

Govt. College, Ropar
Department of Physical Education

Session: Aug. to Nov. 2019

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 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.

Sarabjeet Kaur
(MRS. SARABJEET KAUR)
Head of Department

[Signature]
Principal
Govt. College
Ropar

Govt. College, Ropar
Department of Physical Education

Session: Jan to April. 2020

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.

Sarabjeet Kaur
(MRS. SARABJEET KAUR)
Head of Department

Sun
Principal
Govt. College
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