**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (OddSemester) Session (2019-2020)**

**Class: B.A.1st (1st SEM) Name of the Teacher: Dr. Ram Niwas Yadav**

**Subject: Physical Education Period: 2nd**

**Paper: Room No: 108**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Meaning and concept of education |
| Week 2 | 29-07-2019 to 03-08-2019 | Meaning and definition of Physical Education, its aim and objectives |
| Week 3 | 05-08-2019 to 10-08-2019 | Ancient Olympic Games. |
| Week 4 | 13-08-2019 to 17-08-2019 | Modern Olympic Games. |
| Week 5 | 19-08-2019 to 24-08-2019 | History of the game. |
| Week 6 | 26-08-2019 to 31-08-2019 | Basic fundamentals. |
| Week 7 | 02-09-2019 to 07-09-2019 | Equipment and specification. |
| Week 8 | 09-09-2019to 14-09-2019 | Marking /layout of court. |
| Week 9 | 16-09-2019 to 21-09-2019 | Rules and regulations (number of players, |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Duration of games, number of officials required and general rules of play.) |
| Week 11 | 30-09-2019 to 05-10-2019 | Major tournament and Arjun awardees of the game. |
| Mid Semester Exams | | |  | Need and importance of Physical Education in Modern society and its relationship with other subjects. |
| Week 12 | 16-10-2019 to 19-10-2019 | Asian Games. |
| Week 13 | 21-10-2019 to 26-10-2019 | Common Wealth Games. |
| Week 14 | 29-10-2019 to 02-11-2019 | Raj Kumari Amrit Kaur Coaching Scheme. |
| Week 15 | 04-11-2019 to 09-11-2019 | Netaji Subash National Institute of Sports, Patiala. |
| Week 16 | 11-11-2019 to 16-11-2019 | Sports Authority of Indi |
| Week 17 | 18-11-2019 to 23-11-2019 | Indian Olympic Association. |
| Week 18 | 25-11-2019 to 30-11-2019 | International Olympic Committee. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.A.II (3RD SEM) Name of the Teacher: Dr. Anju & Dr. Parveen**

**Subject: Physical Education Period: 2nd & 5TH**

**Paper: Room No: 108**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Meaning of Psychology, Sports Psychology. |
| Week 2 | 29-07-2019 to 03-08-2019 | Meaning and Learning. |
| Week 3 | 05-08-2019 to 10-08-2019 | Learning curve its types, characteristics |
| Week 4 | 13-08-2019 to 17-08-2019 | Implications in Physical education and sports. Psychological characteristics |
| Week 5 | 19-08-2019 to 24-08-2019 | Problems of an adolescent |
| Week 6 | 26-08-2019 to 31-08-2019 | Psychology factors effecting Physical Performance. |
| Week 7 | 02-09-2019 to 07-09-2019 | Meaning definitions type and methods of motivation. |
| Week 8 | 09-09-2019to 14-09-2019 | Importance of Motivations in Physical Educations and sports. |
| Week 9 | 16-09-2019 to 21-09-2019 | Meaning, definitions of transfer of training. |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | type of transfer of training |
| Week 11 | 30-09-2019 to 05-10-2019 | Meaning, definitions, characteristics, dimensions and traits of personality. |
| Mid Semester Exams | | |  | Factors affecting development of personality (Heredity and Environment). |
| Week 12 | 16-10-2019 to 19-10-2019 | The role of Physical activates in Personality Development. Meaning and definitions of socializations through sports. |
| Week 13 | 21-10-2019 to 26-10-2019 | Role of politics and economy in the promotion of games and sports. |
| Week 14 | 29-10-2019 to 02-11-2019 | Role of media in promotions of sports. |
| Week 15 | 04-11-2019 to 09-11-2019 | Causes of deterioration and suggestions for the improvement of sports performance |
| Week 16 | 11-11-2019 to 16-11-2019 | Softball |
| Week 17 | 18-11-2019 to 23-11-2019 | Meaning and definitions of socializations through sports. |
| Week 18 | 25-11-2019 to 30-11-2019 | Meaning and definitions of socializations through sports. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.A.III (5th Sem) Name of the Teacher: Dr. Shafali**

