**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.A.1st (2nd SEM)**   **Name of the Teacher: Ms. Rani**

**Subject: Physical Education Period: 7th**

**Paper : Room No : 317**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Meaning and definition of Anatomy & Physiology, structure and functions of a cell. Meaning and functions of skeletal system. Types of Bones and names of various bones of the body. |
| Week 2 | 23/01/2023-28/01/2023 | Introduction of Muscular system, structure and functions of muscular system.  Effect of exercise on the muscular system. |
| Week 3 | 30/01/2023- 04/02/2023 | Warming up, cooling down and physical fitness:  Warming up and cooling down in sports and its significance. |
| Week 4 | 06/02/2023-11/02/2023 | Meaning, definition and components of physical fitness.  Influence of age, sex, body composition, diet, climate, exercise and training on physical fitness. |
| Week 5 | 13/02/2023-17/02/2023 | History of the game.  Basic fundamentals. |
| Week 6 | 20/02/2023-25/02/2023 | 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 7 | 27/02/2023-04/03/2023 | Major tournament and Arjun awardees of the game. |
| Week 8 | 06/03/2023-11/03/2023 | Meaning, definition of health. |
| Week 9 | 13/03/2023-18/03/2023 | Meaning, definitions, objectives, scope, principal and importance of Health education. |
| Week 10 | 20/03/2023-25/03/2023 | Personal hygiene, its meaning and importance. |
| Week 11 | 27/03/2023-01/04/2023 | 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 12 | 03/04/2023-08/04/2023 | Growth and Development .Difference between growth and development. |
| Week 13 | 10/04/2023-15/04/2023 | Factors affecting growth and development. Various stages of growth and development. |
| Week 14 | 17/04/2023-21/04/2023 | Heredity and Environment and its effects on growth the Development. |
| Week 15 | 24/04/2023-29/04/2023 | Various Stages of growth and development |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.A. II (4th SEM)**   **Name of the Teacher: Dr. Raman deep Kaur**

**Subject: Physical Educacation Period: 3rd**

**Paper : Room No : 317**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Meaning of Respirations, types of Respiration, organ of the reparatory system. |
| Week 2 | 23/01/2023-28/01/2023 | Functions of the Respiratory system vital capacity and its measurement. |
| Week 3 | 30/01/2023- 04/02/2023 | Mechanism and Neural control of Respiration. Meaning, importance and organs of Digestive system. |
| Week 4 | 06/02/2023-11/02/2023 | Functions, processes, mechanism and Nerve Regulators of Digestive system. |
| Week 5 | 13/02/2023-17/02/2023 | Meaning of the circulatory system.  Heart, its structure, functions and controls of the heart rate. |
| Week 6 | 20/02/2023-25/02/2023 | Various types of blood vessels and their functions.  Cardiac cycle. |
| Week 7 | 27/02/2023-04/03/2023 | Meaning, functions and compositions of blood.  Maintenance of blood supply. |
| Week 8 | 06/03/2023-11/03/2023 | Blood groups and their importance. Blood clotting. |
| Week 9 | 13/03/2023-18/03/2023 | Meaning of a communicable diseases .communicable disease such as HIV/AIDS, viral. |
| Week 10 | 20/03/2023-25/03/2023 | Hepatitis – A, B and C and Tetanus, their modes of transmission and methods of prevention. |
| Week 11 | 27/03/2023-01/04/2023 | Meaning aim, and types of Yoga. Concept of Health Yoga and its relationship with Physical, mental and spiritual health. |
| Week 12 | 03/04/2023-08/04/2023 | Meaning, principal and importance of Asana. Meditative poses (padamasna, Vajra Asana, and such Asana), their technique, precautions and effects/ Advantages. |
| Week 13 | 10/04/2023-15/04/2023 | Cultural poses (savanna, Hal asana, Bhujangasana, Suravangasana, salbhasana, Dhaburasana and Chkrasana), their technique precautions and effects/ advantages |
| Week 14 | 17/04/2023-21/04/2023 | Treatment and care (RICE) of sports Injuries. Meaning, type, cause and preventive measure of disability Problems of the disabled. |
| Week 15 | 24/04/2023-29/04/2023 | Physical activity and health for disabled. Meaning and scope of Rehabilitation. |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.A. III (6th SEM)**   **Name of the Teacher: Dr. Shafali Malhotra**

