**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.A.1st (2nd SEM) Name of the Teacher: Mr. Ram Niwas &**

**Mr. Banish Kumar**

**Subject: Physical Education Period: 2nd & 4th**

**Paper: Room No: 109,330**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | | Meaning and definition of Anatomy & Physiology, structure and functions of a cell. |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | | Meaning and functions of skeletal system.  Types of Bones and names of various bones of the body. |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | | Introduction of Muscular system, structure and functions of muscular system.  Effect of exercise on the muscular system. |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | | Warming up, cooling down and physical fitness:  Warming up and cooling down in sports and its significance. |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | | Meaning, definition and components of physical fitness.  Influence of age, sex, body composition, diet, climate, exercise and training on physical fitness. |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | | History of the game.  Basic fundamentals. |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | | Equipments and specifications.  Marking /layout of court.  Rules and regulation regulations (number of players, duration of games, number of officials required and general rules of play.) |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | | Major tournament and Arjun awardees of the game. |
| **First Week March (Mid Semester Exam)** | | | | |
| Week 9 | March 9,2017 | | March 11,2017 | Meaning, definition of health. |
| Week 10 | March 13 ,2017 | | March 18, 2017 | Meanin, definitions, objectives, scope, principal and importance of Health education. |
| Week 11 | March 20,2017 | | March 25, 2017 | Personal hygiene, its meaning and importance. |
| Week 12 | March 27,2017 | | April 1 , 2017 | Meaning and importance of first Aid in Physical Education and sports with special reference to drowning, dislocation of a joint fracture of bone sprain and strain. |
| Week 13 | April 3 ,2017 | | April 8 , 2017 | Growth and Development .Difference between growth and development. |
| Week 14 | April 10 ,2017 | | April 15 , 2017 | Factors affecting growth and development. |
| Week 15 | April 17 ,2017 | | April 22 , 2017 | Various stages of growth and development. |
| Week 16 | April 24 ,2017 | | April 29 , 2017 | Heredity and Environment and its effects on growth the Development. |
| Week 16 | April 30, 2017 | | May 6, 2017 | Various Stages of growth and development. |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.A. 2nd year (IVth SEM) Name of the Teacher: Mrs. Anju Trikha &**

**Mr.Parveen**

**Subject: Physical Education Period: 3rd & 5th**

**Paper: Room No: 320, 330**

|  |  |  |  |
| --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | Meaning of Respirations, types of Respiration, organ of the reparatory system. |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | Functions of the Respiratory system vital capacity and its measurement.  Mechanism and Neural control of Respiration. |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | Meaning, importance and organs of Digestive system. |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | Functions, processes, mechanism and Nerve Regulators of Digestive system. |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | Meaning of the circulatory system.  Heart, its structure, functions and controls of the heart rate. |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | Various types of blood vessels and their functions.  Cardiac cycle. |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | Meaning, functions and compositions of blood.  Maintenance of blood supply. |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | Blood groups and their importance.  Blood clotting. |
| **First Week March (Mid Semester Exam)** | | | |
| Week 9 | March 9,2017 | March 11,2017 | Meaning of a communicable diseases .communicable disease such as HIV/AIDS, viral. |
| Week 10 | March 13 ,2017 | March 18, 2017 | Hepatitis – A,B and C and Tetanus , their modes of transmission and methods of prevention. |
| Week 11 | March 20,2017 | March 25, 2017 | Meaning aim, and types of Yoga. Concept of Health Yoga and its relationship with Physical, mental and spiritual health. |
| Week 12 | March 27,2017 | April 1 , 2017 | Meaning, principal and importance of Asana. |
| Week 13 | April 3 ,2017 | April 8 , 2017 | Meditative poses (padamasna, Vajra Asana, and such Asana), their technique, precautions and effects/ Advantages. |
| Week 14 | April 10 ,2017 | April 15 , 2017 | Cultural poses (savanna, Hal asana, Bhujangasana, Suravangasana, salbhasana, Dhaburasana and Chkrasana), their technique precautions and effects/ advantages |
| Week 15 | April 17 ,2017 | April 22 , 2017 | Treatment and care (RICE) of sports Injuries. |
| Week 16 | April 24 ,2017 | April 29 , 2017 | Meaning, type, cause and preventive measure of disability |
| Week 16 | April 30, 2017 | May 6, 2017 | Problems of the disabled. Physical activity and health for disabled.  Meaning and scope of Rehabilitation. |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.A. 3rd year (VIth Sem) Name of the Teacher: Mrs. Shafali &**

