

# **ACADEMIC CALENDER- PHYSICAL EDUCATION**

**SEMESTER SESSION: 2021-22**

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

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

## **PAPER I**

### **FOUNDATION OF PHYSICAL EDUCATION**





<b>WEEK-1</b>	<b>UNIT-I</b>	<b>PHYSICAL EDUCATION</b>
<b>WEEK-2 &amp; WEEK-3</b>	<b>UNIT-II</b>	<b>PHILOSOPHICAL FOUNDATIONS</b>
<b>WEEK-4 &amp; WEEK-5</b>	<b>UNIT-III</b>	<b>BIOOGICAL BASIS OF PHYSICAL EDUCATION</b>
<b>WEEK-6</b>	<b>UNIT-IV</b>	<b>SOCIOLOGY FOUNDATION</b>

## **PAPER II**

### **HISTORY OF PHYSICAL EDUCATION**

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

**NOTE: 01 NOV - 15 NOV (2WEEKS)**

-  REVISION
-  TEST
-  CLASS DISCUSSION
-  DOUBT SOLVING

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

15 DECEMBER- 15 APRIL, TOTLE 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

- ✚ ATHLETICS COMPULSORY (TRACK EVENT ONLY)
- ✚ ONE MAJOR TEAM GAME

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, TOTLE WEEK- 12+02, TOTLE UNIT - 8

### PAPER 1

#### FITNESS, WELLNESS AND LIFE STYLE





WEEK-1	UNIT-I	CONCEPT
WEEK-2 & WEEK-3	UNIT-II	RECREATION IN PHYCISAL EDUCATION
WEEK-4 & WEEK-5	UNIT-III	WEIGHT MANAGMENT
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, TOTLE 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

- ✚ ATHLETICS COMPULSORY (FIELD EVENT ONLY).
- ✚ ONE MAJOR INDIVIDUAL GAME.

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

NOTE: 01 APRIL- 15 APRIL (2WEEKS)

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

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

01 AUGUST- 31 OCTOBER, TOTLE WEEK- 12+02, TOTLE UNIT - 12

### PAPER 1 TEACHING METHODS AND ORGANIZATION IN PHYSICAL EDUCATION

WEEK-1	UNIT-I	TEACHING METHOD
WEEK-2	UNIT-II	ORGANIZATION
WEEK-3	UNIT-III	FACLITIES 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 - 15 NOV (2WEEKS)

-  REVISION
-  TEST
-  CLASS DISCUSSION
-  DOUBT SOLVING

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

15 DECEMBER- 15 APRIL, TOTLE 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 2<sup>ND</sup> OR 4<sup>TH</sup> SEMESTER.

✚ TRACK AND FIELD EVENTS.

WEEK 9 & WEEK 10	THEORY CLASS
WEEK 11,12,13 AND 14	✚ 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 I st Week

## **INDOOR GAMES -**

- October to December
- + Badminton
- + Chess
- + Table Tennis

## **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**