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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

**Class: B.A I**   **Name of the Teacher: Ms. Ramandeep Kaur**

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

**Paper : Room No : 317**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Meaning and concept of education |
| Week 2 | 24-07-2023 to 28-07-2023 | Meaning and definition of Physical Education, its aim and objectives |
| Week 3 | 31-07-2023 to 05-08-2023 | Ancient Olympic Games. |
| Week 4 | 07-08-2023 to 12-08-2023 | Modern Olympic Games. |
| Week 5 | 14-08-2023 to 19-08-2023 | History of the game. |
| Week 6 | 21-08-2023 to 26-08-2023 | Basic fundamentals. |
| Week 7 | 28-08-2023 to 02-09-2023 | Equipment and specification. |
| Week 8 | 04-09-2023 to 09-09-2023 | Rules and regulations (number of players, duration of games) |
| Week 9 | 11-09-2023 to 16-09-2023 | Major tournament and Arjun awardees of the game. |
| Week 10 | 18-09-2023 to 23-09-2023 | Need and importance of Physical Education in Modern society and its relationship with other subjects. |
| Week 11 | 25-09-2023 to 30-09-2023 | Asian Games. Common Wealth Games. |
| Week 12 | 03-10-2023 to 07-10-2023 | Raj Kumari Amrit Kaur Coaching Scheme. |
| Week 13 | 09-10-2023 to 14-10-2023 | Sports Authority of India. |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Number of officials required and general rules of play. |
| Week 16 | 31-10-2023 to 04-11-2023 | Indian Olympic Association. |
| Week 17 | 06-11-2023 to 11-11-2023 | Netaji Subash National Institute of Sports, Patiala. |
| Week 18 | 14-11-2023 to 18-11-2023 | International Olympic Committee. |

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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

**Class: B.A II**   **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 | 21-07-2023 to 22-07-2023 | Meaning of Psychology, Sports Psychology. |
| Week 2 | 24-07-2023 to 28-07-2023 | Meaning and Learning. |
| Week 3 | 31-07-2023 to 05-08-2023 | Learning curve its types, characteristics |
| Week 4 | 07-08-2023 to 12-08-2023 | Implications in Physical education and sports. |
| Week 5 | 14-08-2023 to 19-08-2023 | Problems of an adolescent |
| Week 6 | 21-08-2023 to 26-08-2023 | Psychology factors effecting Physical Performance. |
| Week 7 | 28-08-2023 to 02-09-2023 | Meaning definitions type and methods of motivation. |
| Week 8 | 04-09-2023 to 09-09-2023 | Meaning, definitions of transfer of training. |
| Week 9 | 11-09-2023 to 16-09-2023 | type of transfer of training Meaning, definitions, characteristics, dimensions and traits of personality. |
| Week 10 | 18-09-2023 to 23-09-2023 | Factors affecting development of personality (Heredity and Environment). |
| Week 11 | 25-09-2023 to 30-09-2023 | The role of Physical activates in Personality Development. |
| Week 12 | 03-10-2023 to 07-10-2023 | Role of politics and economy in the promotion of games and sports. |
| Week 13 | 09-10-2023 to 14-10-2023 | Causes of deterioration and suggestions for the improvement of sports performance. |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Psychological characteristics |
| Week 16 | 31-10-2023 to 04-11-2023 | Meaning and definitions of socializations through sports. |
| Week 17 | 06-11-2023 to 11-11-2023 | Role of media in promotions of sports. |
| Week 18 | 14-11-2023 to 18-11-2023 | Softball Meaning and definitions of socializations through sports. |

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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