**Subject: Physical Education Period: 3rd**

**Paper: Room No: 108**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Meaning and Definition of play. |
| Week 2 | 29-07-2019 to 03-08-2019 | Various theories of play and their significance in Physical education and sports. |
| Week 3 | 05-08-2019 to 10-08-2019 | Meaning, definition, characteristics, aim, objectives and types of recreation and recreational activities. |
| Week 4 | 13-08-2019 to 17-08-2019 | Significance of recreation in modern society. |
| Week 5 | 19-08-2019 to 24-08-2019 | Recreation providing agencies. |
| Week 6 | 26-08-2019 to 31-08-2019 | Meaning, importance and conduct of intramural and extramural competitions. |
| Week 7 | 02-09-2019 to 07-09-2019 | Meaning and types of tournament and their merits and demerits. |
| Week 8 | 09-09-2019to 14-09-2019 | Draw of fixtures of various tournaments |
| Week 9 | 16-09-2019 to 21-09-2019 | Meaning, aim and objectives of the camp. |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Advantages of camping/outdoor education. Types and agencies promoting camping. Organization of camps and factors affecting its organization Educative values of a camp. |
| Week 11 | 30-09-2019 to 05-10-2019 | Organization of an athletic meet.  Importance /significance of an athletic meet. |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Meaning, types and importance of a good posture. Causes, preventive and (Kyphosis, Lordosis, Scolosis and Flat foot), |
| Week 13 | 21-10-2019 to 26-10-2019 | Their causes, preventive and remedial measures.  PHYSICAL ACTIVITES AND THEIR EFFECTS ON VARIOUS PHYSICAL PARAMETERS: |
| Week 14 | 29-10-2019 to 02-11-2019 | Physical activities/training and their effects on aging, body composition, and obesity. General problems of obesity. |
| Week 15 | 04-11-2019 to 09-11-2019 | Health related risk factors of obesity. Obesity and physical activity. Causes, preventive and remedial measures of obesity |
| Week 16 | 11-11-2019 to 16-11-2019 | Breif history of massage. Meaning and definition of massage. Principles/guidelines for massage.Types of massage and their benefits. Effects of massage on skin, blood circulation, nervous system and muscles. |
| Week 17 | 18-11-2019 to 23-11-2019 | Types of massage and their benefits. Effects of massage on skin, blood circulation, nervous system and muscles. History of the game, basic fundamentals, Equipment and specifications, Marking /layout of field, Rules and regulations(number of players, duration of game, number of officials required and general rules of play) |
| Week 18 | 25-11-2019 to 30-11-2019 | Major tournaments and Arjuna awardees of game. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.P.ED I Name of the Teacher: Dr. Shafalil**

**Subject: HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION Period: 3rd**

**Paper: I (CC-101) Room No: 325**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Meaning, Definition and Scope of Physical Education  Aims and Objective of Physical Education |
| Week 2 | 29-07-2019 to 03-08-2019 | Importance of Physical Education in present era. Misconceptions about Physical Education. |
| Week 3 | 05-08-2019 to 10-08-2019 | Relationship of Physical Education with General Education.  Physical Education as an Art and Science. |
| Week 4 | 13-08-2019 to 17-08-2019 | Indus Valley Civilization Period. (3250 BC 2500 BC) Vedic Period (2500 BC 600 BC) |
| Week 5 | 19-08-2019 to 24-08-2019 | Early Hindu Period (600 BC 320 AD) and Later Hindu Period (320 AD 1000 AD)  British Period (Before 1947) |
| Week 6 | 26-08-2019 to 31-08-2019 | Physical Education in India (After 1947)  Y.M.C.A. and its contributions. |
| Week 7 | 02-09-2019 to 07-09-2019 | Philosophical foundation:  Idealism  |
| Week 8 | 09-09-2019to 14-09-2019 | Pragmatism |
| Week 9 | 16-09-2019 to 21-09-2019 | Naturalism  Realism  Humanism and Existentialism |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Fitness and wellness movement in the contemporary perspectives |
| Week 11 | 30-09-2019 to 05-10-2019 | Sports for all and its role in the maintenance and promotion of fitness. |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Biological  Growth and development |
| Week 13 | 21-10-2019 to 26-10-2019 | Age and gender characteristics  Body Types |
| Week 14 | 29-10-2019 to 02-11-2019 | Anthropometric differences |
| Week 15 | 04-11-2019 to 09-11-2019 | Psychological  Learning types, learning curve |
| Week 16 | 11-11-2019 to 16-11-2019 | Laws and principles of learning  Attitude, interest, emotions and sentiments |
| Week 17 | 18-11-2019 to 23-11-2019 | Sociological  Society and culture |
| Week 18 | 25-11-2019 to 30-11-2019 | Leadership |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (OddSemester) Session (2019-2020)**

