

**DEPARTMENT OF PHYSICAL EDUCATION, ACADEMIC CALENDAR 2019-2020**

**SEMESTER-1 PART-A**

**(Unit-1)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY- AUGUST</b>	<b>SEPTEMBER- OCTOBER</b>	<b>NOVEMBER- DECEMBER</b>
Meaning and definition of Physical Education	4	2	1	1
Aim and objectives of Physical Education	6	2	2	2
Modern concept and changing concepts of Physical Education	5	1	2	2
Importance, Nature and scope of Physical Education	8	2	3	3

**SEMESTER-1 (Unit-2)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY- AUGUST</b>	<b>SEPTEMBER- OCTOBER</b>	<b>NOVEMBER- DECEMBER</b>
Biological Foundation- Meaning and definition of growth and development.	8	1	4	3
Factors affecting growth and development	8	2	3	3
Differences of growth and development	5	1	3	1
Principles of growth and development, Age- Chronological age, anatomical age, physiological age and mental age.	10	2	5	3
Sociological Foundation- Meaning and definition of Sociology, Society and Socialization	6	1	2	3
Role of games and sports in National and International integration, Introduction of philosophies – naturalism, pragmatism, realism, idealism	7	1	4	2

**SEMESTER-1 (Unit-3)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY- AUGUST</b>	<b>SEPTEMBER- OCTOBER</b>	<b>NOVEMBER- DECEMBER</b>
Biological Foundation- Meaning and definition of growth and development.	5	1	3	1
Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period,	4	2	1	1
Olympic Movement- Ancient Olympic Games and Modern Olympic Games, Brief historical background of Asian Games and Commonwealth Games	6	3	2	1
Modern and Ancient Historical perspectives: USA, UK, Greece, Rome, and India	5	1	3	1

**SEMESTER-1 (Unit-4)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY-AUGUST</b>	<b>SEPTEMBER-OCTOBER</b>	<b>NOVEMBER-DECEMBER</b>
Meaning and definition of the term Yoga,	2	0	1	1
types, aim, objectives and important of Yoga	5	1	3	1
History of Yoga, Astanga Yoga, Hatha Yoga.	6	2	2	2

**SEMESTER-1  
PART-B (PRACTICAL)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY- AUGUST</b>	<b>SEPTEMBER- OCTOBER</b>	<b>NOVEMBER- DECEMBER</b>
Development of physical fitness through Marching	7	3	3	1
Callisthenics	6	1	4	1
Development of physical fitness and co-ordination through Aerobics	7	2	4	1

**SEMESTER-2 PART-A**

**(Unit-1)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JANUAERY-FEBRUARY</b>	<b>MARCH-APRIL</b>	<b>MAY-JUNE</b>
Concept and definition of Sports Management	3	2	1	0
Important of Sports Management	3	1	1	1
Purpose of Sports Management	2	2	0	0
Principles of Sports Management	2	1	1	0

**SEMESTER-2 (Unit-2)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JANUAERY-FEBRUARY</b>	<b>MARCH-APRIL</b>	<b>MAY-JUNE</b>
Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge)	10	4	4	2
Procedure of drawing fixture (Knock-out, League, Combination)	6	2	2	2
Method of organising Annual Athletic Meet and Play Day	4	1	2	1
Method of organising of Intramural and Extramural competition.	3	1	1	1

**SEMESTER-2 (Unit-3)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JANUAERY-FEBRUARY</b>	<b>MARCH-APRIL</b>	<b>MAY-JUNE</b>
Method of calculation of Standard Athletic Track and Field marking	15	5	6	4
Care and maintenance of Playground and gymnasium	4	1	2	1
Importance, care and maintenance of sports equipment	3	1	1	1
Lay- out of Play-Field and Basic Rules: Football, Kabaddi, Kho-Kho, Badminton and Volleyball	5	1	2	2