**Class: B.A.III**   **Name of the Teacher: Dr. Shafali Malhotra**

**Subject: Physical Education Period :1st**

**Paper : Room No : 31**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Meaning and Definition of play. Various theories of play and their significance in Physical education and sports. |
| Week 2 | 24-07-2023 to 28-07-2023 | Meaning, definition, characteristics, aim, objectives and types of recreation and recreational activities. Significance of recreation in modern society. Recreation providing agencies. |
| Week 3 | 31-07-2023 to 05-08-2023 | Meaning, importance and conduct of intramural and extramural competitions. Meaning and types of tournament and their merits and demerits. |
| Week 4 | 07-08-2023 to 12-08-2023 | Draw of fixtures of various tournaments Meaning, aim and objectives of the camp. |
| Week 5 | 14-08-2023 to 19-08-2023 | Advantages of camping/outdoor education. Types and agencies promoting camping. |
| Week 6 | 21-08-2023 to 26-08-2023 | Meaning, types and importance of a good posture. Causes, preventive and (Kyphosis, Lordosis, Scolosis and Flat foot), |
| Week 7 | 28-08-2023 to 02-09-2023 | Their causes, preventive and remedial measures.Physical activites and their effects on various physical parameters |
| Week 8 | 04-09-2023 to 09-09-2023 | Physical activities/training and their effects on aging, body composition, and obesity. General problems of obesity |
| Week 9 | 11-09-2023 to 16-09-2023 | Breif history of massage. Meaning and definition of massage. Principles/guidelines for massage. |
| Week 10 | 18-09-2023 to 23-09-2023 | Types of massage and their benefits. |
| Week 11 | 25-09-2023 to 30-09-2023 | Types of massage and their benefits. Effects of massage on skin, blood circulation, nervous system and muscles. |
| Week 12 | 03-10-2023 to 07-10-2023 | History of the game, basic fundamentals, Equipment and specifications |
| Week 13 | 09-10-2023 to 14-10-2023 | Marking /layout of field, Rules and regulations(number of players, duration of game, number of officials required and general rules of play), |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Organization of camps and factors affecting its organization Educative values of a camp. |
| Week 16 | 31-10-2023 to 04-11-2023 | Health related risk factors of obesity. Obesity and physical activity. Causes, preventive and remedial measures of obesity. |
| Week 17 | 06-11-2023 to 11-11-2023 | Effects of massage on skin, blood circulation, nervous system and muscles. |
| Week 18 | 14-11-2023 to 18-11-2023 | Major tournaments and Arjuna awardees of game. |

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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

**Class: B.P.Ed I**   **Name of the Teacher: Dr. Shafali Malhotra**

**Subject: HISTORY, PRINCIPLES AND Period : 4th**

**FOUNDATION OF PHYSICAL EDUCATION Room No :329**

**Paper : CC 101**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Meaning, Definition and Scope of Physical Education  Aims and Objective of Physical Education |
| Week 2 | 24-07-2023 to 28-07-2023 | Importance of Physical Education in present era. Misconceptions about Physical Education. |
| Week 3 | 31-07-2023 to 05-08-2023 | Relationship of Physical Education with General Education.  Physical Education as an Art and Science. |
| Week 4 | 07-08-2023 to 12-08-2023 | Indus Valley Civilization Period. (3250 BC 2500 BC) Vedic Period (2500 BC 600 BC) |
| Week 5 | 14-08-2023 to 19-08-2023 | Early Hindu Period (600 BC 320 AD) and Later Hindu Period (320 AD 1000 AD)  British Period (Before 1947) |
| Week 6 | 21-08-2023 to 26-08-2023 | Physical Education in India (After 1947)  Y.M.C.A. and its contributions. |
| Week 7 | 28-08-2023 to 02-09-2023 | Philosophical foundation:  Idealism  |
| Week 8 | 04-09-2023 to 09-09-2023 | Pragmatism Naturalism  Realism |
| Week 9 | 11-09-2023 to 16-09-2023 | Fitness and wellness movement in the contemporary perspectives Sports |
| Week 10 | 18-09-2023 to 23-09-2023 | Biological  Body Types |
| Week 11 | 25-09-2023 to 30-09-2023 | Anthropometric differences  Psychological |
| Week 12 | 03-10-2023 to 07-10-2023 | Laws and principles of learning  Attitude, interest, emotions and sentiments |
| Week 13 | 09-10-2023 to 14-10-2023 | Sociological  Society and culture  Leadership |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Humanism and Existentialism |
| Week 16 | 31-10-2023 to 04-11-2023 | Learning types, learning curve |
| Week 17 | 06-11-2023 to 11-11-2023 | Sports for all and its role in the maintenance and promotion of fitness. |
| Week 18 | 14-11-2023 to 18-11-2023 | Growth and development Age and gender characteristics |

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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