**Ms. Rekha**

**Subject: Physical Education Period: 3rd & 4th**

**Paper : Room No : 107,319**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | | Meaning of Nervous system.  Main organs of nervous system and their functions. |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | | Reflex action and reciprocal innervations.  Functional classification of Nervous system. |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | | Meaning of excretory system. |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | | Main organs of excretory system and their structure and functions. |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | | Meaning of endocrine system.  Meaning of glands, their location and functions/Harmones produced by them. |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | | Meaning, definition, aim, objective, characteristics and principles of sports training. |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | | Physiological concepts such as vital capacity, second wind, stitch in the side and its causes.  Definition of oxygen debt/excess post exercise oxygen consumption (EPOC) AND ITS IMPLICATION. |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | | Meaning, definition and types of fatigue.  Muscular contractions such as isotonic, isometric, eccentric and isokinetic. |
| **First Week March (Mid Semester Exam)** | | | | |
| Week 9 | March 9,2017 | | March 11,2017 | Meaning of blood pressure, hypertension: its causes, effects and treatment, exercise and hypertension. |
| Week 10 | March 13 ,2017 | | March 18, 2017 | Effects of physical exercise/training on muscular, respiratory and circulatory systems of the body. |
| Week 11 | March 20,2017 | | March 25, 2017 | Carrier options in Physical education.  -Different avenues in physical education |
| Week 12 | March 27,2017 | | April 1 , 2017 | Self assessment for carrier choices.  -Courses and institutions available for physical education profession. |
| Week 13 | April 3 ,2017 | | April 8 , 2017 | Coaching, coaching philosophy, definition of a coach. |
| Week 14 | April 10 ,2017 | | April 15 , 2017 | Qualification and characteristics of a coach. |
| Week 15 | April 17 ,2017 | | April 22 , 2017 | History of the game, basic fundamentals, equipment and specifications, marking/layout of T.T Table |
| Week 16 | April 24 ,2017 | | April 29 , 2017 | Rules and Regulations(Number of players, duration of game, number of officials and general rules of play) |
| Week 16 | April 30, 2017 | | May 6, 2017 | Major tournaments and Arjuna awardees of the game. |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.P.ED SEMESTER-II Name of the Teacher: Mr. Manoj**

**Subject: YOGA EDUCATION Period: 4th**

**Paper: V (CC-201) Room No: 325**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | | Meaning and Definition of Yoga  Aims and Objectives of Yoga |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | | Yoga in Early Upanishads |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | | The Yoga Sutra: General Consideration |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | | Need and Importance of Yoga in Physical Education and Sports |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | | The Astanga Yoga: Yama, Niyama, Asana, Pranayama, |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | | Pratyahara, Dharana, Dhyana and Samadhi |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | | Yoga in the Bhagavadgita - Karma Yoga, |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | | Raja Yoga, Jnana Yoga and Bhakti Yoga |
| **First Week March (Mid Semester Exam)** | | | | |
| Week 9 | March 9,2017 | | March 11,2017 | Effect of Asanas and Pranayama on various system of the body |
| Week 10 | March 13 ,2017 | | March 18, 2017 | Classification of asanas with special reference to physical education and sports |
| Week 11 | March 20,2017 | | March 25, 2017 | Influences of relaxtive, meditative posture on various system of the body |
| Week 12 | March 27,2017 | | April 1 , 2017 | Types of Bandhas and mudras |
| Week 13 | April 3 ,2017 | | April 8 , 2017 | Type of kriyas |
| Week 14 | April 10 ,2017 | | April 15 , 2017 | Basic, applied and action research in Yoga |
| Week 15 | April 17 ,2017 | | April 22 , 2017 | Difference between yogic practices and physical exercises |
| Week 16 | April 24 ,2017 | | April 29 , 2017 | Yoga education centers in India and abroad |
| Week 16 | April 30, 2017 | | May 6, 2017 | Competitions in Yogasanas |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.P.ED SEMESTER-II Name of the Teacher: Mrs. Shafali**