**Class: B.P.ED I Name of the Teacher:**

**Subject: Paper – ANATOMY AND PHYSIOLOGY**

**Period: 4th**

**Paper: II (CC-102) Room No: 326**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Introduction of Anatomy and physiology and its importance in the field of physical education and sports. |
| Week 2 | 29-07-2019 to 03-08-2019 | Introduction of Cell and Tissue. |
| Week 3 | 05-08-2019 to 10-08-2019 | The arrangement of the skeleton Function - of the skeleton Ribs and Vertebral column and the extremities. |
| Week 4 | 13-08-2019 to 17-08-2019 | Joints of the body and their types  Gender differences in the skeleton. |
| Week 5 | 19-08-2019 to 24-08-2019 | **Blood and circulatory system:** Constituents of blood and their function Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Cardiac output. |
| Week 6 | 26-08-2019 to 31-08-2019 | **The Respiratory system:** The Respiratory passage the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume. |
| Week 7 | 02-09-2019 to 07-09-2019 | **The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism, |
| Week 8 | 09-09-2019to 14-09-2019 | **Excretory system:** Structure and functions of the kidneys and the skin. |
| Week 9 | 16-09-2019 to 21-09-2019 | **The Endocrine glands:** Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands. |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action, |
| Week 11 | 30-09-2019 to 05-10-2019 | Muscles: Types of muscles, Properties and functions.  Neuromuscular junction |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Fuel for muscular activity  Role of oxygen- oxygen debt, second wind, vital capacity. |
| Week 13 | 21-10-2019 to 26-10-2019 | Fatigue: Meaning and sites of fatigue. |
| Week 14 | 29-10-2019 to 02-11-2019 | Effect of exercise and training on cardiovascular system. |
| Week 15 | 04-11-2019 to 09-11-2019 | Effect of exercise and training on respiratory system. |
| Week 16 | 11-11-2019 to 16-11-2019 | Effect of exercise and training on muscular system |
| Week 17 | 18-11-2019 to 23-11-2019 | Physiological concept of physical fitness, warming up, conditioning. |
| Week 18 | 25-11-2019 to 30-11-2019 | Role of oxygen- oxygen debt, second wind, vital capacity. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.P.ED I Name of the Teacher: Dr. Parveen Gahlawat**