**Class: B.P.Ed I**   **Name of the Teacher:Ms. Ramandeep Kaur**

**Subject: ANATOMY AND PHYSIOLOGY Period : 3rd**

**Paper : CC 102 Room No: 329**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Introduction of Anatomy and physiology and its importance in the field of physical education and sports. |
| Week 2 | 24-07-2023 to 28-07-2023 | Introduction of Cell and Tissue. The arrangement of the skeleton Function - of the skeleton Ribs and Vertebral column and the extremities. |
| Week 3 | 31-07-2023 to 05-08-2023 | Joints of the body and their types |
| Week 4 | 07-08-2023 to 12-08-2023 | **Blood and circulatory system:** Constituents of blood and their function Blood groups and blood transfusion, clotting of blood. |
| Week 5 | 14-08-2023 to 19-08-2023 | **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 6 | 21-08-2023 to 26-08-2023 | **The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism, |
| Week 7 | 28-08-2023 to 02-09-2023 | **The Endocrine glands:** Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands. |
| Week 8 | 04-09-2023 to 09-09-2023 | Muscles: Types of muscles, Properties and functions.  Neuromuscular junction |
| Week 9 | 11-09-2023 to 16-09-2023 | Fuel for muscular activity  Role of oxygen- oxygen debt, second wind, vital capacity. |
| Week 10 | 18-09-2023 to 23-09-2023 | Fatigue: Meaning and sites of fatigue.  Effect of exercise and training on cardiovascular system. |
| Week 11 | 25-09-2023 to 30-09-2023 | Effect of exercise and training on respiratory system. |
| Week 12 | 03-10-2023 to 07-10-2023 | Effect of exercise and training on muscular system |
| Week 13 | 09-10-2023 to 14-10-2023 | Physiological concept of physical fitness, warming up, conditioning. |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | The structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Cardiac output. |
| Week 16 | 31-10-2023 to 04-11-2023 | Gender differences in the skeleton. |
| Week 17 | 06-11-2023 to 11-11-2023 | **Excretory system:** Structure and functions of the kidneys and the skin. |
| Week 18 | 14-11-2023 to 18-11-2023 | **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action |

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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

**Class: B.P.Ed I**   **Name of the Teacher: Ms. Rani**

**Subject: EDUCATIONAL TECHNOLOGY AND Period :3rd**

**METHODS OF TEACHING IN PHYSICAL EDUCATION**

**Paper : CC 103 Room No : 329**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Education and Education Technology: Meaning and Definitions. |
| Week 2 | 24-07-2023 to 28-07-2023 | Types of Education: Formal, Informal and Non- Formal education. |
| Week 3 | 31-07-2023 to 05-08-2023 | Teaching: Meaning and Principles of teaching. |
| Week 4 | 07-08-2023 to 12-08-2023 | Importance of technological devices used for imparting knowledge |
| Week 5 | 14-08-2023 to 19-08-2023 | Teaching Methods: Lecture method, Command method, |
| Week 6 | 21-08-2023 to 26-08-2023 | Whole- part- whole method, Part method At will method etc. Factors affecting teaching methods. |
| Week 7 | 28-08-2023 to 02-09-2023 | Presentation Techniques: Personal and technical preparation, |
| Week 8 | 04-09-2023 to 09-09-2023 | Steps of presentation.  Types of class formations Methods of classification of students. |
| Week 9 | 11-09-2023 to 16-09-2023 | Teaching Aids: Meaning, Importance, types of teaching aids.. |
| Week 10 | 18-09-2023 to 23-09-2023 | Team Teaching: Meaning, Principles and advantage of team teaching. |
| Week 11 | 25-09-2023 to 30-09-2023 | Difference between Teaching Methods and Teaching Aid. |
| Week 12 | 03-10-2023 to 07-10-2023 | Principles of lesson plans. Micro Teaching: Meaning, Types and steps of micro teaching. |
| Week 13 | 09-10-2023 to 14-10-2023 | Simulation Teaching: Meaning, Types and steps of simulation teaching. |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Teaching Methods: Demonstration method |
| Week 16 | 31-10-2023 to 04-11-2023 | Criteria for selecting teaching aids |
| Week 17 | 06-11-2023 to 11-11-2023 | Imitation method, project method, Whole method |
| Week 18 | 14-11-2023 to 18-11-2023 | Lesson Planning: Meaning, Importance and Types |

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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