**Subject: HEALTH EDUCATION AND ENVIRONMENT STUDIES Period: 1st**

**Paper: VI (CC-202) Room No: 327**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | | Concept, Dimensions, Spectrum and Determinants of Health |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | | Definition of Health, Health Education, Health Instruction, Health Supervision |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | | Aim, objective and Principles of Health Education |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | | Health Service and guidance instruction in personal hygiene |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | | Communicable and Non Communicable Diseases |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | | Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | | Personal and Environmental Hygiene for schools |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | | Objective of school health service, Role of health education in schools |
| **First Week March (Mid Semester Exam)** | | | | |
| Week 9 | March 9,2017 | | March 11,2017 | Health Services Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, |
| Week 10 | March 13 ,2017 | | March 18, 2017 | Health record, Healthful school environment, first- aid and emergency care etc. |
| Week 11 | March 20,2017 | | March 25, 2017 | Definition, Scope, Need and Importance of environmental studies |
| Week 12 | March 27,2017 | | April 1 , 2017 | Concept of environmental education, Historical background of environmental education, |
| Week 13 | April 3 ,2017 | | April 8 , 2017 | Celebration of various days in relation with environment |
| Week 14 | April 10 ,2017 | | April 15 , 2017 | Plastic recycling & probation of plastic bag / cover. |
| Week 15 | April 17 ,2017 | | April 22 , 2017 | Role of school in environmental conservation and sustainable development. |
| Week 16 | April 24 ,2017 | | April 29 , 2017 | Water resources, food resources and Land resources o Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution |
| Week 16 | April 30, 2017 | | May 6, 2017 | Management of environment and Govt. policies, Role of pollution control board. |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.P.ED SEMESTER-II Name of the Teacher: Mr. Vikas**

**Subject: ORGANIZATION AND ADMINISTRATION Period: 3rd**

**Paper: VII (CC-203) Room No : 325, 326**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | | Meaning and importance of Organization and Administration in physical education.  Qualification and Responsibilities of Physical Education teacher and pupil leader |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | | Planning and their basic principles, |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | | Program planning: Meaning, Importance, Principles of program planning in physical education. |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | | Functions of Management: Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating. |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | | Office Management: Meaning, definition, functions and kinds of office management |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | | Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record. |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | | Budget: Meaning, Importance of Budget making, |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | | Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget. |
| **First Week March (Mid Semester Exam)** | | | | |
| Week 9 | March 9,2017 | | March 11,2017 | Facilities and equipment management: Types of facilities; Infrastructure-indoor, out door. |
| Week 10 | March 13 ,2017 | | March 18, 2017 | Playfields: Area, Location, layout and care |
| Week 11 | March 20,2017 | | March 25, 2017 | Equipment: Need, importance, purchase, care and maintenance |
| Week 12 | March 27,2017 | | April 1 , 2017 | Time Table Management: Meaning, Need, Importance and Factor affecting time table. |
| Week 13 | April 3 ,2017 | | April 8 , 2017 | Tournament and its importance. |
| Week 14 | April 10 ,2017 | | April 15 , 2017 | Types of Tournament and its organization structure - Knock-out Tournaments, League |
| Week 15 | April 17 ,2017 | | April 22 , 2017 | Round Robin Tournaments, Combination Tournament, consolation tournaments and challenge Tournament. |
| Week 16 | April 24 ,2017 | | April 29 , 2017 | Organization structure of Athletic Meet. |
| Week 16 | April 30, 2017 | | May 6, 2017 | Sports Event Intramurals & Extramural Tournament planning. |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.P.ED SEMESTER-II Name of the Teacher: Mr. Ram Niwas**