**Subject: Physical Education Period: 5th**

**Paper : Room No : 317**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Meaning of Nervous system.  Main organs of nervous system and their functions. |
| Week 2 | 23/01/2023-28/01/2023 | Reflex action and reciprocal innervations.  Functional classification of Nervous system. |
| Week 3 | 30/01/2023- 04/02/2023 | Meaning of excretory system. |
| Week 4 | 06/02/2023-11/02/2023 | Main organs of excretory system and their structure and functions. |
| Week 5 | 13/02/2023-17/02/2023 | Meaning of endocrine system.  Meaning of glands, their location and functions/Hormones produced by them. |
| Week 6 | 20/02/2023-25/02/2023 | Meaning, definition, aim, objective, characteristics and principles of sports training. |
| Week 7 | 27/02/2023-04/03/2023 | 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 | 06/03/2023-11/03/2023 | Meaning, definition and types of fatigue.  Muscular contractions such as isotonic, isometric, eccentric and isokinetic. |
| Week 9 | 13/03/2023-18/03/2023 | Meaning of blood pressure, hypertension: its causes, effects and treatment, exercise and hypertension. |
| Week 10 | 20/03/2023-25/03/2023 | Effects of physical exercise/training on muscular, respiratory and circulatory systems of the body. |
| Week 11 | 27/03/2023-01/04/2023 | Carrier options in Physical education.  -Different avenues in physical education |
| Week 12 | 03/04/2023-08/04/2023 | Self assessment for carrier choices.  -Courses and institutions available for physical education profession. |
| Week 13 | 10/04/2023-15/04/2023 | Coaching, coaching philosophy, definition of a coach. Qualification and characteristics of a coach. |
| Week 14 | 17/04/2023-21/04/2023 | History of the game, basic fundamentals, equipment and specifications, marking/layout of T.T Table |
| Week 15 | 24/04/2023-29/04/2023 | Rules and Regulations (Number of players, duration of game, number of officials and general rules of play) Major tournaments and Arjuna awardees of the game. |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.P.ED I (2 SEM)**   **Name of the Teacher: Dr. Ram Niwas Yadav**

**Subject: YOGA EDUCATION Period: 6th**

**Paper: V (CC-201) Room No : 324**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Meaning and Definition of Yoga |
| Week 2 | 23/01/2023-28/01/2023 | Aims and Objectives of Yoga |
| Week 3 | 30/01/2023- 04/02/2023 | Yoga in Early Upanisads |
| Week 4 | 06/02/2023-11/02/2023 | The Yoga Sutra: General Consideration |
| Week 5 | 13/02/2023-17/02/2023 | Need and Importance of Yoga in Physical Education and Sports |
| Week 6 | 20/02/2023-25/02/2023 | The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi |
| Week 7 | 27/02/2023-04/03/2023 | Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga |
| Week 8 | 06/03/2023-11/03/2023 | Effect of Asanas and Pranayama on various system of the body |
| Week 9 | 13/03/2023-18/03/2023 | Classification of asanas with special reference to physical education and sports o Influences of relaxtive, meditative posture on various system of the body |
| Week 10 | 20/03/2023-25/03/2023 | Types of Bandhas and mudras |
| Week 11 | 27/03/2023-01/04/2023 | Type of kriyas |
| Week 12 | 03/04/2023-08/04/2023 | Basic, applied and action research in Yoga |
| Week 13 | 10/04/2023-15/04/2023 | Difference between yogic practices and physical exercises |
| Week 14 | 17/04/2023-21/04/2023 | Yoga education centers in India and abroad o |
| Week 15 | 24/04/2023-29/04/2023 | Competitions in Yogasanas |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG )**

