

Silda Chandrasekhar College

Teaching Plan for the Academic Session 2023-24 (Odd Semester)

Department: PHYSICAL EDUCATION

Name of the teacher: SAMARESH JANA

Stream: B.A General

Paper code: PEDPMJ101

Teaching plan for 1 st semester students				
Syllabus allotted			Paper – MINOR-1 (C1)	
Month	Expected number of classes	Paper	Number of Lectures	Topics to be covered
Sept.23	05	Disc-C1	05	Meaning, definitions and scope of Physical Education and Sports. Aims and objectives of Physical Education and Sports. Misconceptions and modern concepts of Physical Education.
Oct.23	06	Disc-C1	06	Needs and importance of Physical Education and Sports in modern society. Biological Foundation -Meaning and definition of growth and development. Factors affecting growth and development. Principles of growth and development. Psychological Foundation – Concept of learning, Learning curve, Laws and theories of learning. Types of learning. Factors affecting learning.
Nov.23	10	Disc-C1	10	Role of Sports Psychology in the field of Physical Education and Sports. Emotion, Motivation, Anxiety & Personality traits in relation with Physical Education and Sports. Sociological Foundation- Concept of socialization. Socialization through Physical Education and Sports. Role of games and sports in national and international integration. Sports Ethics.
Dec-23	08	Disc-C1	08	Historical development of Physical Education and Sports in India: Pre-Independence period and Post-Independence period. National Sports Awards. Physical Education Teachers' Training Institutions in West Bengal. Famous personalities in the field of Physical Education: Plato, Aristotle, James Buchanan and P.M.Joseph. Historical background of Commonwealth and Asian Games

Jan-24	08	Disc-C1	08	Professional preparation in Physical Education and Sports: YMCA, LNIPE, SAI. Ancient Olympic Games. Modern Olympic Games: History, Objectives, Motto, Flag. Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony
Feb-24	04	Disc-C1	04	Similarities and dissimilarities between Ancient Olympic Games and Modern Olympic Games.

Teaching plan for 1st semester Minor students

Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
Sept.23	03	1P	03	Marching :- Command, Stand at Ease, Stand Easy, Attention, Turning: Right Turn, Left Turn, About Turn, Half Right Turn, Half Left Turn
Oct-23	03	1P	03	Fall-in a Single Line, Fall-in Three Ranks. By the Right Number, Right Dress, Mark Time, Open Order March, Close Order March, Forward March/Quick March, Right Turn at the March, Left Turn at the Marching.
Nov-23	04	1P	04	About Turn at the March, Slow March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss.
Dec-23	04	1P	04	Callisthenics: Atleast 06 exercises with 16 counts.
Jan-24	03	1P	03	Aerobics: Atleast any 06 exercises.
Feb-24	02	1P	02	Conduct skill related test of Marching.

CBCS Paper code: DSC-03

Teaching plan for 3rd semester students

Syllabus allotted			Paper – DSC1C	
Month	Expected number of classes	Paper	Number of Lectures	Topics to be covered
Sept.23	05	DSC-1C	05	Meaning and definition of Human Anatomy, Physiology and Exercise Physiology. Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education.

Oct.23	04	DSC-1C	04	Cell- Structure and function. Tissue- Types and functions.
Nov.23	12	DSC-1C	12	Skeletal System- Structure of Skeletal System. Classification and locations of bones and joints. Anatomical differences between male and female. Muscular System- Type, location, function and structure of muscle. Types of muscular contraction.
Dec-23	10	DSC-1C	10	Blood- Composition and function. Heart- Structure and functions. Mechanism of blood circulation through heart. Blood Pressure, Athletic Heart and Bradycardia. Effect of exercise and training on circulatory system.
Jan-24	08	DSC-1C	08	Structure and function of Respiratory organs. Mechanism of Respiration. Vital Capacity, O ₂ Debt and Second Wind.
Feb-24	04	DSC-1C	04	Effect of exercise and training on respiratory system. Effect of exercise and training on muscular system.

Teaching plan for 3rd semester CBCS students

Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
Sept.23	02	2P	02	Assessment of BMI.
Oct-23	02	2P	02	Assessment of WHR.
Nov-23	04	2P	04	Measurement of Blood Pressure, Vital Capacity.
Dec-23	04	2P	04	Measurement of Respiratory rate, Heart Rate.
Jan-24	04	2P	04	Measurement of Limb length, PEI, and Pick flow Rate.
Feb-24	03	2P	03	Conducted of test.