**Subject: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION,**

**FITNESS AND WELLNESS**

**Paper: VIII (EC-201) Period: 5th Room No: 326**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | | Definition, Aims and Objectives of Physical Education, fitness and Wellness |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | | Importance and Scope of fitness and wellness |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | | Modern concept of Physical fitness and Wellness |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | | Physical Education and its Relevance in Inter Disciplinary Context |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | | Fitness Types of Fitness and Components of Fitness  Understanding of Wellness |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | | Modern Lifestyle and Hypo kinetic Diseases Prevention and Management |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | | Physical Activity and Health Benefits |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | | Means of Fitness |
| **First Week March (Mid Semester Exam)** | | | | |
| Week 9 | March 9,2017 | | March 11,2017 | development aerobic and anaerobic exercises |
| Week 10 | March 13 ,2017 | | March 18, 2017 | Exercises and Heart rate |
| Week 11 | March 20,2017 | | March 25, 2017 | Zones for various aerobic exercise intensities |
| Week 12 | March 27,2017 | | April 1 , 2017 | Concept of free weight Vs Machine, Sets and Repetition etc |
| Week 13 | April 3 ,2017 | | April 8 , 2017 | Concept of designing different fitness |
| Week 14 | April 10 ,2017 | | April 15 , 2017 | Training program for different age group. |
| Week 15 | April 17 ,2017 | | April 22 , 2017 | Health and Safety in Daily Life |
| Week 16 | April 24 ,2017 | | April 29 , 2017 | First Aid and Emergency Care |
| Week 16 | April 30, 2017 | | May 6, 2017 | Common Injuries and their Management |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.P.ED SEMESTER-IV Name of the Teacher: Ms. Rekha**

**Subject: MEASUREMENT AND EVALUATION**

**IN PHYSICAL EDUCATION Period: 3rd**

**Paper: XIII (CC-401) Room No: 326**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | | Meaning of Test & Measurement & Evaluation in Physical Education |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | | Need & Importance of Test |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | | Measurement & Evaluation in Physical Education |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | | Principles of Evaluation |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | | Criteria of good Test |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | | Criteria of tests, |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | | scientific authenticity (reliability, objectivity, validity and availability of norms) |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | | Type and classification of Test |
| **First Week March (Mid Semester Exam)** | | | | |
| Week 9 | March 9,2017 | | March 11,2017 | Administration of test |
| Week 10 | March 13 ,2017 | | March 18, 2017 | AAHPER youth fitness test |
| Week 11 | March 20,2017 | | March 25, 2017 | National physical Fitness Test |
| Week 12 | March 27,2017 | | April 1 , 2017 | Indiana Motor Fitness Test |
| Week 13 | April 3 ,2017 | | April 8 , 2017 | JCR test |
| Week 14 | April 10 ,2017 | | April 15 , 2017 | Lockhart and McPherson badminton test |
| Week 15 | April 17 ,2017 | | April 22 , 2017 | Johnson basketball test |
| Week 16 | April 24 ,2017 | | April 29 , 2017 | McDonald soccer test |
| Week 16 | April 30, 2017 | | May 6, 2017 | S.A.I volleyball test |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.P.ED SEMESTER-IV Name of the Teacher: Mr. Banish**

**Subject: KINESIOLOGY AND BIOMECHANICS Period: 4th**

**Paper : XIV (CC-402) Room No : 326**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | | Meaning and Definition of Kinesiology and Sports Biomechanics |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | | Importance of Kinesiology and Sports |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | | Biomechanics to Physical Education Teacher, Athletes and Sports Coaches. |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | | Terminology of Fundamental Movements |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | | Fundamental concepts of following terms Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | | Classification of Joints and Muscles |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | | Types of Muscle Contractions |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | | Posture Meaning, Types and Importance of good posture |
| **First Week March (Mid Semester Exam)** | | | | |
| Week 9 | March 9,2017 | | March 11,2017 | Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation |
| Week 10 | March 13 ,2017 | | March 18, 2017 | Force - Meaning, definition, types and its application to sports activities |
| Week 11 | March 20,2017 | | March 25, 2017 | Lever - Meaning, definition, types and its application to human body. |
| Week 12 | March 27,2017 | | April 1 , 2017 | Newtons Laws of Motion Meaning, definition and its application to sports activities |
| Week 13 | April 3 ,2017 | | April 8 , 2017 | Projectile Factors influencing projectile trajectory |
| Week 14 | April 10 ,2017 | | April 15 , 2017 | Linear Kinematics Distance and Displacement, speed and velocity, Acceleration |
| Week 15 | April 17 ,2017 | | April 22 , 2017 | Angular kinematics Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration. |
| Week 16 | April 24 ,2017 | | April 29 , 2017 | Linear Kinetics Inertia, Mass, Momentum, Friction |
| Week 16 | April 30, 2017 | | May 6, 2017 | Angular Kinetics Moment of inertia ,Couple, Stability. |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.P.ED SEMESTER-IV Name of the Teacher: Mr. Parveen**

