

Govt. College, Ropar  
Department of Physical Education

Session: Aug. – Nov. 2019

Subject: Physical Education

Class – B.A. 2nd Year

Name of Teacher:

Semester – 3rd

Month	Week	Teaching Program	Lesson Scheduled
September	1st	35% Syllabus covered  Assignment on yoga	Play: Introduction, Theories and Importance.
	2nd		Childhood & Adolescence: Growth and Development (Physical, Mental, Emotional & Social.)
	3rd		Age and Sex Differences: introduction, Age & Sex Differences, Structural differences, Physiological differences and Gynecological Differences.
	4th		Yoga: Introduction, Aim, Importance and Types of yoga.
October	1st	35% Syllabus covered  Class test	Pranayama: Meaning, Types, Objectives and its Importance
	2nd		Shudhi Kirya: Introduction, Types, Objectives and its Importance.
	3rd		Physiology of Asanas: Effective on various system of body.
	4th		Endocrine System: Introduction, Glands, Location & Functions.
	1st		Excretory System: Introduction, Organs, Structure

November		30% syllabus covered	and Functions.
	2nd		Asanas: Introduction, Importance, Types and Techniques of (Padamasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasana, Mayurasana, and Chakrasana.)
	3rd		Assignment on Digestive system
	4th		Kabaddi (National Style): History, Layout, General rules and regulations, Officials, Major Tournaments and Arjuna Awardees. Shot Put: Rules, Layouts and Techniques.
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. 2nd Year

Name of Teacher:

Semester – 4th

Month	Week	Working Days	Teaching Program	Lesson Scheduled
January	1st	6	25% Syllabus covered  Assignment on Learning	<u>Sports Psychology</u> : Introduction, Importance and its Relationship.
	2nd	6		<u>Learning</u> : Meaning, Types, Laws of Learning and their implications in Sports.
	3rd	6		<u>Transfer of Training</u> : Types and its application in Sports.
	4th	6		Revision and Class Test.
February	1st	6	25% Syllabus covered  Class test	<u>Motivation</u> : Introduction, Types, Methods of Motivation and its Importance in Physical Education and Sports.
	2nd	6		<u>Personality</u> : Introduction, Types and Characteristics of Personality.
	3rd	6		<u>First Aid</u> : Introduction, Principles, Qualities of First aider.
	4th	6		Process of Providing First Aid During Different calamity (Burns, Electric Shock, Heat Stroke, Drowning).
March	1 <sup>st</sup>	6	25% syllabus covered  Assignment on Circulatory System	<u>Muscles</u> : Structural and Function Classification of Muscles.
	2 <sup>nd</sup>	6		<u>Circulatory System</u> : Structure and Function of Heart.
	3 <sup>rd</sup>	6		<u>Sports Injuries</u> : Introduction, Causes and Symptoms.
	4 <sup>th</sup>	6		Treatment and Prevention of Sports Injuries. (Sprain, Strain, Contusion, Dislocation and Fracture)
	1st	6	25% syllabus covered  Revision and	<u>High Jump</u> : Rules and Regulations, Layout and Techniques.
	2nd	6		<u>Discus Throw</u> : Rules and Regulations, Layout and Techniques.

April	3rd	6	Class Test	Kho-Kho: History, Layout, General Rules and Regulations, officials, Major Tournaments.
	4th	6		Revision and Class Test.

*Sarabjeet Kaur*  
(MRS. SARABJEET KAUR)  
Head of Department

*[Signature]*  
Principal  
Govt. College  
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