**Subject: EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION Period: 3rd**

**Paper: III (CC-103) Room No: 329**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Education and Education Technology: Meaning and Definitions. |
| Week 2 | 29-07-2019 to 03-08-2019 | Types of Education: Formal, Informal and Non- Formal education. |
| Week 3 | 05-08-2019 to 10-08-2019 | Teaching: Meaning and Principles of teaching. |
| Week 4 | 13-08-2019 to 17-08-2019 | Importance of technological devices used for imparting knowledge |
| Week 5 | 19-08-2019 to 24-08-2019 | Teaching Methods: Lecture method, Command method, Demonstration method, Imitation method, project method, Whole method, |
| Week 6 | 26-08-2019 to 31-08-2019 | Whole- part- whole method, Part method, At will method etc. Factors affecting teaching methods. |
| Week 7 | 02-09-2019 to 07-09-2019 | Presentation Techniques: Personal and technical preparation, |
| Week 8 | 09-09-2019to 14-09-2019 | Steps of presentation.  Types of class formations |
| Week 9 | 16-09-2019 to 21-09-2019 | Methods of classification of students. |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Teaching Aids: Meaning, Importance |
| Week 11 | 30-09-2019 to 05-10-2019 | Types of teaching aids. |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Criteria for selecting teaching aids. |
| Week 13 | 21-10-2019 to 26-10-2019 | Team Teaching: Meaning, Principles and advantage of team teaching. |
| Week 14 | 29-10-2019 to 02-11-2019 | Difference between Teaching Methods and Teaching Aid. |
| Week 15 | 04-11-2019 to 09-11-2019 | Lesson Planning: Meaning, Importance and Types |
| Week 16 | 11-11-2019 to 16-11-2019 | Principles of lesson plans. |
| Week 17 | 18-11-2019 to 23-11-2019 | Micro Teaching: Meaning, Types and steps of micro teaching. |
| Week 18 | 25-11-2019 to 30-11-2019 | Simulation Teaching: Meaning, Types and steps of simulation teaching. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.P.ED I Name of the Teacher: Dr. Ram Niwas Yadav**

**Subject: OLYMPIC MOVEMENT Period: 5th**

**Paper: IV (EC-101) Room No: 329**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Philosophy of Olympic movement |
| Week 2 | 29-07-2019 to 03-08-2019 | The early history of the Olympic movement |
| Week 3 | 05-08-2019 to 10-08-2019 | The significant stages in the development of the modern Olympic movement |
| Week 4 | 13-08-2019 to 17-08-2019 | Educational and cultural values of Olympic movement |
| Week 5 | 19-08-2019 to 24-08-2019 | Significance of Olympic Ideals, Olympic Rings, Olympic Flag |
| Week 6 | 26-08-2019 to 31-08-2019 | Olympic Code of Ethics |
| Week 7 | 02-09-2019 to 07-09-2019 | Olympism in action |
| Week 8 | 09-09-2019to 14-09-2019 | Sports for All |
| Week 9 | 16-09-2019 to 21-09-2019 | Olympic Protocol for member countries |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Para Olympic Games |
| Week 11 | 30-09-2019 to 05-10-2019 | Summer Olympics |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Winter Olympics |
| Week 13 | 21-10-2019 to 26-10-2019 | Youth Olympic Games |
| Week 14 | 29-10-2019 to 02-11-2019 | International Olympic Committee - Structure and Functions |
| Week 15 | 04-11-2019 to 09-11-2019 | National Olympic committees |
| Week 16 | 11-11-2019 to 16-11-2019 | their role in Olympic movement |
| Week 17 | 18-11-2019 to 23-11-2019 | Olympic commission and their functions |
| Week 18 | 25-11-2019 to 30-11-2019 | Olympic medal winners of India |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.P.ED I**   **Name of the Teacher:**

**Subject: OFFICIATING AND COACHING Period:**

**Paper: EC-102**

**Room No:**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Concept of officiating and coaching |
| Week 2 | 29-07-2019 to 03-08-2019 | Importance and principles of officiating |
| Week 3 | 05-08-2019 to 10-08-2019 | Relation of official and coach with management, players and spectators |
| Week 4 | 13-08-2019 to 17-08-2019 | Measures of improving the standards of officiating and coaching |
| Week 5 | 19-08-2019 to 24-08-2019 | Duties of coach in general, pre, during and post game. |
| Week 6 | 26-08-2019 to 31-08-2019 | Philosophy of coaching  Responsibilities of a coach on and off the field |
| Week 7 | 02-09-2019 to 07-09-2019 | Psychology of competition and coaching |
| Week 8 | 09-09-2019to 14-09-2019 | Duties of official in general, pre, during and post game. |
| Week 9 | 16-09-2019 to 21-09-2019 | Philosophy of officiating |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Mechanics of officiating position, |
| Week 11 | 30-09-2019 to 05-10-2019 | singles and movement etc. |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Ethics of officiating |
| Week 13 | 21-10-2019 to 26-10-2019 | Qualities and qualification of coach and official |
| Week 14 | 29-10-2019 to 02-11-2019 | o General rules of games and sports |
| Week 15 | 04-11-2019 to 09-11-2019 | o Eligibility rules of intercollegiate |
| Week 16 | 11-11-2019 to 16-11-2019 | inter-university tournaments, |
| Week 17 | 18-11-2019 to 23-11-2019 | preparation of TA, DA bills |
| Week 18 | 25-11-2019 to 30-11-2019 | o Integrity and values of sports |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.P.ED III Sem Name of the Teacher:**