**Subject: Research and Statistics in Physical Education**

**Period: 4th**

**Paper: XV (CC-403) Room No: 326**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | | Definition of Research |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | | Need and importance of Research in Physical Education and Sports |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | | Scope of Research in Physical Education & Sports. |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | | Classification of Research |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | | Research Problem, Meaning of the term, Location and criteria of Selection of Problem  Formulation of a Research Problem, Limitations and Delimitations |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | | Need for surveying related literature. |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | | Literature Sources, Library Reading |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | | Research Proposal, Meaning and Significance of Research Proposal. |
| **First Week March (Mid Semester Exam)** | | | | |
| Week 9 | March 9,2017 | | March 11,2017 | Preparation of Research proposal / project. |
| Week 10 | March 13 ,2017 | | March 18, 2017 | Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school . |
| Week 11 | March 20,2017 | | March 25, 2017 | Facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution. |
| Week 12 | March 27,2017 | | April 1 , 2017 | Statistics: Meaning, Definition, Nature and Importance |
| Week 13 | April 3 ,2017 | | April 8 , 2017 | Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables |
| Week 14 | April 10 ,2017 | | April 15 , 2017 | Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency  Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram |
| Week 15 | April 17 ,2017 | | April 22 , 2017 | Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data |
| Week 16 | April 24 ,2017 | | April 29 , 2017 | Measures of Variability: Meaning, importance, computing from group and ungroup data |
| Week 16 | April 30, 2017 | | May 6, 2017 | Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data |

**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Session (2017-18)**

**Class: B.P.Ed Semester IV Name of the Teacher: Ms. Jaspreet**

**Subject: Theory of Sports and Games** **Period: 1st**

**Paper: XVI (EC-402) Room No: 326**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S. No** | **Date From** | **Date Upto** | | **Topics to be covered** |
| Week 1 | Jan 11,2017 | Jan 14, 2017 | | Athletics, Badminton, Basketball, Cricket, Football, |
| Week 2 | Jan 16, 2017 | Jan 21, 2017 | | Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga. |
| Week 3 | Jan 23, 2017 | Jan 28, 2017 | | History and development of the Game and Sports , Ethics of sports and sportsmanship |
| Week 4 | Jan 30, 2017 | Feb 4, 2017 | | Ground preparation, dimensions and marking , Standard equipment and their specifications |
| Week 5 | Feb 6, 2017 | Feb 11, 2017 | | Speed and its types |
| Week 6 | Feb 13, 2017 | Feb 18, 2017 | | Strength and its types |
| Week 7 | Feb 20, 2017 | Feb 25, 2017 | | Endurance and its types  (continuous method, interval method, circuit method, fartlek /speed play and weight training) |
| Week 8 | Feb 27, 2017 | Feb 28, 2017 | | Flexibility and its types  Coordinative ability and its types |
| **First Week March (Mid Semester Exam)** | | | | |
| Week 9 | March 9,2017 | | March 11,2017 | Training methods: Development of components of physical fitness and motor fitness through following training methods |
| Week 10 | March 13 ,2017 | | March 18, 2017 | Leadership style and method |
| Week 11 | March 20,2017 | | March 25, 2017 | Flexibility and its types |
| Week 12 | March 27,2017 | | April 1 , 2017 | Coordinative ability and its types |
| Week 13 | April 3 ,2017 | | April 8 , 2017 | Training methods: Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training) |
| Week 14 | April 10 ,2017 | | April 15 , 2017 | Concept of Conditioning and warming up.  Role of weight training in games and sports. |
| Week 15 | April 17 ,2017 | | April 22 , 2017 | Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition). |
| Week 16 | April 24 ,2017 | | April 29 , 2017 | Recreational and Lead up games |
| Week 16 | April 30, 2017 | | May 6, 2017 | Strategy Offence and defense, Principles of offence and defense |