

Govt. College, Ropar
Department of Physical Education

Session: Aug. – Nov. 2019

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	Assignment on Digestive system	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

Sun
Principal
Govt. College
Ropar

Govt. College, Ropar
Department of Physical Education

Session: Jan to April. 2020

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	1st	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.
	2nd		Drugs: Introduction, Causes, Symptoms, Harmful effects and its preventions.
	3rd		Doping: Introduction, Types, Prohibited substances & methods and its effects.
	4th		Warming up and Cooling Down: Introduction, Methods & Types of warm up, significance and guidelines.
April	1st	25% syllabus covered Revision and Class Test	Long Jump: Introduction, Rules, Layout, Techniques and Arjun Awardees.
	2nd		Hockey and Basketball: History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjun Awardees.
	3rd		Sports Awards: 1. Maharaja Ranjeet Singh 2. Arjun Award 3. Dronacharya Award 4. MAKA Trophy 5. Rajeev Gandhi Khel Ratan Award.
	4th		Revision and Class Test

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