**Subject: Computer Application in Physical Education**

**Paper: CC-301 Period: 4th Room No: Lab - 9 IT Block**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Meaning, need and importance of information and communication technology (ICT). |
| Week 2 | 29-07-2019 to 03-08-2019 | Application of Computers in Physical Education |
| Week 3 | 05-08-2019 to 10-08-2019 | Components of computer, input and output device |
| Week 4 | 13-08-2019 to 17-08-2019 | Application software used in Physical Education and sports |
| Week 5 | 19-08-2019 to 24-08-2019 | Introduction to MS Word |
| Week 6 | 26-08-2019 to 31-08-2019 | Creating, saving and opening a document |
| Week 7 | 02-09-2019 to 07-09-2019 | Formatting Editing features Drawing table |
| Week 8 | 09-09-2019to 14-09-2019 | Page setup, paragraph alignment, spelling and grammar check printing option, |
| Week 9 | 16-09-2019 to 21-09-2019 | inserting page number, graph, footnote and notes |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Introduction to MS Excel  Creating, saving and opening spreadsheet |
| Week 11 | 30-09-2019 to 05-10-2019 | Creating formulas |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Format and editing features adjusting columns width and row height understanding charts. |
| Week 13 | 21-10-2019 to 26-10-2019 | Introduction to MS Power Point |
| Week 14 | 29-10-2019 to 02-11-2019 | Creating, saving and opening a ppt. file |
| Week 15 | 04-11-2019 to 09-11-2019 | Format and editing features slide show, design |
| Week 16 | 11-11-2019 to 16-11-2019 | inserting slide number |
| Week 17 | 18-11-2019 to 23-11-2019 | Picture, graph, table |
| Week 18 | 25-11-2019 to 30-11-2019 | Preparation of Power point presentations |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.P.ED III Sem Name of the Teacher: Dr. Shafali**

**Subject: SPORTS PSYCHOLOGY AND SOCIOLOGY Period: 4th**

**Paper: (CC-302) Room No: 330**

|  |  |  |
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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Nature of learning, theories of learning, Laws of learning,  Plateau in Learning; & transfer of training |
| Week 2 | 29-07-2019 to 03-08-2019 | Meaning and definition of personality, characteristics of personality,  Dimension of personality, Personality and Sports performance |
| Week 3 | 05-08-2019 to 10-08-2019 | Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance. |
| Week 4 | 13-08-2019 to 17-08-2019 | Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary. |
| Week 5 | 19-08-2019 to 24-08-2019 | Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety  Meaning and nature of stress; Types of stress, Anxiety, Stress, |
| Week 6 | 26-08-2019 to 31-08-2019 | Orthodoxy, customs, Tradition and Physical Education. |
| Week 7 | 02-09-2019 to 07-09-2019 | Festivals and Physical Education. |
| Week 8 | 09-09-2019to 14-09-2019 | Socialization through Physical Education. |
| Week 9 | 16-09-2019 to 21-09-2019 | Social Group life, Social conglomeration and Social group, |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Primary group and Remote group. |
| Week 11 | 30-09-2019 to 05-10-2019 | Features of culture, |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Importance of culture |
| Week 13 | 21-10-2019 to 26-10-2019 | Effects of culture on people life style |
| Week 14 | 29-10-2019 to 02-11-2019 | Different methods of studying |
| Week 15 | 04-11-2019 to 09-11-2019 | Observation/ Inspection method, , |
| Week 16 | 11-11-2019 to 16-11-2019 | Questionnaire method |
| Week 17 | 18-11-2019 to 23-11-2019 | Interview method |
| Week 18 | 25-11-2019 to 30-11-2019 | Arousal and their effects on sports performance |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: Class: B.P.ED III Name of the Teacher: Dr. Ram Niwas Yadav**