**Session (2022-2023)**

**Class: B.P.ED I (2 SEM)**  **Name of the Teacher: Dr.Shafali Malhotra**

**Subject: HEALTH EDUCATION AND ENVIRONMENT STUDIES Paper:** **VI (CC-202) Period: 3rd**

**Room No: 324**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Concept, Dimensions, Spectrum and Determinants of Health Definition of Health, Health Education, Health Instruction, Health Supervision o Aim, |
| Week 2 | 23/01/2023-28/01/2023 | objective and Principles of Health Education. Health Service and guidance instruction in personal hygiene |
| Week 3 | 30/01/2023- 04/02/2023 | Communicable and Non Communicable Diseases |
| Week 4 | 06/02/2023-11/02/2023 | Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population |
| Week 5 | 13/02/2023-17/02/2023 | Personal and Environmental Hygiene for schools |
| Week 6 | 20/02/2023-25/02/2023 | Objective of school health service, Role of health education in schools |
| Week 7 | 27/02/2023-04/03/2023 | Health Services Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc. |
| Week 8 | 06/03/2023-11/03/2023 | Definition, Scope, Need and Importance of environmental studies. |
| Week 9 | 13/03/2023-18/03/2023 | Concept of environmental education, Historical background of environmental education |
| Week 10 | 20/03/2023-25/03/2023 | Celebration of various days in relation with environment. |
| Week 11 | 27/03/2023-01/04/2023 | Plastic recycling & probation of plastic bag / cover. |
| Week 12 | 03/04/2023-08/04/2023 | Role of school in environmental conservation and sustainable development. |
| Week 13 | 10/04/2023-15/04/2023 | Water resources, food resources and Land resources o |
| Week 14 | 17/04/2023-21/04/2023 | Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution |
| Week 15 | 24/04/2023-29/04/2023 | Management of environment and Govt. policies, Role of pollution control board. |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.P.ED I (2 SEM)**   **Name of the Teacher: Dr. Raman deep Kaur**

**Subject: ORGANIZATION AND ADMINISTRATION Period: 5th**

**Paper: VII (CC-203) Room No: 324**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Meaning, definition and importance of Organization and Administration in physical education. |
| Week 2 | 23/01/2023-28/01/2023 | Planning and their basic principles o Program planning: Meaning, Importance, Principles of program planning in physical education. |
| Week 3 | 30/01/2023- 04/02/2023 | Qualification and Responsibilities of Physical Education teacher o Importance of Pupil leader in Physical Education. |
| Week 4 | 06/02/2023-11/02/2023 | Office Management: Meaning, definition, functions and kinds of office management |
| Week 5 | 13/02/2023-17/02/2023 | Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record. |
| Week 6 | 20/02/2023-25/02/2023 | Budget: Meaning, Importance of Budget making, |
| Week 7 | 27/02/2023-04/03/2023 | Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget. |
| Week 8 | 06/03/2023-11/03/2023 | Facilities and equipment management: Types of facilities; Infrastructure-indoor, out door. |
| Week 9 | 13/03/2023-18/03/2023 | Playfields: Area, Location, layout and care |
| Week 10 | 20/03/2023-25/03/2023 | Equipment: Need, importance, purchase, care and maintenance. |
| Week 11 | 27/03/2023-01/04/2023 | Time Table Management: Meaning, Need, Importance and Factor affecting time table. |
| Week 12 | 03/04/2023-08/04/2023 | Tournament and its importance. |
| Week 13 | 10/04/2023-15/04/2023 | Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament, consolation tournaments and challenge Tournament. |
| Week 14 | 17/04/2023-21/04/2023 | Organization structure of Athletic Meet. |
| Week 15 | 24/04/2023-29/04/2023 | Sports Event Intramurals & Extramural Tournament planning. |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.P.ED I (2 SEM)**  **Name of the Teacher: Dr. Ram Niwas Yadav**