CBCS Sem - 03

Paper code: SEC-01

Teaching plan for 3rd semester students

Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered

Sept-23	06	4P	06	KABADDI Fundamental skills. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line.
Oct-23	05	4P	05	Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defence. Game practice with application of Rules and Regulations.
Nov-23	08	4P	08	KHO-KHO a. Fundamental skills. Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul. Skills in running: Chain Play, Ring play and Chain & Ring mixed play. 3. Game practice with application of Rules and Regulations.
Dec-23	08	4P	08	C. BADMINTON a. Fundamental skills 1. Basic Knowledge: Various parts of the Racket and Grip. 2. Service: Short service, Long service, Long-high service. 3. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash. 4. Game practice with application of Rules and Regulations.
Jan-24	07	4P	07	D. TABLE TENNIS a. Fundamental skills 1. Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip). 2. Stance: Alternate & Parallel. 3. Push and Service: Backhand & Forehand. 4. Chop: Backhand & Forehand. 5. Receive: Push and Chop with both Backhand & Forehand. 6. Game practice with application of Rules and Regulations.
Feb-24	04	4P	04	Conducted of skill practice

Teaching plan for 3rd semester students				
Syllabus allotted			Paper – DSC1A	
Month	Expected number of classes	Paper	Number of Lectures	Topics to be covered
Sept.23	06	DSE-1A	06	Concept of test, measurement & evaluation. Criteria of good test.
Oct.23	04	DSE-1A	04	Principles of evaluation. Importance of Test, Measurement and Evaluation in Physical Education and Sports.
Nov.23	11	DSE-1A	11	Body Mass Index (BMI) - Concept and method of measurement. Body Fat - Concept and method of measurement. Lean Body Mass (LBM) - Concept and method of measurement.
Dec-23	08	DSE-1A	08	Kraus-Weber Muscular Strength Test. AAHPER Youth Fitness Test. Queens College Step Test. Harvard Step Test
Jan-24	07	DSE-1A	07	Lockhart and McPherson Badminton Skill Test. Johnson Basketball Test Battery 4.3 McDonald Soccer Test.
Feb-24	04	DSE-1A	04	Somatotype- Concept and method of measurement. Brady Volleyball Test.

Teaching plan for 5th semester CBCS students

Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
Sept.23	02	2P	02	Assessment of somatotype and Body fat percentage (%)
Oct-23	03	2P	03	Assessment of somatotype and Body fat percentage (%)
Nov-23	04	2P	04	Assessment of AAHPER Youth Fitness Test. and Harvard Step Test.
Dec-23	04	2P	04	Assessment of AAHPER Youth Fitness Test. and Harvard Step Test.
Jan-24	04	2P	04	Assessment of Harvard Step Test.
Feb-24	02	2P	02	Conduct of skill related test.

CBCS Sem - 05**Paper code: SEC-03**

Teaching plan of SEC for 5th semester CBCS students				
Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
Sept.23	04	4P	04	GYMNASTICS - Compulsory :- Forward Roll, T-Balance, Forward Roll with Split leg, Backward Roll, Cart-Wheel.
Oct-23	04	4P	04	YOGA –Asanas:- Ardachandrasana, Brikshasana,Padahastana
Nov-23	08	4P	08	Sitting Position:-Ardhakurmasana, Paschimottanasana, Gomukhasana. Optional:- Dive and Forward Roll, Hand Spring, Head Spring, Neck Spring, Hand Stand and Forward Roll, Summersault.
Dec-23	08	4P	08	Supine Position:- Setubandhasana, Halasana, Matsyasana, Inverted Position, Sarbangasana, Shirsasana, Bhagrasana.
Jan-24	05	4P	05	Prone Position:- Bhujangasana, Salvasana, Dhanurasana.
Feb-24	03	4P	03	Pranayama :- Kapalbhati, Bhramri, Anulam Vilom.

