (national Style) & Shot put : History, General Rules & regulations , Layout and Techniques.Officials, Major Tournaments and Arjuna Awardees
12.	28 nov to 01 dec or till exam	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
1.	1 to 10 AUGUST 2023	<b>Recreation:</b> Introduction, Aims, Objectives, Types, Principles, Importance and Agencies providing Recreation.
2.	11 to 20 AUGUST 2023	<b>Camping:</b> Introduction, Objectives, Importance, Types, and Layout of Campsite and Organization of Camps, <b>Athletic meet:</b> Introduction, Planning, Organization and Importance.
3.	21 to 31 August 2023	<b>Leadership:</b> Introduction, Importance, Types, Qualities and Responsibilities of Leader.
4.	1 to 10 September 2023	<b>Posture:</b> Introduction and Characteristics of Good Posture, Causes of Poor Posture, corrections different postural positions (Walking, Standing, Sitting and Lying Postures).
5.	11 to 20 september 2023	<b>Postural Deformities:</b> Introduction, Causes and Corrective Measures for Spinal Deformities (Kyphosis, Lordosis and Scoliosis), Foot and Leg Deformities (Flat Foot, Knock Knee and Bow Legs).
6.	21to 30 September 2023	<b>Motion:-</b> Introduction, Types, Laws of Motion and their application in Sports & Games.
7.	1 to 7 October 2023	<b>Respiratory System:</b> Introduction, Structure & Functions of Respiratory System.
	8 to 15 October 2023	<b>MST</b>
8.	16 to 25 October 2023	<b>Blood pressure &amp; Pulse Rate:</b> Introduction, and Technique of Measurement.
9.	26 Oct to 8 November 2023	<b>Physical Education as Profession:</b> Qualities of Physical Education Teachers. Career opportunities in Physical Education profession, courses offered and institutions available for Physical Education in India
10.	9 to 20 November 2022	<b>Handball:</b> History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee.
11.	20 to 27 November 2022	<b>Badminton:</b> History, Layout, General Rules and Regulation, Officials, Major tournaments, Arjuna Awardee. <b>Javelin throw:</b> Rules and Regulations, Layout and Technique, Arjuna Awardee.
12.	28 nov to 01 dec or till exam	Doubt and problems

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**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.	8 to 15 Jan. 2024	<b>Children and Sports:</b> Introduction, Stages of motor development in Children, Benefit of Exercise for Children, Weight Training and their advantages or Disadvantages for Children.
2.	16 to 25 Jan. 2024	<b>Body types:</b> Introduction, Sheldon and Kretschmer's Classification.
3.	26 to 7 Feb 2024	<b>Communicable Diseases:</b> Introduction, Classification, Causes, Symptoms, Prevention, and Control of Communicable Diseases (Cholera, Typhoid, Tuberculosis, AIDS, Hepatitis A&B, Rabies and Malaria)
4.	8 to 18 Feb. 2024	<b>Sports Terminologies:</b> Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability.
5.	19 to 28 Feb. 2024	<b>Skeleton System:</b> Introduction, Types, Functions and Various Bones of Body.
6.	1 to 10 March 2024	<b>Joints:</b> Introduction, Classification of various Joints of Human Body and Kinds of Joint Movements.
7.	11 to 20 March 2024	<b>MST</b>
7.	21 to 31 March 2024	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 2024	<b>Drugs and Doping:</b> Introduction, Causes, Symptoms, Harmful Effects and its Prevention. Doping: Introduction, Types, Prohibited Substances & Methods and its Effects.
9.	8 to 14 April 2024	<b>Warming up and Cooling Down:</b> Introduction, Methods & Types of Warm Up Significance and Guidelines.
10.	16 to 22 April 2024	<b>Long Jump:</b> Introduction, Rules, Layout, Techniques and Arjuna Awardees
11.	23 to 29 April 2024	<b>Hockey &amp; Basketball:</b> History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees. <b>Sports Awards:</b> Maharaja Ranjit Singh, Arjuna Award, Dronacharya award, MAKA Trophy, Rajiv Gandhi Khel Ratan Award
12.	30 to 5 May 2024	Doubt and problems