**SEMESTER-2 (Unit-4)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JANUAERY-FEBRUARY</b>	<b>MARCH-APRIL</b>	<b>MAY-JUNE</b>
Meaning and definition of leadership	2	1	1	0
Qualities of good leader in Physical Education	2	1	1	0
Principles of leadership activities	3	1	1	1
Hierarchy of Leadership in School	1	0	1	0
College and University level	1	1	0	0
Time Table: Meaning, importance and factors affecting Time Table.	2	1	1	0

**SEMESTER-2  
PART-B (PRACTICAL)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY-AUGUST</b>	<b>SEPTEMBER-OCTOBER</b>	<b>NOVEMBER-DECEMBER</b>
Track and Field events.	10	6	3	1
Games: Football, Kabaddi, Kho-Kho, Badminton and Volleyball	10	4	4	2

**SEMESTER-3 PART-A  
(Unit-1)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY-AUGUST</b>	<b>SEPTEMBER-OCTOBER</b>	<b>NOVEMBER-DECEMBER</b>
Meaning and definition of Anatomy	4	2	1	1
Physiology and Exercise Physiology	8	2	4	2
Importance of Anatomy	3	2	1	0
Physiology and Exercise Physiology in Physical Education	3	2	1	0
Human Cell- Structure and function	2	1	1	0
Tissue- Types and functions.	4	1	2	1

**SEMESTER-3 (Unit-2)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY- AUGUST</b>	<b>SEPTEMBER- OCTOBER</b>	<b>NOVEMBER- DECEMBER</b>
Skeletal System- Structure of Skeletal System	<b>8</b>	<b>4</b>	<b>2</b>	<b>2</b>
Classification and location of bones and joints	<b>6</b>	<b>1</b>	<b>3</b>	<b>2</b>
Anatomical differences between male and female	<b>4</b>	<b>1</b>	<b>2</b>	<b>1</b>
Muscular System- Type, location, function and structure of muscle	<b>8</b>	<b>2</b>	<b>4</b>	<b>2</b>
Types of muscular contraction, Effect of exercise on muscular system	<b>6</b>	<b>4</b>	<b>1</b>	<b>1</b>

**SEMESTER-3 (Unit-3)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY- AUGUST</b>	<b>SEPTEMBER- OCTOBER</b>	<b>NOVEMBER- DECEMBER</b>
Blood- Composition and function	<b>4</b>	<b>1</b>	<b>2</b>	<b>1</b>
Heart- Structure and functions	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
Mechanism of blood circulation through heart. Blood Pressure, Athletic Heart and Bradycardia	<b>10</b>	<b>3</b>	<b>5</b>	<b>2</b>
Effect of exercise on circulatory system	<b>5</b>	<b>2</b>	<b>3</b>	<b>0</b>
Structure and function of Respiratory organs	<b>6</b>	<b>4</b>	<b>2</b>	<b>0</b>
Mechanism of Respiration, Vital Capacity, O <sub>2</sub> Debt and Second Wind	<b>10</b>	<b>4</b>	<b>4</b>	<b>2</b>
Effect of exercise on respiratory system.	<b>7</b>	<b>3</b>	<b>2</b>	<b>1</b>

**SEMESTER-3 (Unit-4)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY- AUGUST</b>	<b>SEPTEMBER- OCTOBER</b>	<b>NOVEMBER- DECEMBER</b>
Meaning of Nervous System	<b>4</b>	<b>2</b>	<b>2</b>	<b>0</b>
Parts of Nervous System	<b>3</b>	<b>1</b>	<b>2</b>	<b>0</b>
system-structure of brain, spinal cord, Neuron, reflex action, Reciprocal Innervations	<b>8</b>	<b>5</b>	<b>2</b>	<b>1</b>
Meaning of Endocrine Gland, Function and Location of pituitary, Thyroid and Adrenal Glands.	<b>10</b>	<b>4</b>	<b>3</b>	<b>3</b>

**SEMESTER-3 (PART B, Practical)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY- AUGUST</b>	<b>SEPTEMBER- OCTOBER</b>	<b>NOVEMBER- DECEMBER</b>
Assessment of, BMI, Heart rate, Blood Pressure, Respiratory Rate, Pick Flow Rate and VitalCapacity	<b>10</b>	<b>4</b>	<b>4</b>	<b>2</b>
Anthropometric measurement (Length, wide and circumference of bones) , Body fat	<b>12</b>	<b>4</b>	<b>5</b>	<b>3</b>

