ACADEMIC CALENDAR – PHYSICAL EDUCATION

SEMESTER SESSION : 2026-2027 CREDIT - 04

YEAR – 01, SEM – 01, PAPER – 1 , 2

06 AUGUST-15 DECEMBER, TOTAL WEEK – 16+02 , TOTAL UNIT – 08

PAPER -1 (MAJOR)

FOUNDATION OF PHYSICAL EDUCATION

WEEK - 1&2	**UNIT-I**	**INTRODUCTION**
WEEK – 3&4	**UNIT-II**	**PHILOSOPHICAL BASIS**
WEEK -5&6	**UNIT –III**	**BIOLOGICAL BASIS**
WEEK -7&8	**UNIT –IV**	**SOCIOLOGICAL FOUNDATION**

PAPER -2 (MAJOR)

HISTORICAL DEVELOPMENT OF PHYSICAL EDUCATION

WEEK-9&10	**UNIT-I**	**HISTORY OF PHYSICAL EDUCATION**
WEEK-11&12	**UNIT-II**	**OLYMPIC GAMES**
WEEK-13&14	**UNIT-III**	**GLORIOUS GAMES**
WEEK-15&16	**UNIT-IV**	**FUNCTIONS AND OBJECTIVES OF THE FOLLOWING (ORGANISATION)**

PAPER-MINOR

OLYMPIC EDUCATION CREDIT -2

WEEK -11&12	**UNIT-I,II&III**
WEEK -13&14	**UNIT-IV**

NOTE: 01 DEC & 15 DEC – 2 WEEKS (17&18)

- REVISION.
- ASSIGNMENT SUBMISSION.
- PRESENTATION.
- CLASS DISCUSSION.
- DOUBT SOLVINGS.

YEAR-1, SEM – 2, PAPER – 3 & 4 CREDIT – 04

15 JANUARY – 30 APRIL , TOTAL WEEK – 12+02

PAPER 3 (MAJOR)

ANATOMY AND PHYSIOLOGY IN PHYSICAL EDUCATION

WEEK 1	**UNIT I**	**ANATOMY AND PHYSIOLOGY OF EXERCISE**
WEEK 2 & 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 4 (MAJOR)

PRACTICAL EXAMINATION

- **TRACK EVENT : TYPES OF DIFFERENT RACES (FUNDAMENTAL SKILLS.**
- **FIELD EVENTS – JUMPING & THROWING EVENTS (FUNDAMENTAL SKILLS.**

WEEK 7 & WEEK 8	**THEORY & SKILL PRACTICE**
WEEK 9,10,11 &12	**.PRACTICAL** **.SKILL PRACTICE** **.TRADE MARKING** **.MARKING OF FIELD EVENTS**

PAPER - (MINOR)

. **HEALTH AWARENESS AND GENERAL FITNESS** **CREDIT -02**

WEEK 10 & WEEK 12	**UNIT – I,II,III &IV**

NOTE : 15 APRIL – 30 APRIL (WEEK 13&14)

- REVISION
- SKILL TEST/PRACTICE
- CLASS DISCUSSION
- DOUBT SOLVING

YEAR - 2, SEM - 3, PAPER - 5 & 6 **CREDIT – 04**

01 AUGUST – 15 NOVEMBER ,TOTAL WEEK – 14 , TOTAL UNIT – 08

PAPER- 05 (MAJOR)

FITNESS WELLNESS AND LIFE STYLE

WEEK 7	UNIT-I	INTRODUCTION
WEEK 8 & 9	UNIT-II	DRUGS AND DOPING
WEEK 10 & 11	UNIT-III	BALANCE DIET AND NUTRITION
WEEK 12 & 13	UNIT-IV	COMMUNICABLE DISEASES

PAPER – 06 (MAJOR)

HEALTH EDUCATION

WEEK 1	CONCEPT OF FITNESS AND WELLNESS
WEEK 2 & 3	RECREATION IN PHYSICAL EDUCATION
WEEK 4 & 5	WEIGHT MANAGEMENT
WEEK 6	LIFESTYLE

PAPER - MINOR CREDIT - 2

PHYSICAL GROWTH AND DEVELOPMENT

UNIT 1 ,2 ,3,4. WEEK 13, 14

NOTE : 13 &14 (WEEKS)

- REVISION.
- ASSIGNMENT SUBMISSION.
- PRESENTATION.
- CLASS DISCUSSION.
- DOUBT SOLVING.