CBCS Sem - 05**Paper code: GE- 01**

Teaching plan for 5th semester students				
Syllabus allotted			Paper – GE- 01	
Month	Expected number of classes	Paper	Number of Lectures	Topics to be covered
Sept.23	05	GE-1	05	1.1. Meaning, definition and scope of Physical Education. 1.2. Aim and objectives of Physical Education. 1.3. Misconception and Modern concept of Physical Education.

Oct.23	04	GE-1	04	1.4. Need and Importance of Physical Education in modern society 2.1. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development. 2.2. Age- Chronological age, anatomical age, physiological age and mental age.
Nov.23	06	GE-1	06	2.3. Sociological Foundation- Meaning and definition of Sociology, Society, Socialization in Physical Education and Sports, Sports Ethic. 2.4. Role of games and sports in National and International integration.
Dec-23	08	GE-1	08	3.1 Historical development of Physical Education and Sports in India- Pre- Independence period and Post-Independence period. 3.2 Olympic Movement- Ancient Olympic Games and Modern Olympic Games. 3.3 Brief historical background of Asian Games and Commonwealth Games. 3.4 National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award.
Jan-24	07	GE-1	07	4.1 Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga. 4.2 History of Yoga. 4.3 Astanga Yoga
Feb-24	03	GE-1	03	4.4 Hatha Yoga

Teaching plan for 5th semester CBCS students

Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
Sept.23	02	2P	02	Marching- fall in attention, Stand at ease, stand easy, Eyes right,
Oct-23	02	2P	02	1. Marching- fall in attention, Stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward Mark
Nov-23	04	2P	04	Demonstrate the technique of Suryanamaskar.
Dec-23	04	2P	04	Development of physical fitness through Callisthenics and Aerobic activities.
Jan-24	03	2P	03	Development of physical fitness through Callisthenics and Aerobic activities.

Feb-24	02	2P	02	Conducted skill related test.
--------	----	----	----	-------------------------------

Silda Chandrasekhar College

Teaching Plan for the Academic Session 2023-24 (Even Semester)

Department: Physical Education

Name of the teacher: SAMARESH JANA

Stream: BACHELOR OF ARTS (General) IN PHYSICAL EDUCATION

Paper code: PEDMI02

Teaching plan for 2 nd semester students				
Syllabus allotted			Paper – MINOR-2	
Month	Expected number of classes	Paper	Number of Lectures	Topics to be covered
MAR-24	08	MI-2	08	Sports Management: Meaning, Definition, Aim and Objectives, Nature and Scope. History and importance of Sports Management. Principles and practices of Sports Management. Qualities, Duties and responsibilities of Sports Manager.
APRI-24	07	MI-2	07	Management of Physical Education programs and Games & Sports meet in School, College and University. Annual Programme: Athletic Meet and Play Day Organisation and Management. 2.4 Year-round Programme: Intramural and Extramural Competition Organisation.
MAY-24	08	MI-2	08	Structure and Functions of S.A.I., University Sports Council and A.I.U. Care and Maintenance: Meaning, Methods, Need and Importance of Sports Equipment Field; Playground and Gymnasium, Swimming Pool. Time Table: Meaning, Definition, Importance and Factors.

JUN-24	04	MI-2	04	Financial Management: Meaning, Definition, Need and Importance. Budget: Meaning, Definition, Criteria, Principles; Steps for Preparing a good Budget. Sponsorship: Meaning, Trends, Process, Aim and Objectives. Sports Promotion: Meaning, Means and Methods; Funding Agencies -Types, Procedure of Communication with the Agencies.
JULY-24	05	MI-2	05	Leadership: Definition, Types and Principles; Qualities of a good Leader in Physical Education. Tournaments: Meaning, Definition and Types- Knock-out, League, Combination, Challenge. Organisation: Procedure of Fixture Drawing, Merits and demerits of Knock-out, League, Combination Tournaments.
AUG-24	04	MI-2	04	Purchase: List of Consumable and Non-consumable sports goods and equipments in the department of physical education, Procedure to purchase sports goods and equipments in the department of physical education, stock entry and maintenance, storing and distribution.