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

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

**Paper : EC 101 Room No : 329**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Philosophy of Olympic movement. The early history of the Olympic movement |
| Week 2 | 24-07-2023 to 28-07-2023 | The significant stages in the development of the modern Olympic movement. |
| Week 3 | 31-07-2023 to 05-08-2023 | Significance of Olympic Ideals. |
| Week 4 | 07-08-2023 to 12-08-2023 | Olympic Code of Ethics. Olympism in action. |
| Week 5 | 14-08-2023 to 19-08-2023 | Sports for All |
| Week 6 | 21-08-2023 to 26-08-2023 | Olympic Protocol for member countries. |
| Week 7 | 28-08-2023 to 02-09-2023 | Para Olympic Games |
| Week 8 | 04-09-2023 to 09-09-2023 | Winter Olympics |
| Week 9 | 11-09-2023 to 16-09-2023 | Youth Olympic Games |
| Week 10 | 18-09-2023 to 23-09-2023 | International Olympic Committee - Structure |
| Week 11 | 25-09-2023 to 30-09-2023 | National Olympic committees and their role in Olympic movement |
| Week 12 | 03-10-2023 to 07-10-2023 | Olympic commission and their functions. |
| Week 13 | 09-10-2023 to 14-10-2023 | Significance of Olympic Rings |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Significance of Olympic Flag |
| Week 16 | 31-10-2023 to 04-11-2023 | International Olympic Committee: Functions |
| Week 17 | 06-11-2023 to 11-11-2023 | Olympic medal winners of India |
| Week 18 | 14-11-2023 to 18-11-2023 | Educational and cultural values of Olympic movement |

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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

**Class: B.P.Ed II**   **Name of the Teacher: Ms. Rani**

**Subject: Computer Application in Period : 6th**

**Physical Education Room No : 329**

**Paper : CC 301**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Meaning, need and importance of information and communication technology (ICT). |
| Week 2 | 24-07-2023 to 28-07-2023 | Application of Computers in Physical Education |
| Week 3 | 31-07-2023 to 05-08-2023 | Components of computer, input and output device  Application software used in Physical Education and sports |
| Week 4 | 07-08-2023 to 12-08-2023 | Introduction to MS Word Creating, saving a document |
| Week 5 | 14-08-2023 to 19-08-2023 | Formatting Editing features Drawing table |
| Week 6 | 21-08-2023 to 26-08-2023 | Page setup, paragraph alignment, spelling and grammar check printing option, |
| Week 7 | 28-08-2023 to 02-09-2023 | inserting page number, graph |
| Week 8 | 04-09-2023 to 09-09-2023 | Creating formulas |
| Week 9 | 11-09-2023 to 16-09-2023 | Format and editing features adjusting columns width and row height understanding charts. |
| Week 10 | 18-09-2023 to 23-09-2023 | Introduction to MS Power Point Creating |
| Week 11 | 25-09-2023 to 30-09-2023 | Format and editing features slide show, design, inserting slide number |
| Week 12 | 03-10-2023 to 07-10-2023 | Picture, table |
| Week 13 | 09-10-2023 to 14-10-2023 | Preparation of Power point presentations |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Introduction to MS Word- Opening a document |
| Week 16 | 31-10-2023 to 04-11-2023 | Inserting footnote and notes |
| Week 17 | 06-11-2023 to 11-11-2023 | Graph |
| Week 18 | 14-11-2023 to 18-11-2023 | Introduction to saving and opening a ppt. file |

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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

**Class: B.P.Ed II**   **Name of the Teacher:Ms. Ramandeep Kaur**

**Subject: SPORTS PSYCHOLOGY AND SOCIOLOGY Period : 6th**

**Paper : CC 302 Room No : 329**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Nature of learning, theories of learning, Plateau in Learning; & transfer of training |
| Week 2 | 24-07-2023 to 28-07-2023 | Meaning and definition of personality, characteristics of personality,  Dimension of personality, Personality and Sports performance |
| Week 3 | 31-07-2023 to 05-08-2023 | Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance. |
| Week 4 | 07-08-2023 to 12-08-2023 | Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary. |
| Week 5 | 14-08-2023 to 19-08-2023 | Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety |
| Week 6 | 21-08-2023 to 26-08-2023 | Orthodoxy, customs, Tradition and Physical Education. |
| Week 7 | 28-08-2023 to 02-09-2023 | Socialization through Physical Education. |
| Week 8 | 04-09-2023 to 09-09-2023 | Features of culture, |
| Week 9 | 11-09-2023 to 16-09-2023 | Importance of culture |
| Week 10 | 18-09-2023 to 23-09-2023 | Effects of culture on people life style |
| Week 11 | 25-09-2023 to 30-09-2023 | Different methods of studying |
| Week 12 | 03-10-2023 to 07-10-2023 | Observation/ Inspection method, , Questionnaire method |
| Week 13 | 09-10-2023 to 14-10-2023 | Interview method |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Primary group and Remote group. |
| Week 16 | 31-10-2023 to 04-11-2023 | Nature of learning: Laws of learning |
| Week 17 | 06-11-2023 to 11-11-2023 | Festivals and Physical Education. |
| Week 18 | 14-11-2023 to 18-11-2023 | Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance |

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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

**Class: B.P.Ed II**   **Name of the Teacher: Dr. Ram Niwas Yadav**

**Subject: Sports Training Period : 5th**

**Paper : CC 303 Room No : 329**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Meaning and Definition of Sports Training |
| Week 2 | 24-07-2023 to 28-07-2023 | Aim and Objective of Sports Training |
| Week 3 | 31-07-2023 to 05-08-2023 | Principles of Sports Training |
| Week 4 | 07-08-2023 to 12-08-2023 | System of Sports Training Basic Performance, Good Performance |
| Week 5 | 14-08-2023 to 19-08-2023 | High Performance Training |
| Week 6 | 21-08-2023 to 26-08-2023 | Strength Mean and Methods of Strength Development |
| Week 7 | 28-08-2023 to 02-09-2023 | Speed Mean and Methods of Speed Development |
| Week 8 | 04-09-2023 to 09-09-2023 | Endurance - Mean and Methods of Endurance Development |
| Week 9 | 11-09-2023 to 16-09-2023 | Coordination Mean and Methods of coordination Development Flexibility Mean |
| Week 10 | 18-09-2023 to 23-09-2023 | Training Load- Definition and Types of Training Load. Principles of Intensity and Volume of stimulus |
| Week 11 | 25-09-2023 to 30-09-2023 | Technical Training Meaning and Methods of Technique Training |
| Week 12 | 03-10-2023 to 07-10-2023 | Periodization Meaning and types of Periodization |
| Week 13 | 09-10-2023 to 14-10-2023 | Aim and Content of Periods Preparatory, Competition, Transitional etc. Planning Training session |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Tactical Training Meaning |
| Week 16 | 31-10-2023 to 04-11-2023 | Methods of Tactical Training |
| Week 17 | 06-11-2023 to 11-11-2023 | Talent Identification and Development |
| Week 18 | 14-11-2023 to 18-11-2023 | Methods of Flexibility Development |

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

**Teaching Plan OddSemester(For UG-PG - Ongoing Classes)**

**Session (2023-2024)**

**Class: B.P.Ed II**   **Name of the Teacher:Dr. Shafali malhotra**

**Subject: Curriculum Design Period :4th**

**Paper : EC 302 Room No : 329**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 21-07-2023 to 22-07-2023 | Need and importance of curriculum, Need and importance of curriculum development, |
| Week 2 | 24-07-2023 to 28-07-2023 | The role of the teacher in curriculum development. |
| Week 3 | 31-07-2023 to 05-08-2023 | Factors affecting curriculum - Social factors |
| Week 4 | 07-08-2023 to 12-08-2023 | Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours. |
| Week 5 | 14-08-2023 to 19-08-2023 | National and Professional policies, Research finding |
| Week 6 | 21-08-2023 to 26-08-2023 | Focalization o Socialization o Individualization o Sequence and operation Steps in curriculum construction. Basic principles of curriculum construction. |
| Week 7 | 28-08-2023 to 02-09-2023 | Curriculum Design, Meaning, Importance |
| Week 8 | 04-09-2023 to 09-09-2023 | Principles of Curriculum design according to the needs of the students and state and national level policies. |
| Week 9 | 11-09-2023 to 16-09-2023 | Role of Teachers |
| Week 10 | 18-09-2023 to 23-09-2023 | Areas of Health education, Physical education and Recreation. |
| Week 11 | 25-09-2023 to 30-09-2023 | Curriculum design-Experience of Education. |
| Week 12 | 03-10-2023 to 07-10-2023 | Teaching practice. |
| Week 13 | 09-10-2023 to 14-10-2023 | Professional Competencies to be developed-Facilities |
| **Mid Semester Exam (16th October 2023 – 21st October, 2023)** | | |
| Week 15 | 25-10-2023 to 27-10-2023 | Basic principles of curriculum construction. |
| Week 16 | 31-10-2023 to 04-11-2023 | Curriculum design- Field and Laboratory |
| Week 17 | 06-11-2023 to 11-11-2023 | Factors affecting curriculum design. |
| Week 18 | 14-11-2023 to 18-11-2023 | Special resources for library, laboratory and other facilities. |