**Subject: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS**

**Paper: VIII (EC-201) Period: 5th**

**Room No : 324**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Definition, Aims and Objectives of Physical Education, fitness and Wellness |
| Week 2 | 23/01/2023-28/01/2023 | Importance and Scope of fitness and wellness |
| Week 3 | 30/01/2023- 04/02/2023 | Modern concept of Physical fitness and Wellness |
| Week 4 | 06/02/2023-11/02/2023 | Physical Education and its Relevance in Inter Disciplinary Context. |
| Week 5 | 13/02/2023-17/02/2023 | Fitness Types of Fitness and Components of Fitness |
| Week 6 | 20/02/2023-25/02/2023 | Understanding of Wellness |
| Week 7 | 27/02/2023-04/03/2023 | Modern Lifestyle and Hypo kinetic Diseases |
| Week 8 | 06/03/2023-11/03/2023 | Prevention and Management |
| Week 9 | 13/03/2023-18/03/2023 | Physical Activity and Health Benefits |
| Week 10 | 20/03/2023-25/03/2023 | Means of Fitness development aerobic and anaerobic exercises |
| Week 11 | 27/03/2023-01/04/2023 | Exercises and Heart rate Zones for various aerobic exercise intensities |
| Week 12 | 03/04/2023-08/04/2023 | Concept of free weight Vs Machine, Sets and Repetition etc |
| Week 13 | 10/04/2023-15/04/2023 | Concept of designing different fitness training program for different age group. |
| Week 14 | 17/04/2023-21/04/2023 | Health and Safety in Daily Life o First Aid and Emergency Care |
| Week 15 | 24/04/2023-29/04/2023 | Health and Safety in Daily Life o First Aid and Emergency Care |
|  |  | Common Injuries and their Management |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.P.ED II (4 SEM)**  **Name of the Teacher: Dr. Ram Niwas Yadav**

**Subject: Measurement and Evaluation in Physical Education**

**Paper: XIII (CC-401) Period: 5th**

**Room No: 325**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Meaning of Test & Measurement & Evaluation in Physical Education |
| Week 2 | 23/01/2023-28/01/2023 | Need & Importance of Test & Measurement & Evaluation in Physical Education |
| Week 3 | 30/01/2023- 04/02/2023 | Principles of Evaluation |
| Week 4 | 06/02/2023-11/02/2023 | Criteria of good Test |
| Week 5 | 13/02/2023-17/02/2023 | Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms) |
| Week 6 | 20/02/2023-25/02/2023 | Type and classification of Test |
| Week 7 | 27/02/2023-04/03/2023 | Administration of test |
| Week 8 | 06/03/2023-11/03/2023 | AAHPER youth fitness test |
| Week 9 | 13/03/2023-18/03/2023 | National physical Fitness Test |
| Week 10 | 20/03/2023-25/03/2023 | Indiana Motor Fitness Test |
| Week 11 | 27/03/2023-01/04/2023 | JCR test |
| Week 12 | 03/04/2023-08/04/2023 | Lockhart and McPherson badminton test |
| Week 13 | 10/04/2023-15/04/2023 | Johnson basketball test |
| Week 14 | 17/04/2023-21/04/2023 | McDonald soccer test |
| Week 15 | 24/04/2023-29/04/2023 | S.A.I volleyball test |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.P.ED II (4 SEM)**  **Name of the Teacher: Dr. Raman deep Kaur**

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

**Paper: XIV (CC-402) Room No : 325**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Meaning and Definition of Kinesiology and Sports Biomechanics |
| Week 2 | 23/01/2023-28/01/2023 | Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches. |
| Week 3 | 30/01/2023- 04/02/2023 | Terminology of Fundamental Movements |
| Week 4 | 06/02/2023-11/02/2023 | Fundamental concepts of following terms Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity |
| Week 5 | 13/02/2023-17/02/2023 | Classification of Joints and Muscles o Types of Muscle Contractions |
| Week 6 | 20/02/2023-25/02/2023 | Posture Meaning, Types and Importance of good posture. |
| Week 7 | 27/02/2023-04/03/2023 | Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation |
| Week 8 | 06/03/2023-11/03/2023 | Force - Meaning, definition, types and its application to sports activities |
| Week 9 | 13/03/2023-18/03/2023 | Lever - Meaning, definition, types and its application to human body. |
| Week 10 | 20/03/2023-25/03/2023 | Newtons Laws of Motion Meaning, definition and its application to sports activities. |
| Week 11 | 27/03/2023-01/04/2023 | Projectile Factors influencing projectile trajectory. |
| Week 12 | 03/04/2023-08/04/2023 | Linear Kinematics Distance and Displacement, speed and velocity, Acceleration |
| Week 13 | 10/04/2023-15/04/2023 | Angular kinematics Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration. |
| Week 14 | 17/04/2023-21/04/2023 | Linear Kinetics Inertia, Mass, Momentum, Friction. |
| Week 15 | 24/04/2023-29/04/2023 | Angular Kinetics Moment of inertia ,Couple, Stability. |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.P.ED II (4 SEM)**   **Name of the Teacher: Ms. Rani**