Teaching plan for 2nd semester Minor students				
Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
MAR-24	04	1P	04	Kho- Kho :- Chasing Skills: Sitting on the box- Parallel and Bullet toe method; Getting up from the box Proximal and Distal foot method; Giving Kho- Simple, Early, Late and Judgment Kho; Pole Turn, Pole Diving, Tapping, Hammering, Rectification of foul. Running Skills: Chain Play, Ring play and Chain, Ring mixed play, Running zigzag, Avoiding and Dodging.
APRIL-23	04	1P	04	Game practice with application of Rules and Regulations. Rules and their interpretations and duties of the officials.
MAY-24	03	1P	03	Raiding Skills: Cant, Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow flying kick, roll back; crossing of baulk line; Crossing of Bonus line. Holding skills: Ankle, Knee, Thigh, Wrist, Crocodile and Washer man hold

JUN-24	02	1P	02	Formation during holding: Various formations, catching from particular position. d) Additional Raiding skills: Escaping from various holds, techniques of escaping from chain formation, offense and defence.
JULY-24	04	1P	04	Game practice with application of Rules and Regulations. Rules and their interpretations and duties of the officials.
AUG-24	02	1P	02	Conduct skill related test Kho-Kho. Conduct skill related test Kabbadi.

Paper Code – PEDPMJ101

Teaching plan for 2 nd semester students				
Syllabus allotted			Paper – MIJOR-2	
Month	Expected number of classes	Paper	Number of Lectures	Topics to be covered
MAR-24	04	Disc-B1	04	Meaning, definitions and scope of Physical Education and Sports .Aims and objectives of Physical Education and Sports. Misconceptions and modern concepts of Physical Education. Physical Education as an art of science
APRIL-23	08	Disc-B1	08	Needs and importance of Physical Education and Sports in modern society. Biological Foundation -Meaning and definition of growth and development. Factors affecting growth and development. Difference between of growth and development. Principles of growth and development. Body types: Classification of Sheldon’s Body type. Relationship of body type and sports performance. Psychological Foundation – Concept of learning, Learning curve, Laws and theories of learning. Types of learning. Factors affecting learning. Role of Sports Psychology in the field of Physical Education and Sports. Emotion, Motivation, Anxiety & Personality traits in relation with Physical Education and Sports
MAY-24	10	Disc-B1	10	Sociological Foundation- Concept of socialization. Socialization through Physical Education and Sports. Role of games and sports in national and international integration. Sports Ethics. Historical development of Physical Education and Sports in India: Pre-Independence period and Post-Independence period. National & State Sports Awards

JUN-24	04	Disc-B1	04	Physical Education Teachers' Training Institutions in West Bengal. Famous personalities in the field of Physical Education: Plato, Aristotle, James Buchanan and P.M. Joseph. Professional preparation in Physical Education and Sports: YMCA, LNPE, IGIPESS, SAI
JULY-24	05	Disc-B1	05	Ancient Olympic Games. Modern Olympic Games: History, Objectives, Motto, Flag. Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony
AUG-24	03	Disc-B1	03	Historical background of Commonwealth and Asian Games. Analysis of Indian Sports performance: Olympic, Commonwealth and Asian Games

Teaching plan for 2nd semester Major students

Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
MAR-24	2	1P	02	Command, Stand at Ease, Stand Easy, Attention, Turning: Right Turn, Left Turn, About Turn, Half Right Turn, Half Left Turn
APRIL-23	04	1P	04	Fall-in a Single Line, Fall-in Three Ranks. By the Right Number, Right Dress, Mark Time, Open Order March, Close Order March, Forward March/Quick March, Right Turn at the March, Left Turn at the Marching.
MAY-24	04	1P	04	,About Turn at the March, Slow March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss.
JUN-24	02	1P	02	Callisthenics: Atleast 06 exercises with 16 counts.
JULY-24	02	1P	02	Aerobics: Atleast any 06 exercises.
AUG-24	03	1P	03	Conduct skill related test Marching. Conduct skill related test Callisthenics. Conduct skill related test Aerobics.

