

ACADEMIC CALENDER- PHYSICAL EDUCATION

SEMESTER SESSION: 2023-24

YEAR-1, SEM.-1, PAPER-1&2

01 AUGUST- 31 OCTOBER, TOTAL WEEK- 12+02, TOTAL UNIT - 8

PAPER I

FOUNDATION OF PHYSICAL EDUCATION





WEEK-1	UNIT-I	PHYSICAL EDUCATION
WEEK-2 & WEEK-3	UNIT-II	PHILOSOPHICAL FOUNDATIONS
WEEK-4 & WEEK-5	UNIT-III	BIOOGICAL BASIS OF PHYSICAL EDUCATION
WEEK-6	UNIT-IV	SOCIOLOGY FOUNDATION

PAPER II

HISTORICAL DEVELOPMENT OF PHYSICAL EDUCATION

WEEK-7	UNIT-I	HISTORY OF PHYSICAL EDUCATION
WEEK-8 & WEEK-9	UNIT-II	HISTORY OF PHYSICAL EDUCATION IN INDIA BEFOR AND AFTER INDEPENDENCE
WEEK-10 & WEEK-11	UNIT-III	OLYMPIC GAME, ASIAN GAME AND COMMON WEALTH GAME
WEEK-12	UNIT-IV	FUNCTIONS AND OBJECTIVE

NOTE: 01 NOV - 15 NOV (2WEEKS)

-  REVISION
-  TEST
-  CLASS DISCUSSION
-  DOUBT SOLVING

YEAR-1, SEM.-2, PAPER-1&2

15 DECEMBER- 15 APRIL, TOTAL WEEK- 14+02,

PAPER I

ANATOMY AND PYSIOLOGY IN PHYSICAL EDUCATION

WEEK 1	UNIT I	INTRODUCTION
WEEK2 &WEEK 3	UNIT II	SKELETAL AND MUSCULAR SYSTEM
WEEK 4 & WEEK 5	UNIT III	RESPIRATORY AND DIGESTIVE SYSTEM
WEEK 6 & WEEK 7	UNIT IV	CIRCULATORY SYSTEM AND BLOOD

PAPER II

PRACTIAL EXAMINATION

- ✚ TRACK EVENTS : TYPES OF DIFFERENT RACES
(FUNDAMENTAL SKILLS)
- ✚ FIELD EVENTS : JUMPING AND THROWING EVENTS
(FUNDAMENTAL SKILLS).

WEEK 8 & WEEK 9	THEORY CLASS
WEEK 10,11,12,13 AND 14	✚ PRACTIAL. ✚ SKILL PRACTICE CLASS. ✚ MARKING OF TRACK. ✚ MARKING OF COURTS.

NOTE: 01 APRIL- 15 APRIL (2WEEKS)

- ✚ REVISION
- ✚ TEST
- ✚ CLASS DISCUSSION
- ✚ DOUBT SOLVING

YEAR-2, SEM.-3, PAPER-1&2

01 AUGUST- 31 OCTOBER, TOTAL WEEK- 12+02, TOTAL UNIT – 8

PAPER 1

FITNESS, WELLNESS AND LIFE STYLE

WEEK-1	UNIT-I	CONCEPT
WEEK-2 & WEEK-3	UNIT-II	RECREATION IN PHYSICAL EDUCATION
WEEK-4 & WEEK-5	UNIT-III	WEIGHT I
WEEK-6	UNIT-IV	LIFE STYLE

PAPER II

HEALTH EDUCATION

WEEK-7	UNIT-I	INTRODUCTION
WEEK-8 & WEEK-9	UNIT-II	DRUGS AND DOPING
WEEK-10 & WEEK-11	UNIT-III	BALANCE DIET AND NUTRITION
WEEK-12	UNIT-IV	COMMUNICABLE DISEASES

NOTE: 01 NOV – 15 NOV (2WEEKS)

 REVISION

 TEST

 CLASS DISCUSSION

 DOUBT SOLVING

YEAR-2, SEM.-4, PAPER-1&2

15 DECEMBER- 15 APRIL, TOTAL WEEK- 14+02,

PAPER I

PSYCHOLOGY FOUNDATION OF PHYSICAL EDUCATION

WEEK 1	UNIT I	INTRODUCTION
WEEK2 &WEEK 3	UNIT II	LEARNING
WEEK 4 & WEEK 5	UNIT III	MOTIVATION
WEEK 6 & WEEK 7	UNIT IV	PERSONALITY AND EMOTION

PAPER II

PRACTIAL EXAMINATION

- ✚ ONE INDIVIDUAL GAME
- ✚ ONE TEAM GAME.