YEAR – 2 , SEM – 4 , PAPER – 7 & 8

15 DECEMBER – 15 APRIL TOTAL WEEK – 12 **CREDIT - 4**

PAPER 7

PSYCHOLOGICAL FOUNDATION OF PHYSICAL EDUCATION

WEEK 1	**UNIT – I**	**INTRODUCTION**
WEEK 2 & 3	**UNIT – II**	**LEARNING**
WEEK 4 & 5	**UNIT – III**	**MOTIVATION**
WEEK 6	**UNIT – IV**	**PERSONALITY AND EMOTION**

PAPER – 8

PRACTICAL EXAMINATION

(ONE INDIVIDUAL GAME AND ONE TEAM GAME)

WEEK 7, 8, 9, AND 10	**PRACTICAL** **SKILL PRACTICE CLASS** **MARKING OF COURTS** **MARKING OF FIELD EVENTS**

PAPER – MINOR. CREDIT 2

ADVENTURE SPORTS

WEEK 9 AND 10	**UNIT – I,II,III AND IV**

NOTE : (WEEK 11 AND 12)

- REVISION.
- SKILL / TEST PRACTICE.
- CLASS DISCUSSION.
- FILE SUBMISSION.
- DOUBT SOLVING.

YEAR – 3, SEM – 5 CREDIT – 04

01 AUGUST – 15 NOVEMBER , TOTAL WEEK – 12+02

PAPER – 9

SPORTS ORGANIZATION AND MANAGEMENT

WEEK – 1	**UNIT – I**	**SPORTS MANAGEMENT**
WEEK – 2 & 3	**UNIT – II**	**CLASS MANAGEMENT AND TEACHING METHOD**
WEEK – 4 & 5	**UNIT – III**	**FACILITIES EQUIPMENT AND BUDGET**
WEEK – 6	**UNIT – IV**	**COMPETITION ORGANIZATION**

PAPER – 10

KINESIOLOGY AND BIOMECHANICS IN PHYSICAL EDUCATION

WEEK – 7	**UNIT – I**	**INTRODUCTION TO KINESIOLOGY**
WEEK – 8 & 9	**UNIT – II**	**KINESIOLOGICAL BASIS**
WEEK – 10 & 11	**UNIT – III**	**MECHANICAL CONCEPTS**
WEEK – 12	**UNIT – IV**	**KINEMATICS AND KINETICS**

NOTE : 1 NOVEMBER – 15 NOVEMBER = 02 WEEK (13&14)

- REVISION.
- ASSIGNMENT / FILE SUBMISSION.
- PRESENTIONS.
- CLASS DISCUSSION.
- DOUBT SOLVING.

YEAR - 3, , SEM – 6, CREDIT – 04

15 DECEMBER – 15 APRIL , TOTAL WEEK – 16 (14+02)

PAPER – 11

SPORTS INJURIES AND REHABILATION MAJOR – A

WEEK – 1	UNIT - 1	POSTURE
WEEK – 2&3	UNIT – 2	SPORTS INJURIES
WEEK – 4&5	UNIT – 3	FIRST AID AND REHABILITATION
WEEK - 6	UNIT – 4	THERAPEUTIC EXERCISES AND MASSAGE

PAPER – 12

GUIDANCE AND COUNSELLING IN PHYSICAL EDUCATION

WEEK – 7	UNIT – 1	GUIDANCE IN PHYSICAL EDUCATION
WEEK – 8 & 9	UNIT – 2	GUIDANCE TECHNIQUES
WEEK – 10 & 11	UNIT – 3	COUNSELLING
WEEK – 12	UNIT – 4	COUNSELLING SKILLS

PAPER – 13A

YOGIC SCIENCE

WEEK – 13 &14	UNIT – I,II,III,&IV

.

PAPER – 13 B

SPORTS INJURIES

WEEK – 13&14	UNIT – I,II,III,&IV

PAPER – 13C

GYM STRUCTURE

WEEK – 13&14	I,II,III,&IV

NOTE – 01 – 15 APRAL– 02 WEEK (15&16)

- REVISION
- ASSIGNMENT SUBMISSION
- PRESENTATION
- CLASS DISCUSSION
- DOUBT SOLVING

CO – CURRICULAR COURSES

B.A. Ist YEAR, SEMESTER – I

ESSENTIAL OF PHYSICAL EDUCATION

TWO CLASS PER MONTH

UNIT – I , II , III ,& IV	**EVERY II & IV SATURDAY OF THE MONTH**

VOCATIONAL COURSES

B.A. Ist YEAR , SEMESTER – 2

CRICKET

UNIT – I , II , III , & IV	**EVERY II , & IV SATURDAY OF THE MONTH**

CO – CURRICULAR COURSES

B.A. II YEAR , SEMESTER – 3

SCIENTIFIC BASIS OF PHYSICAL EDUCATION

UNIT – I , II , III , & IV	**EVERY II & IV SATURDAY OF THE MONTH**

VOCATIONAL COURSES

B.A. II YEAR , SEMESTER – 4

KABADDI

UNIT – I , II , III , & IV	**EVERY II & IV SATURDAY OF THE MONTH**