

Govt. College, Ropar
Department of Physical Education

Session: Aug. – Nov. 2022

Class – B.A. 2nd Year


Subject: Physical Education

Semester – 3rd

Name of Teacher: Prof. Harjit Singh

Month	Week	Working Days	Teaching Program	Lesson Scheduled
September	1st	6	35% Syllabus covered Assignment on yoga	<u>Play</u> : Introduction, Theories and Importance.
	2nd	6		<u>Childhood & Adolescence</u> : Growth and Development (Physical, Mental, Emotional & Social.)
	3rd	6		<u>Age and Sex Differences</u> : introduction, Age & Sex Differences, Structural differences, Physiological differences and Gynecological Differences.
	4th	6		<u>Yoga</u> : Introduction, Aim, Importance and Types of yoga.
October	1st	6	35% Syllabus covered Class test	<u>Pranayama</u> : Meaning, Types, Objectives and its Importance
	2nd	6		<u>Shudhi Kirya</u> : Introduction, Types, Objectives and its Importance.
	3rd	6		<u>Physiology of Asanas</u> : Effective on various system of body.
	4th	6		<u>Endocrine System</u> : Introduction, Glands, Location & Functions.
November	1st	6	30% syllabus covered Assignment on Digestive system	<u>Excretory System</u> : Introduction, Organs, Structure and Functions.
	2nd	6		<u>Asanas</u> : Introduction, Importance, Types and Techniques of (Padamasana, Vajrasana, Sukhasana, Shavasana, Makarasana, Halasana, Mayurasana, and Chakrasana.)
	3rd	6		<u>Kabaddi (National Style)</u> : History, Layout, General rules and regulations, Officials, Major

			Tournaments and Arjuna Awardees.
	4th	6	Shot Put: Rules, Layouts and Techniques.
December	1st	6	Revision and class test.


 (MR. HARJIT SINGH)
 Head of Department

Jatinder Kumar
Principal
Govt. College
Ropar

Govt. College, Ropar
Department of Physical Education

Session: Jan to April. 2023

Subject: Physical Education

Class – B.A. 2nd Year

Name of Teacher: Prof. Harjit Singh

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 st	6	25% syllabus covered Assignment on Circulatory System	<u>Muscles</u> : Structural and Function Classification of Muscles.
	2 nd	6		<u>Circulatory System</u> : Structure and Function of Heart.
	3 rd	6		<u>Sports Injuries</u> : Introduction, Causes and Symptoms.
	4 th	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	<u>Kho-Kho</u> : History, Layout, General Rules and Regulations, officials, Major Tournaments.
	4th	6		Revision and Class Test.


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