**Subject: SPORTS TRAINING Period: 5th**

**Paper: (CC-303) Room No: 325**

|  |  |  |
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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Meaning and Definition of Sports Training |
| Week 2 | 29-07-2019 to 03-08-2019 | Aim and Objective of Sports Training |
| Week 3 | 05-08-2019 to 10-08-2019 | Principles of Sports Training |
| Week 4 | 13-08-2019 to 17-08-2019 | System of Sports Training Basic Performance, Good Performance |
| Week 5 | 19-08-2019 to 24-08-2019 | High Performance Training |
| Week 6 | 26-08-2019 to 31-08-2019 | Strength Mean and Methods of Strength Development |
| Week 7 | 02-09-2019 to 07-09-2019 | Speed Mean and Methods of Speed Development |
| Week 8 | 09-09-2019to 14-09-2019 | Endurance - Mean and Methods of Endurance Development |
| Week 9 | 16-09-2019 to 21-09-2019 | Coordination Mean and Methods of coordination Development |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Flexibility Mean and Methods of Flexibility Development |
| Week 11 | 30-09-2019 to 05-10-2019 | Training Load- Definition and Types of Training Load |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 | Principles of Intensity and Volume of stimulus |
| Week 13 | 21-10-2019 to 26-10-2019 | Technical Training Meaning and Methods of Technique Training |
| Week 14 | 29-10-2019 to 02-11-2019 | Tactical Training Meaning and Methods of Tactical Training |
| Week 15 | 04-11-2019 to 09-11-2019 | Periodization Meaning and types of Periodization |
| Week 16 | 11-11-2019 to 16-11-2019 | Aim and Content of Periods Preparatory, Competition, Transitional etc. |
| Week 17 | 18-11-2019 to 23-11-2019 | Planning Training session |
| Week 18 | 25-11-2019 to 30-11-2019 | Talent Identification and Development |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.P.ED III Sem Name of the Teacher: Dr. Parveen Gahlawat**

**Subject: CURRICULUM DISIGN Period: 3rd**

**Paper: (EC-302) Room No: 330**

|  |  |  |
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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Need and importance of curriculum, Need and importance of curriculum development, |
| Week 2 | 29-07-2019 to 03-08-2019 | The role of the teacher in curriculum development. |
| Week 3 | 05-08-2019 to 10-08-2019 | Factors affecting curriculum - Social factors - Personnel qualifications - Climatic consideration |
| Week 4 | 13-08-2019 to 17-08-2019 | Equipment and facilities -Time suitability of hours. |
| Week 5 | 19-08-2019 to 24-08-2019 | National and Professional policies, |
| Week 6 | 26-08-2019 to 31-08-2019 | Focalization |
| Week 7 | 02-09-2019 to 07-09-2019 | Socialization |
| Week 8 | 09-09-2019to 14-09-2019 | Individualization |
| Week 9 | 16-09-2019 to 21-09-2019 | Sequence and operation |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Basic principles of curriculum construction |
| Week 11 | 30-09-2019 to 05-10-2019 | Research finding |
| Mid Semester Exams | | |
| Week 12 | 16-10-2019 to 19-10-2019 |  |
| Week 13 | 21-10-2019 to 26-10-2019 | Curriculum Design, Meaning, Importance and factors affecting curriculum design. |
| Week 14 | 29-10-2019 to 02-11-2019 | Principles of Curriculum design according to the needs of the students and state and national level policies. |
| Week 15 | 04-11-2019 to 09-11-2019 | Areas of Health education, Physical education and Recreation. |
| Week 16 | 11-11-2019 to 16-11-2019 | o Curriculum design-Experience of Education, Field and Laboratory. |
| Week 17 | 18-11-2019 to 23-11-2019 | o Teaching practice. |
| Week 18 | 25-11-2019 to 30-11-2019 | o Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities. |