Paper Code – PEDSE02

Teaching plan for 2nd semester students

Syllabus allotted			Paper – MIJOR-2 SEC	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered

MAR-24	03	3P	03	Forward Roll, T-Balance, Forward Roll with Split leg, Backward Roll, Cart-Wheel. PRANAYAMA :-Anulam Vilom , Bhramari, Bhastika
APRIL-23	08	3P	08	Asanas: Standing Posture :- Ardhachandrasana , Brikshasana , Padahastasana SURYANAMASKARA: As per AIU Norm.
MAY-24	06	3P	06	Sitting Posture :- Ardhakurmasana, Paschimottanasana, Gomukhasana KRIYA :- Kapalbhathi
JUN-24	04	3P	04	Supine Posture :-Setubandhasana , Halasana, Matsyasana
JULY-24	03	3P	03	Prone Posture :- Bhujangasana , Salvasanal, Dhanurasana
AUG-24	02	3P	02	Conducted asana related skill test.

CBCS Sem -04 Paper Code DSC-1D

Teaching plan for 4th semester students				
Syllabus allotted			Paper – DSC1DT	
Month	Expected number of classes	Paper	Number of Lectures	Topics to be covered
MAR-24	04	DSC-1D	04	Concept, definition and dimension of Health. Definition, aims, objectives and principles of Health Education. Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children’s Emergency Fund (UNICEF)
APR-24	08	DSC-1D	08	School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record, Personal hygiene. Communicable Diseases- Malaria, Dengue and Chicken Pox and Diarrhea. Nutrition- Nutritional requirements for daily living. Preparation and Principles of Balance Diet. Health disorders due to deficiencies of Protein, Vitamins and Minerals.
MAY-24	10	DSC-1D	10	Postural deformities- Causes and corrective exercises of Kyphosis, Lordosis, Scoliosis, Knock Knee, Flat Foot and Bow Legs. Physical Fitness- Meaning, definition and importance of Physical Fitness. Components of Physical Fitness- Health and performance related Physical Fitness.

JUNE-24	06	DSC-1D	06	Concept of Wellness. Relationship between physical activities and wellness. Ageing- Physical activities and its importance. First aid- Meaning, definition, importance and golden rules of First-aid.
JULY-24	05	DSC-1D	05	Non-Communicable Diseases- Obesity, Diabetes and Asthma. Concept of sports injuries- Sprain, Strain, Fracture, Dislocation and Wound. Management of sports injuries through the application of Hydro-therapy and Thermo-therapy.
AUG-24	03	DSC-1D	03	Physiotherapy: Basic concept, types & principles. Management of sports injuries through the application of exercise and massage therapy.

Teaching plan for 4th semester General students

Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
MAR-24	02	4P	02	First aid - Triangular Bandage:.
APRIL-23	04	4P	04	Slings (Arm Sling, Collar & Cuff Sling),
MAY-24	04	4P	04	Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica.
JUN-24	03	4P	03	2. Practical Knowledge of Hydro-therapy, and Thermo-therapy.
JULY-24	02	4P	02	Practical Knowledge of Thermo-therapy and Cryo-therapy.
AUG-24	02	4P	02	Skill related test.

CBCS Sem -04 Paper Code- SEC-2

Teaching plan for 4th semester General students

Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
MAR-24	02	4P	02	GYMNASTICS :- Forward Roll , T-Balance, Forward Roll with Split leg ,Backward Roll, Cart-Wheel.
APRIL-23	08	4P	08	YOGA :- Asanas , Ardha Chandrasana, Brikshasana , Pada Hastasana , Sitting Position:- Ardhakurmasana , Paschimottanasana , Gomukhasana
MAY-24	07	4P	07	Supine Position :- Setubandhasana, Halasana , Matsyasana, Prone Position, Bhujangasana, Salvasana, Dhanurasana

JUN-24	05	4P	05	Inverted Position :- Sarbangasana, Shirsasana, Bhagrasana ,.
JULY-24	04	4P	04	Pranayama :- Kapalbhathi , Bhramri, Anulam Vilom
AUG-24	03	4P	03	Optional :- Dive and Forward Roll, Hand Spring, Head Spring, Neck Spring , Hand Stand and Forward Roll ,Summersault.