**SEMESTER-4 PART-A**  
(Unit-1)

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JANUAERY- FEBRUARY</b>	<b>MARCH- APRIL</b>	<b>MAY- JUNE</b>
Concept, definition and dimension of Health	2	2	0	0
Definition, aim, objectives and principles of Health Education	3	1	1	1
School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record	4	2	2	0
Communicable Diseases& Non-communicable Diseases (Malaria, Cholera, Influenza and Chicken Pox, Obesity, Diabetes)	2	1	1	0
Basic Nutrients: - Protein, Carbohydrates, Fat, Vitamins, Minerals and Water, Balance Diet, Athletic Diet, Standard Diet	4	2	1	1

**SEMESTER-4 (Unit-2)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JANUAERY- FEBRUARY</b>	<b>MARCH- APRIL</b>	<b>MAY- JUNE</b>
First aid- Meaning, definition, importance and golden rules of First-aid	5	3	1	1
Concept of sports injuries- Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shock, Burns and Artificial Respiration	6	2	2	2
Safety Education: Safety at Home, School, College, Play-ground, Streets, Postural deformities-	4	1	2	1

Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot	6	2	2	2
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**SEMESTER-4 (Unit-3)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JANUAERY-FEBRUARY</b>	<b>MARCH-APRIL</b>	<b>MAY-JUNE</b>
Concept of test, measurement & Evaluation	5	2	2	1
Criteria of good test	3	2	1	0
Principles of Evaluation	3	1	1	1
Importance of Test	2	0	2	0
Measurement and Evaluation in Physical Education and Sports	5	2	2	1

**SEMESTER-4 (Unit-4)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JANUAERY-FEBRUARY</b>	<b>MARCH-APRIL</b>	<b>MAY-JUNE</b>
Body Mass Index (BMI)- Concept and method of measurement	8	2	3	3
Body Fat- Concept and method of measurement	5	2	3	0
Lean Body Mass (LBM)- Concept and method of measurement	6	2	3	1
Somatotype- Concept and method of measurement	4	1	2	1

**SEMESTER-4  
PART-B (PRACTICAL)**

<b>TOPIC</b>	<b>CLASSESS</b>	<b>JULY-AUGUST</b>	<b>SEPTEMBER-OCTOBER</b>	<b>NOVEMBER-DECEMBER</b>
Kraus-Weber Muscular Strength Test	5	3	1	1
AAHPER Youth Fitness Test	3	1	1	1
Queens College Step Test	4	1	2	1
Harvard Step Test	3	1	1	1
Assessment of% body fat	5	3	1	1
Lockhart and McPherson Badminton Skill Test	4	1	2	1
Johnson Basketball Test Battery	3	1	1	1
McDonald Soccer Test	4	1	2	1
Brady Volleyball Test	3	1	1	1

**Semester- III**  
**SKILL ENHANCEMENT COURSE**  
**Unit – I (Track Events)**

TOPIC	CLASSESS	July-August	September-October	November-December
<b>Standing start and Crouch start (its variations) use of Block</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>0</b>
<b>Acceleration with proper running techniques</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>Run Through, Forward Lunging and Shoulder Shrug</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>
<b>Starting, Baton Holding, Carrying, Baton Exchange in between zone, and Finishing.</b>	<b>2</b>	<b>0</b>	<b>1</b>	<b>1</b>

**Unit – II (Field Event)**

TOPIC	CLASSESS	July-August	September-October	November-December
<b>Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.</b>	<b>4</b>	<b>1</b>	<b>2</b>	<b>1</b>
<b>High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing.</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>
<b>Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).</b>	<b>4</b>	<b>1</b>	<b>2</b>	<b>1</b>
<b>Javelin Throw: Grip, Carry, Release and Recovery</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>0</b>

