**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

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

**Session (2022-2023)**

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

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

**Paper : Room No :**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 12-09-2022 to 17-09-2022 | Meaning and concept of education |
| Week 2 | 19-09-2022 to 24-09-2022 | Meaning and definition of Physical Education, its aim and objectives |
| Week 3 | 26-09-2022 to 01-10-2022 | Ancient Olympic Games. |
| Week 4 | 03-10-2022 to 08-10-2022 | Modern Olympic Games. |
| Week 5 | 10-10-2022 to 15-10-2022 | History of the game. |
| Week 6 | 17-10-2022 to 22-10-2022 | Basic fundamentals. |
| Week 7 | 25-10-2022 to 27-10-2022 | Equipment and specification. |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |  | Marking /layout of court. |
| Week 8 | 5-11-2022 | Rules and regulations (number of players, duration of games, number of officials required and general rules of play.) |
| Week 9 | 07-11-2022 to 12-11-2022 | Major tournament and Arjun awardees of the game. |
| Week 10 | 14-11-2022 to 19-11-2022 | Need and importance of Physical Education in Modern society and its relationship with other subjects. |
| Week 11 | 21-11-2022 to 26-11-2022 | Asian Games. Common Wealth Games. |
| Week 12 | 28-11-2022 to 03-12-2022 | Raj Kumari Amrit Kaur Coaching Scheme. Netaji Subash National Institute of Sports, Patiala. |
| Week 13 | 05-12-2022 to 09-12-2022 | Sports Authority of India. Indian Olympic Association. International Olympic Committee. |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

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

**Session (2022-2023)**

**Class: B.A. II (3rd SEM)**   **Name of the Teacher: Ms. Rani**

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

**Paper: Room No: 317**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 12-09-2022 to 17-09-2022 | Meaning of Psychology, Sports Psychology. |
| Week 2 | 19-09-2022 to 24-09-2022 | Meaning and Learning. |
| Week 3 | 26-09-2022 to 01-10-2022 | Learning curve its types, characteristics |
| Week 4 | 03-10-2022 to 08-10-2022 | Implications in Physical education and sports. Psychological characteristics |
| Week 5 | 10-10-2022 to 15-10-2022 | Problems of an adolescent |
| Week 6 | 17-10-2022 to 22-10-2022 | Psychology factors effecting Physical Performance. |
| Week 7 | 25-10-2022 to 27-10-2022 | Meaning definitions type and methods of motivation. |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |  | Importance of Motivations in Physical Educations and sports. |
| Week 8 | 5-11-2022 | Meaning, definitions of transfer of training. |
| Week 9 | 07-11-2022 to 12-11-2022 | type of transfer of training Meaning, definitions, characteristics, dimensions and traits of personality. |
| Week 10 | 14-11-2022 to 19-11-2022 | Factors affecting development of personality (Heredity and Environment). |
| Week 11 | 21-11-2022 to 26-11-2022 | The role of Physical activates in Personality Development. Meaning and definitions of socializations through sports. |
| Week 12 | 28-11-2022 to 03-12-2022 | Role of politics and economy in the promotion of games and sports. Role of media in promotions of sports. |
| Week 13 | 05-12-2022 to 09-12-2022 | Causes of deterioration and suggestions for the improvement of sports performance. Softball, Meaning and definitions of socializations through sports. |

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**

**SECTOR-42, CHANDIGARH**

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

**Session (2022-2023)**

**Class: B.A. III (5th 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 | 12-09-2022 to 17-09-2022 | Meaning and Definition of play. Various theories of play and their significance in Physical education and sports. |
| Week 2 | 19-09-2022 to 24-09-2022 | Meaning, definition, characteristics, aim, objectives and types of recreation and recreational activities. Significance of recreation in modern society. Recreation providing agencies. |
| Week 3 | 26-09-2022 to 01-10-2022 | Meaning, importance and conduct of intramural and extramural competitions. Meaning and types of tournament and their merits and demerits. |
| Week 4 | 03-10-2022 to 08-10-2022 | Draw of fixtures of various tournaments Meaning, aim and objectives of the camp. |
| Week 5 | 10-10-2022 to 15-10-2022 | Advantages of camping/outdoor education. Types and agencies promoting camping. Organization of camps and factors affecting its organization Educative values of a camp. |
| Week 6 | 17-10-2022 to 22-10-2022 | Meaning, types and importance of a good posture. Causes, preventive and (Kyphosis, Lordosis, Scolosis and Flat foot), |
| Week 7 | 25-10-2022 to 27-10-2022 | Their causes, preventive and remedial measures.Physical activites and their effects on various physical parameters |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |  | Organization of an athletic meet. Importance /significance of an athletic meet. |
| Week 8 | 5-11-2022 | Physical activities/training and their effects on aging, body composition, and obesity. General problems of obesity. Health related risk factors of obesity. Obesity and physical activity. Causes, preventive and remedial measures of obesity |
| Week 9 | 07-11-2022 to 12-11-2022 | Breif history of massage. Meaning and definition of massage. Principles/guidelines for massage. |
| Week 10 | 14-11-2022 to 19-11-2022 | Types of massage and their benefits. Effects of massage on skin, blood circulation, nervous system and muscles. |
| Week 11 | 21-11-2022 to 26-11-2022 | Types of massage and their benefits. Effects of massage on skin, blood circulation, nervous system and muscles. |
| Week 12 | 28-11-2022 to 03-12-2022 | History of the game, basic fundamentals, Equipment and specifications |
| Week 13 | 05-12-2022 to 09-12-2022 | Marking /layout of field, Rules and regulations(number of players, duration of game, number of officials required and general rules of play), Major tournaments and Arjuna awardees of game. |

