

Govt. College, Ropar
Department of Physical Education
Session: Aug. to Nov. 2018

Subject: Physical Education

Class – B.A. 3rd Year


Name of Teacher:

Semester – 5th

Month	Week	Teaching Program	Lesson Scheduled
September	1st	35% Syllabus covered Assignment on Recreation	Recreation: Introduction, Aims, Objectives, Types, Principles, Importance and Agencies providing Recreation.
	2nd		Camping: Introduction, Objectives, Types, Importance and layout of Campsite and Organization of camps.
	3rd		Athletic Meet: introduction, Planning, Organization and Importance. Leadership: Introduction, Importance, Types, Qualities and Responsibilities of Leader.
	4th		Posture: Introduction and Characteristics of Good Posture, causes of poor posture, Corrections Different Postural Positions.
October	1st	35% Syllabus covered Class test	Postural Deformities: Introduction, Causes and Corrective Measures for Spinal Deformities, Foot and leg Deformities.
	2nd		Motion: Introduction, Types, Laws of Motion and their applications in Sports & Games.
	3rd		Respiratory System: Introduction, Structure & Functions of Respiratory System.
	4th		Blood Pressure & Pulse Rate: Introduction and

	4th		Blood Pressure & Pulse Rate: Introduction and Techniques of Measurement.
November	1st	30% syllabus covered	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.
	2nd	Assignment on Physical Education as Profession	Handball: History Layout, General Rules and Regulations, Officials, Major tournaments, Arjuna Awardees.
	3rd		Badminton: History Layout, General Rules and Regulations, Officials, Major tournaments, Arjuna Awardees.
	4th		Javelin Throw: Rules and Regulations, Layout and Techniques, Arjuna Awardees.
December	1st		Revision and Class Test.


 (MRS. SARABJEET KAUR)
 Head of Department


 Principal
 Govt. College
 Ropar

Govt. College, Ropar
Department of Physical Education

Session: Jan to April. 2019

Subject: Physical Education

Class – B.A. 3rd Year

Name of Teacher:

Semester – 6th

Month	Week	Teaching Program	Lesson Scheduled
January	1st	25% Syllabus covered Assignment on Life Sketch of Sports Personalities	Intramural and Extramural Tournaments: Introduction, Importance and Organization.
	2nd		Tournaments: Introductions and Various Classifications; Elimination, Round Robin, Combination & Challenge.
	3rd		Life Sketch of Sports Personalities: Major Dheyan Chand,
	4th		S. Milkha Singh, Prof. Ajmer Singh, P.T.Usha, Leander paes and Abhinav Bindra.
February	1st	25% Syllabus covered Class test	Balanced Diet & Nutrition: Introduction, Components, Sources and Functions of Each Component.
	2nd		Obesity and Over Weight Management: Introduction, Causes, General Problems.
	3rd		Effects on Health, Preventive and Remedial Measures
	4th		Physiological Terminologies: Hemoglobin, cardiac output, Stroke Volume, Oxygen debt, Vital Capacity, B.M.I and B.M.R.

March	1 st	25% syllabus covered Assignment on Training Methods	Sports Training: Introduction, Aims and objectives, Characteristics and Principles.
	2 nd		Physical Fitness: Introduction, its components and their Types.
	3 rd		(Speed, Strength, Endurance, Co-ordination and Flexibility), Factors affecting Physical Fitness.
	4 th		Training Method: Circuit training, Interval training, Fartlek training, Weight training, Plyometric training and Cross training.
April	1 st	25% syllabus covered Revision and Class Test	Sports Performance: Introduction, Causes of Deterioration of Sports performance, Indian Performance at Olympics.
	2 nd		Indian Performance at Asian & Commonwealth Games, Suggestions for improving Indian Sports Performance.
	3 rd		Relay Races: Rules and Regulations, Layout and Techniques.
	4 th		Cricket: History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjun awardees.


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