

Govt. College, Ropar
Department of Physical Education

Session: Aug. – Nov. 2018

Subject: Physical Education

Class – B.A. 1st Year

Name of Teacher:

Semester – 1st

Month	Week	Teaching Program	Lesson Scheduled
September	1st	35% Syllabus covered Assignment on Physical Education	Physical Education: introduction, objectives, scope & importance in modern society.
	2nd		Health Education: introduction, aim & objectives, principles and its importance.
	3rd		Olympic Games: introduction, organizations, administrations and ceremonies of ancient and modern Olympic games.
	4th		Asian & Common wealth games: introduction, ceremonies, venue.
October	1st	35% Syllabus covered Class test	Growth & Development: introduction, difference, developmental characteristics at different stages of development and factors affecting growth and development.
	2nd		Heredity and Environment: introduction, effects on growth and development, Chronological age, anatomical age and psychological age.
	3rd		Personal Hygiene: introduction, Personal cleanliness, Rest, Relaxation and sleep.

	4th		Terminologies of Physical Education: Kinesiology, anatomy, Physiology, Exercise Physiology, Bio-Mechanics, Anthropometry and sports medicine.
November	1st	30% syllabus covered	Cell: Structure, parts and its function. Digestive System: introduction, Structure, Organs & Functions of Digestive System.
	2nd		Athletics: introduction, classification of Events, General rules of track events and Types of Start & Finish.
	3rd		Football:History, Laws of the game, Major tournaments and Arjuna Awardees.
	4th		Volleyball:History, Layout, general rules and regulations, officials, Major Tournaments and Arjuna Awardees.
December	1st		Revision and class test.

Sarabjeet Kaur
(MRS. SARABJEET KAUR)
Head of Department

[Signature]
Principal
Govt. College
Ropar

Govt. College, Ropar
Department of Physical Education

Session: Jan to April. 2019

Subject: Physical Education

Class – B.A. 1st Year

Name of Teacher:

Semester – 2nd

Month	Week	Teaching Program	Lesson Scheduled
January	1st	25% Syllabus covered Assignment on Communicable Diseases	Children and Sports: Introduction, stages of Motor Development in Children, benefits of exercise for children.
	2nd		Weight Training and their advantages and disadvantages for children.
	3rd		Body Types: Introduction, Sheldon and Kretschmar's classification.
	4th		Communicable Diseases: Introduction, classifications, causes, Symptoms, Preventions and Control of Communicable Diseases.
February	1st	25% Syllabus covered Class test	Sports Terminologies: Isometric, Isotonic, Isokinetic, Reflex action, overload, Recovery and Motor ability.
	2nd		Skeleton system: Introduction, Types, Functions and various bones of body.
	3rd		Joints: Introduction, Classification of various joints of human body and kinds of joint movements.
	4th		Revision and Class Test.

March	1 st	25% syllabus covered Assignment on Drugs	Description of the following: N.S.N.I.S, S.A.I., I.O.A., I.A.A.F.
	2 nd		Drugs: Introduction, Causes, Symptoms, Harmful effects and its preventions.
	3 rd		Doping: Introduction, Types, Prohibited substances & methods and its effects.
	4 th		Warming up and Cooling Down: Introduction, Methods & Types of warm up, significance and guidelines.
April	1 st	25% syllabus covered Revision and Class Test	Long Jump: Introduction, Rules, Layout, Techniques and Arjun Awardees.
	2 nd		Hockey and Basketball: History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjun Awardees.
	3 rd		Sports Awards: <ol style="list-style-type: none"> 1. Maharaja Ranjeet Singh 2. Arjun Award 3. Dronacharya Award 4. MAKATrophy 5. Rajeev Gandhi Khel Ratan Award.
	4 th		Revision and Class Test

Sarabjeet Kaur

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Head of Department

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