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

**Class: - BA 1 (2<sup>nd</sup> sem)**

**Name of Teacher: - Nishant Kumar**

**Subject: - Health & Physical Education**

**Period No:- 4**

**Name of Paper: - Theory (A)**

Sr. no	Dates	Contents
1.	8 to 15 Jan. 2024	<b>Children and Sports:</b> Introduction, Stages of motor development in Children, Benefit of Exercise for Children, Weight Training and their advantages or Disadvantages for Children.
2.	16 to 25 Jan. 2024	<b>Body types:</b> Introduction, Sheldon and Kretschmer's Classification.
3.	26 to 7 Feb 2024	<b>Communicable Diseases:</b> Introduction, Classification Causes, Symptoms, Prevention, and Control of Communicable Diseases (Cholera, Typhoid, Tuberculosis, AIDS, Hepatitis A&B, Rabies and Malaria)
4.	8 to 18 Feb. 2024	<b>Sports Terminologies:</b> Isometric, Isotonic, Isokinetic, Reflex Action, Over Load, Recovery and Motor Ability.
5.	19 to 28 Feb. 2024	<b>Skeleton System:</b> Introduction, Types, Functions and Various Bones of Body.
6.	1 to 10 March 2024	<b>Joints:</b> Introduction, Classification of various Joints of Human Body and Kinds of Joint Movements.
7.	11 to 20 March 2024	MST
	21 to 31 March 2024	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 2024	<b>Drugs and Doping:</b> Introduction, Causes, Symptoms, Harmful Effects and its Prevention. Doping: Introduction, Types, Prohibited Substances & Methods and its Effects.
9.	8 to 14 April 2024	<b>Warming up and Cooling Down:</b> Introduction, Methods & Types of Warm Up Significance and Guidelines. <b>Sports Awards:</b> Maharaja Ranjit Singh, Arjuna Award, Dronacharya award, MAKA Trophy, Rajiv Gandhi Khel Ratan Award
10.	16 to 22 April 2024	<b>Long Jump:</b> Introduction, Rules, Layout, Techniques and Arjuna Awardees <b>Sports Awards:</b> Maharaja Ranjit Singh, Arjuna Award, Dronacharya award, MAKA Trophy, Rajiv Gandhi Khel Ratan Award
11.	23 to 29 April 2024	<b>Hockey &amp; Basketball:</b> History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjuna Awardees.
12.	30 APRIL to 5 May 2024	DOUBTS AND PROBLEMS

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

**Class: - BA 2 (4<sup>th</sup>)**

**Name of Teacher: - Dr Parwinder Singh**

**Subject: - Health & Physical Education**

**Period No:- 1**

**Name of Paper: - Theory (A)**

<b>Sr. no</b>	<b>Dates</b>	<b>Contents</b>
1.	8 to 15 Jan. 2024	Introduction of sports psychology, importance of sports psychology
2.	16 to 25 Jan. 2024	Meaning and definition of learning, different laws of learning, and their implication in sports
3.	26 to 7 Feb 2024	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.	8 to 18 Feb. 2024	define personality, its types and characteristics of personality.
5.	19 to 28 Feb. 2024	Introduction about first aid, principles, qualities of first aiders, process of providing first aid during different calamity (burns, electric shock, heat stroke, drowning)
6.	1 to 10 March 2024	Define muscular system, structure of muscles, function classification of muscles,
7.	11 to 20 March 2024	Structure and function of heart,
	21 to 31 March 2024	
8.	1 to 7 April 2024	Introduction of sports injury, causes, symptoms, treatment, and prevention of sports injury (sprain, strain, contusion, dislocation, and fracture
9.	8 to 14 April 2024	Rules regulations, layout and techniques of high jump, rules and regulations, layout and techniques of discuss through.
10.	16 to 22 April 2024	History, layout, general rules, and regulation, officials, major tournaments.
11.	23 to 29 April 2024	Discuss throw and kho- kho, Revision and doubt clearance
12.	30 to 5 May 2024	Revision, Class Test and Assignments

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

**Class: - BA 3rd (6<sup>th</sup> sem)**

**Name of Teacher: - Nishant Kumar**

**Subject: - Health & Physical Education**

**Period No:- 2**

**Name of Paper: - Theory (A)**

Sr. no	Dates	Contents
1.	8 to 15 Jan. 2024	<b>Intramural and Extramural Tournaments:</b> Introduction, Importance and Organization.
2.	16 to 25 Jan. 2024	<b>Tournaments:</b> Introduction and various classifications: Elimination (Knock out), Round robin (League Cyclic, Tabular and Staircase Method), Combination & challenge
3.	26 to 7 Feb 2024	<b>Life Sketch of Sports Personalities:</b> Major Dhyan Chand, S. Milkha Singh, Prof. Ajmer Singh, P.T. Usha, Leander Paes and Abhinav Bindra
4.	8 to 18 Feb. 2024	<b>Balanced Diet &amp; Nutrition:</b> Introduction, Components, Sources and Functions of each Component.
5.	19 to 28 Feb. 2024	<b>Obesity and Over Weight Management:</b> Introduction, Causes, General Problems, Effects on Health, Preventive and Remedial Measures.
6.	1 to 10 March 2024	<b>Physiological Terminologies:</b> Haemoglobin, Cardiac output, Stroke volume, Oxygen Debt, Vital capacity, B.M.I and B.M.R.
7.	11 to 20 March 2024	<b>Sports Training:</b> Introduction, Aims & Objectives, Characteristics and Principles.
	21 to 31 March 2024	
8.	1 to 7 April 2024	<b>Physical Fitness:</b> Introduction, its Components and their Types (Speed, Strength, Endurance, Coordination and Flexibility), factors affecting physical fitness.
9.	8 to 14 April 2024	<b>Training Method:</b> Circuit training, Interval training, Fartlek training, Weight training Plyometric training and Cross country.
10.	16 to 22 April 2024	<b>Sports Performance:</b> Introduction, Causes of Deterioration of sports performance, Indian Performance at Olympics, Asian & Commonwealth Games, Suggestions for improving Indian Sports Performance.
11.	23 to 29 April 2024	<b>Relay Races:</b> Rules & Regulations, Layout and Technique.
12.	30 to 5 May 2024	<b>Cricket:</b> History, Layout, General Rules & Regulation, Officials, Major Tournaments and Arjuna Awardees.

Signature