CBCS Sem -06 Paper Code - DSE-1B

Teaching plan for 6th semester students				
Syllabus allotted			Paper – DSE1B	
Month	Expected number of classes	Paper	Number of Lectures	Topics to be covered
MAR-24	03	DSE-1B	03	Meaning and definition of Sports Training. Aim and characteristics of Sports Training. Principles of Sports Training.
APR-24	12	DSE-1B	12	Importance of Sports Training. Warming up and cooling down- Meaning, types and methods. Conditioning - Concept of Conditioning and its principles. Training Methods- Circuit Training, Interval Training, Weight Training.
MAY-24	10	DSE-1B	10	Periodisation- Meaning, types, aim and contents of different periods. Training Load - Meaning, definition, types and factors of training load. Components of training load.
JUNE-24	05	DSE-1B	05	Over Load - Meaning, causes, symptoms and tackling of over load. Adaptation - Meaning and conditions of adaptation. Endurance - Means, types and methods of endurance development
LULY-24	06	DSE-1B	06	Strength - Means, types and methods of strength development. Speed - Means, types and methods of speed development.
AUG-24	03	DSE-1B	03	Flexibility - Means, types and methods of flexibility development.
Teaching plan for 6th semester General students				
Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
MAR-24	02	2P	02	Practical Experience of Weight Training.
APRIL-223	04	2P	04	Practical Experience of Weight Training and Circuit Training.
MAY-24	04	2P	04	Practical Experience of Circuit Training. Measurement of Speed.
JUN-24	03	2P	03	Measurement of Speed, Strength (Grip/Leg), Explosive Strength .

JULY-24	04	2P	04	Measurement of Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.
AUG-24	02	2P	02	Skill related test to be conducted.

CBCS Sem -06 Paper Code –SEC-4

Teaching plan for 6th semester General students				
Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
MAR-24	2	4P	5	Track Events:- Starting Techniques: Standing start and Crouch start (its variations) use of Block
APRIL-23	03	4P	03	Track Events:- Starting Techniques: Standing start and Crouch start (its variations) use of Block. Acceleration with proper running techniques
MAY-24	10	4P	10	Track Events:- Starting Techniques: Standing start and Crouch start (its variations) use of Block. Acceleration with proper running techniques. Finishing technique: Run Through, Forward Lunging and Shoulder Shrug. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).
JUN-24	11	4P	11	Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing. Field events :- Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.
JULY-24	09	4P	09	High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing. Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique). Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).
AUG-24	05	4P	05	Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).

CBCS Sem -06 Paper Code – GE-2

Teaching plan for 6th semester students				
Syllabus allotted			Paper –	
Month	Expected number of classes	Paper	Number of Lectures	Topics to be covered

MAR-24	03	GE-2	03	Concept, definition and dimension of Health. Definition, aim, objectives and principles of Health Education. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).
APR-24	07	GE-2	07	Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals. First aid- Meaning, definition, importance and golden rules of First-aid. Concept of sports injuries- Sprain, Strain, Fracture, Dislocation and Wound. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot. Hypokinetic Diseases and Physical Activities- Obesity and Diabetes
MAY-24	09	GE-2	09	Management of sports injuries through the application of Hydro-therapy and Thermotherapy. Physiotherapy: Basic Concept, Types & Principles. Management of sports injuries through the application of Exercise and Massage therapy.
JUNE-24	05	GE-2	05	Body Mass Index (BMI) - Concept and method of measurement. Body Fat - Concept and method of measurement. Lean Body Mass (LBM) - Concept and method of measurement. Lockhart and McPherson Badminton Skill Test . Johnson Basketball Test Battery
LULY-24	03	GE-2	03	Somatotype - Concept and method of Assessment. Kraus-Weber Muscular Strength Test . AAHPER Youth Fitness Test. Queens College Step Test. Harvard Step Test
AUG-24	01	GE-2	01	McDonald Soccer Test. Brady Volleyball Test

Teaching plan for 6th semester General students

Syllabus allotted			Paper – Field Practical	
Month	Expected number of classes	Paper	Number of Practical	Topics to be covered
MAR-24	02	2P	02	First aid- Triangular Bandage: Slings (Arm Sling, Collar & Cuff sling).
APRIL-23	04	2P	04	Roller Bandages: Simple spiral, Reverse Spiral, figure of Eight, Spica. Practical Knowledge of Hydro –therapy.
MAY-24	04	2P	04	Practical Knowledge of Thermo - therapy and Cryo-therapy.
JUN-24	03	2P	03	Assessment of somatotype and % body fat.

JULY-24	05	2P	05	Assessment of AAHPER Youth Fitness Test and Harvard Step Test .
AUG-24	02	2P	02	Skill related test to be conducted.