**Semester- IV**  
**SKILL ENHANCEMENT COURSE**  
**Unit – I (GYMNASTICS)**

TOPIC	CLASSESS	JANUAERY-FEBRUARY	MARCH-APRIL	MAY-JUNE
Forward Roll	1	1	0	0
T-Balance	2	1	1	0
Forward Roll with Split leg	2	1	1	0
Backward Roll	2	1	1	0
Cart-Wheel	2	0	1	1
Optional (any two)				
Dive and Forward Roll	1	0	1	0
Hand Spring	1	1	0	0
Head Spring	1	1	0	0
Neck Spring	1	0	1	0
Hand Stand and Forward Roll	1	0	0	1
Summersault	1	0	0	1

**Unit – II (YOGA)**

TOPIC	CLASSESS	JANUAERY-FEBRUARY	MARCH-APRIL	MAY-JUNE
Standing Position (Ardhachandrasana,Brikshasana, Padahastasana)	3	1	1	1
Sitting Position( Ardhakurmasana ,Paschimottanasana , Gomukhasana )	3	1	1	1
Supine Position (Setubandhasana ,Halasana , Matsyasana)	2	1	0	1
Prone Position (Bhujangasana, Salvasana ,Dhanurasana)	2	0	1	1
Inverted Position (Sarbangasana ,Shirsasana, Bhagrasana )	3	1	1	1
Pranayama (any two) [Kapalbhati, Bhramri, Anulam, Vilom]	2	0	1	1

**3<sup>rd</sup> Year General**

<b>GENERAL</b>	<b>NUMBER OF LECTURE</b>	<b>JULY-SEPTEMBER</b>	<b>OCTOBER-DECEMBER</b>	<b>JANYARY-MARCH</b>	<b>APRIL-JUNE</b>
Part –III Paper-IV	230	<p><b>PHYSICAL EDUCATION PRACTICAL THEORY-60</b></p> <p><b>Group-A</b> <b>Number of Class-30</b> 1.Exercise and chronic diseases : osteoporosis, obesity, hypertension diseases, cardiovascular diseases. 2.Exercise Therapy : Corrective, Isotonic, Isometric and resistance exercise, Massage Therapy, Yoga as a Therapy.</p> <p><b>Group-B</b> <b>Number of Class- 30</b> 3.Physical Activities, Health and Wellness- Modern Concepts. 4. Health and Fitness Active Lifestyle.</p> <ul style="list-style-type: none"> <li><b>Practical-</b> Hard bard step test, physical fitness test.</li> </ul>	<p><b>PHYSICAL EDUCATION PRACTICAL THEORY-70</b></p> <p><b>Group-A</b> <b>Number of Class-35</b> Electro Therapy, Cry Therapy, Thermo Therapy- Basic Principles.</p> <ul style="list-style-type: none"> <li>Various Field Measurment</li> </ul> <p><b>Group-B</b> <b>Number of Class-35</b> 1. Physical Activity and Childhood- Growth and Development. 2. Physical Activity and Woman- Puberty, adolescent, Post- Adolescent Periods.</p> <ul style="list-style-type: none"> <li><b>Practical Field Marking-</b> Kho-kho, Kabaddi, Shot-put, Discuss.</li> </ul>	<p><b>PHYSICAL EDUCATION PRACTICAL THEORY- 60</b></p> <p><b>Group- A</b> <b>Number of Class-30</b> Basic Principal and Rehabilitation- Modalities and Relaxation Techniques.</p> <ul style="list-style-type: none"> <li>Others skill Techniques of Various Games</li> </ul> <p><b>Group-B</b> <b>Number of Class-30</b> Physical Activity for Aged: Exercise and Physiology of aging, Loss of Functional reserve with age.</p>	<p><b>PHYSICAL EDUCATION PRACTICAL THEORY-40</b></p> <p><b>Group-A</b> <b>Number of Class-10</b> Various Yoga Benefit</p> <p><b>Group –B</b> <b>Number of Class-30</b> Physical activity for the disable: Types of Disability, Programme for The Disable. Revision All Measurement of Field.</p>