WEEK 8 & WEEK 9	THEORY CLASS
WEEK 10,11,12,13 AND 14	<ul style="list-style-type: none">✚ PRACTIAL✚ SKILL PRACTICE CLASS✚ MARKING OF FIELD EVENTS.✚ MARKING OF COURTS.

NOTE: 01 APRIL- 15 APRIL (2WEEKS)

- ✚ REVISION
- ✚ TEST
- ✚ CLASS DISCUSSION
- ✚ DOUBT SOLVING

YEAR-3, SEM.-5, PAPER-1&2&3

01 AUGUST- 31 OCTOBER, TOTAL WEEK- 12+02, TOTAL UNIT - 1-

PAPER 1

TEACHING METHODS AND ORGANIZATION IN PHYSICAL EDUCATION

WEEK-1	UNIT-I	TEACHING METHOD
WEEK-2	UNIT-II	ORGANIZATION
WEEK-3	UNIT-III	FACILITIES EQUIPMENT AND BUDGET
WEEK-4	UNIT-IV	COMPETITION ORGNIZATION

PAPER II

KINESIOLOGY IN PHYSICAL EDUCATION





WEEK-5	UNIT-I	INTRODUCTION
WEEK-6	UNIT-II	KINESIOLOGICAL BASIS
WEEK-7	UNIT-III	MECHANICAL CONCEPTS
WEEK-8	UNIT-IV	KINEMATICS AND KINETICS

PAPER III

POSTURE, ATHLETIC CARE AND REHABILITATION

WEEK-9	UNIT-I	POSTURE
WEEK-10	UNIT-II	SPORTS INJURIES
WEEK-11	UNIT-III	FIRST AID AND REABILITATION
WEEK-12	UNIT-IV	THRAPEUTIC EXERCISES AND MASSAGE

NOTE: 01 NOV - 1- NOV (2WEEKS)

-  REVISION
-  TEST
-  CLASS DISCUSSION
-  DOUBT SOLVING

YEAR-3, SEM.-6, PAPER-1&2&3

15 DECEMBER- 15 APRIL, TOTAL WEEK- 14+02,

PAPER I

STATISTICS AND COMPUTER APPLICATION IN PHYSICAL EDUCATION

WEEK 1	UNIT I	STATISTICS
WEEK2	UNIT II	CENTRAL TENDENCY
WEEK3	UNIT III	INTRODUCTION TO COMPUTERS
WEEK4	UNIT IV	NETWORK AND INTERNET

PAPER II

YOGIC SCIENCE IN PHYSICAL EDUCATION

WEEK 5	UNIT I	INTRODUCTION
WEEK6	UNIT II	ASANAS
WEEK7	UNIT III	PRANAYAMA
WEEK8	UNIT IV	YOGA EDUCATION

PAPER III

PRACTIAL EXAMINATION

- ✚ SPECIALIZATION IN ANY MAJOR GAMES: TEAM OR INDIVIDUAL OPTED IN 2ND OR 4TH SEMESTER.
- ✚ TRACK AND FIELD EVENTS.

WEEK 9 & WEEK 10	THEORY CLASS
WEEK 11,12,13 AND 14	<ul style="list-style-type: none">✚ PRACTIAL✚ SKILL PRACTICE CLASS✚ MARKING OF TRACK & FIELD.✚ MARKING OF COURTS

NOTE: 01 APRIL- 15 APRIL (2WEEKS)

- ✚ REVISION
- ✚ TEST
- ✚ CLASS DISCUSSION
- ✚ DOUBT SOLVING

SPORTS ACTIVITIES

ANNUAL SPORTS–

- + Track and Field Events- December Or January 1st Week

INDOOR GAMES – **October to December**

- + Badminton
- + Chess
- + Table Tennis
- + Carrom

OUTDOOR GAMES -

- + Volleyball
- + Kabaddi
- + Kho-Kho
- + Football
- + Lawn Tennis
- + Basketball

NOTE:

- + **ALL TEACHERS AND STUDENTS CAN PLAY THE ABOVE GAMES.**
- + **INTER CLASS COMPETITIONS WILL BE HELD BASED ON TIME AVAILABILITY.**

PARSHADIYA PRATIYOGITA

National Sports Day-29 August

Co-Curricular Activities-

- + Chart Competition August**
- + Speech/ Debate Competition- September**
- + Power Point Presentation-October**
- + Model Competition-January**