

Govt. College, Ropar
Department of Physical Education
Session: Aug. to Nov. 2022

Subject: Physical Education


Class – B.A. 3rd Year

Name of Teacher: Prof. Harjit Singh

Semester – 5th

Month	Week	Working Days	Teaching Program	Lesson Scheduled
September	1st	6	35% Syllabus covered Assignment on Recreation	<u>Recreation</u> : Introduction, Aims, Objectives, Types, Principles, Importance and Agencies providing Recreation.
	2nd	6		<u>Camping</u> : Introduction, Objectives, Types, Importance and layout of Campsite and Organization of camps.
	3rd	6		<u>Athletic Meet</u> : introduction, Planning, Organization and Importance. <u>Leadership</u> : Introduction, Importance, Types, Qualities and Responsibilities of Leader.
	4th	6		<u>Posture</u> : Introduction and Characteristics of Good Posture, causes of poor posture, Corrections Different Postural Positions.
October	1st	6	35% Syllabus covered Class test	<u>Postural Deformities</u> : Introduction, Causes and Corrective Measures for Spinal Deformities, Foot and leg Deformities.
	2nd	6		<u>Motion</u> : Introduction, Types, Laws of Motion and their applications in Sports & Games.
	3rd	6		<u>Respiratory System</u> : Introduction, Structure & Functions of Respiratory System.
	4th	6		<u>Blood Pressure & Pulse Rate</u> : Introduction and Techniques of Measurement.
	1st	6	30% syllabus	<u>Physical Education as Profession</u> : Qualities of physical Education Teachers. Career Opportunities in Physical Education Profession,

November			covered	Courses Offered and Institutions available for Physical Education in India.
	2nd	6	Assignment on Physical Education as Profession	<u>Handball</u> : History Layout, General Rules and Regulations, Officials, Major tournaments, Arjuna Awardees.
	3rd	6		<u>Badminton</u> : History Layout, General Rules and Regulations, Officials, Major tournaments, Arjuna Awardees.
	4th	6		<u>Javelin Throw</u> : Rules and Regulations, Layout and Techniques, Arjuna Awardees.
December	1st	6		<u>Revision and Class Test.</u>


 (MR. HARJIT SINGH)
 Head of Department

Jateh Singh
 Principal
 Govt. College
 Ropar

Govt. College, Ropar
Department of Physical Education

Session: Jan to April. 2023

Subject: Physical Education


Class – B.A. 3rd Year

Name of Teacher: Prof. Harjit Singh

Semester – 6th

Month	Week	Working Days	Teaching Program	Lesson Scheduled
January	1st	6	25% Syllabus covered Assignment on Life Sketch of Sports Personalities	<u>Intramural and Extramural Tournaments:</u> Introduction, Importance and Organization.
	2nd	6		<u>Tournaments:</u> Introductions and Various Classifications; Elimination, Round Robin, Combination & Challenge.
	3rd	6		<u>Life Sketch of Sports Personalities:</u> Major Dheyan Chand,
	4th	6		S. Milkha Singh, Prof. Ajmer Singh, P.T.Usha, Leander paes and Abhinav Bindra.
February	1st	6	25% Syllabus covered Class test	<u>Balanced Diet & Nutrition:</u> Introduction, Components, Sources and Functions of Each Component.
	2nd	6		<u>Obesity and Over Weight Management:</u> Introduction, Causes, General Problems.
	3rd	6		Effects on Health, Preventive and Remedial Measures
	4th	6		<u>Physiological Terminologies:</u> Hemoglobin, cardiac output, Stroke Volume, Oxygen debt, Vital Capacity, B.M.I and B.M.R.
March	1 st	6	25% syllabus covered Assignment on Training Methods	<u>Sports Training:</u> Introduction, Aims and objectives, Characteristics and Principles.
	2 nd	6		<u>Physical Fitness:</u> Introduction, its components and their Types.
	3 rd	6		(Speed, Strength, Endurance, Co-ordination and Flexibility), Factors affecting Physical Fitness.
	4 th	6		<u>Training Method:</u> Circuit training, Interval training, Fartlek training,

				Weight training, Plyometric training and Cross training.
April	1st	6	25% syllabus covered Revision and Class Test	Sports Performance: Introduction, Causes of Deterioration of Sports performance, Indian Performance at Olympics.
	2nd	6		Indian Performance at Asian & Commonwealth Games, Suggestions for improving Indian Sports Performance.
	3rd	6		Relay Races: Rules and Regulations, Layout and Techniques.
	4th	6		Cricket: History, Layout, General Rules and Regulations, Officials, Major Tournaments and Arjun awardees.


 (MR. HARJIT SINGH)
 Head of Department


Principal
Govt. College
Ropar