**Subject: RESEARCH AND STATISTICS IN PHYSICAL EDUCATION Paper: XV (CC-403) Period: 6th**

**Room No: 325**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Definition of Research o Need and importance of Research in Physical Education and Sports. |
| Week 2 | 23/01/2023-28/01/2023 | Scope of Research in Physical Education & Sports. |
| Week 3 | 30/01/2023- 04/02/2023 | Classification of Research o Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations. |
| Week 4 | 06/02/2023-11/02/2023 | Need for surveying related literature. |
| Week 5 | 13/02/2023-17/02/2023 | Literature Sources, Library Reading o Research Proposal, Meaning and Significance of Research Proposal. |
| Week 6 | 20/02/2023-25/02/2023 | Preparation of Research proposal / project. |
| Week 7 | 27/02/2023-04/03/2023 | 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 facilities of physical education |
| Week 8 | 06/03/2023-11/03/2023 | health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution. |
| Week 9 | 13/03/2023-18/03/2023 | Statistics: Meaning, Definition, Nature and Importance |
| Week 10 | 20/03/2023-25/03/2023 | Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables |
| Week 11 | 27/03/2023-01/04/2023 | Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram |
| Week 12 | 03/04/2023-08/04/2023 | Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages |
| Week 13 | 10/04/2023-15/04/2023 | Disadvantages and Calculation from Group and Ungrouped data |
| Week 14 | 17/04/2023-21/04/2023 | Measures of Variability: Meaning, importance, computing from group and ungroup data |
| Week 15 | 24/04/2023-29/04/2023 | Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

**Teaching Plan Even Semester (UG and PG)**

**Session (2022-2023)**

**Class: B.P.ED II (4 SEM)**   **Name of the Teacher: Dr. Shafali Malhotra**

**Subject: SPORTS MANAGEMENT Period: 3rd**

**Paper: XVI (EC-402) Room No: 325**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 16/01/2023 – 21/01/2023 | Meaning, definition, importance and scope of Sports Management. |
| Week 2 | 23/01/2023-28/01/2023 | Progressive concept of Sports management. o Essential skills of Sports Management. |
| Week 3 | 30/01/2023- 04/02/2023 | Qualities and competencies required for the Sports Manager. |
| Week 4 | 06/02/2023-11/02/2023 | Event Management in physical education and sports. |
| Week 5 | 13/02/2023-17/02/2023 | Meaning and Definition of leadership o Qualities of administrative leader. |
| Week 6 | 20/02/2023-25/02/2023 | Forms of Leadership: Autocratic, Laissez-faire, Democratic, Benevolent Dictator |
| Week 7 | 27/02/2023-04/03/2023 | Preparation of administrative leader. o Leadership and Organizational performance. |
| Week 8 | 06/03/2023-11/03/2023 | Sports Management programme in Schools, colleges and Universities |
| Week 9 | 13/03/2023-18/03/2023 | Planning and Factors affecting planning |
| Week 10 | 20/03/2023-25/03/2023 | Directing of school or college sports programme. |
| Week 11 | 27/03/2023-01/04/2023 | o Controlling a school, college and university sports programme: Developing performance standard Establishing a reporting system Evaluation The reward/punishment system |
| Week 12 | 03/04/2023-08/04/2023 | Financial management in Physical Education & sports o Meaning and Importance of budget |
| Week 13 | 10/04/2023-15/04/2023 | Principles of budgeting, Criteria of good budget, Steps of Budget making |
| Week 14 | 17/04/2023-21/04/2023 | Facilities: Layout and Care of sports facilities |
| Week 15 | 24/04/2023-29/04/2023 | Equipment: Purchase and Care of sports equipment |