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

**Teaching Plan Odd Semester (For Post Graduate Classes - First Year)**

**Session (2022-2023)**

**Class: B.P.ED I (1st SEM)**   **Name of the Teacher: Dr. Shafali Malhotra**

**Subject: HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION**

**Paper :-I (CC-101) Period: 3rd**

**Room No: 324**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 12-09-2022 to 17-09-2022 | Meaning, Definition and Scope of Physical Education  Aims and Objective of Physical Education |
| Week 2 | 19-09-2022 to 24-09-2022 | Importance of Physical Education in present era. Misconceptions about Physical Education. |
| Week 3 | 26-09-2022 to 01-10-2022 | Relationship of Physical Education with General Education.  Physical Education as an Art and Science. |
| Week 4 | 03-10-2022 to 08-10-2022 | Indus Valley Civilization Period. (3250 BC 2500 BC) Vedic Period (2500 BC 600 BC) |
| Week 5 | 10-10-2022 to 15-10-2022 | Early Hindu Period (600 BC 320 AD) and Later Hindu Period (320 AD 1000 AD)  British Period (Before 1947) |
| Week 6 | 17-10-2022 to 22-10-2022 | Physical Education in India (After 1947)  Y.M.C.A. and its contributions. |
| Week 7 | 25-10-2022 to 27-10-2022 | Philosophical foundation:  Idealism  |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |
| Week 8 | 5-11-2022 | Pragmatism Naturalism  Realism  Humanism and Existentialism |
| Week 9 | 07-11-2022 to 12-11-2022 | Fitness and wellness movement in the contemporary perspectives Sports for all and its role in the maintenance and promotion of fitness. |
| Week 10 | 14-11-2022 to 19-11-2022 | Biological  Growth and development Age and gender characteristics  Body Types |
| Week 11 | 21-11-2022 to 26-11-2022 | Anthropometric differences  Psychological  Learning types, learning curve |
| Week 12 | 28-11-2022 to 03-12-2022 | Laws and principles of learning  Attitude, interest, emotions and sentiments |
| Week 13 | 05-12-2022 to 09-12-2022 | Sociological  Society and culture  Leadership |

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

**Teaching Plan Odd Semester (For Post Graduate Classes - First Year)**

**Session (2022-2023)**

**Class: B.P.ED I (1st SEM)**  **Name of the Teacher: Ms. Rani**

**Subject: ANATOMY AND PHYSIOLOGY Period: 4th**

**Paper : II (CC-102) Room No : 324**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 12-09-2022 to 17-09-2022 | Introduction of Anatomy and physiology and its importance in the field of physical education and sports. |
| Week 2 | 19-09-2022 to 24-09-2022 | Introduction of Cell and Tissue. The arrangement of the skeleton Function - of the skeleton Ribs and Vertebral column and the extremities. |
| Week 3 | 26-09-2022 to 01-10-2022 | Joints of the body and their types  Gender differences in the skeleton. |
| Week 4 | 03-10-2022 to 08-10-2022 | **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 5 | 10-10-2022 to 15-10-2022 | **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 | 17-10-2022 to 22-10-2022 | **The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism, **Excretory system:** Structure and functions of the kidneys and the skin. |
| Week 7 | 25-10-2022 to 27-10-2022 | **The Endocrine glands:** Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands. **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action, |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |
| Week 8 | 5-11-2022 | Muscles: Types of muscles, Properties and functions.  Neuromuscular junction |
| Week 9 | 07-11-2022 to 12-11-2022 | Fuel for muscular activity  Role of oxygen- oxygen debt, second wind, vital capacity. |
| Week 10 | 14-11-2022 to 19-11-2022 | Fatigue: Meaning and sites of fatigue.  Effect of exercise and training on cardiovascular system. |
| Week 11 | 21-11-2022 to 26-11-2022 | Effect of exercise and training on respiratory system. |
| Week 12 | 28-11-2022 to 03-12-2022 | Effect of exercise and training on muscular system |
| Week 13 | 05-12-2022 to 09-12-2022 | Physiological concept of physical fitness, warming up, conditioning. |

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

**Teaching Plan Odd Semester (For Post Graduate Classes - First Year)**

**Session (2022-2023)**

**Class: B.P.ED I (1st SEM)**   **Name of the Teacher: Ms. Rani**

**Subject: EDUCATIONAL TECHNOLOGY AND METHODS OF**

**TEACHING IN PHYSICAL EDUCATION**

**Paper: III (CC-103) Period: 4th**

**Room No: 324**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 12-09-2022 to 17-09-2022 | Education and Education Technology: Meaning and Definitions. |
| Week 2 | 19-09-2022 to 24-09-2022 | Types of Education: Formal, Informal and Non- Formal education. |
| Week 3 | 26-09-2022 to 01-10-2022 | Teaching: Meaning and Principles of teaching. |
| Week 4 | 03-10-2022 to 08-10-2022 | Importance of technological devices used for imparting knowledge |
| Week 5 | 10-10-2022 to 15-10-2022 | Teaching Methods: Lecture method, Command method, Demonstration method, Imitation method, project method, Whole method, |
| Week 6 | 17-10-2022 to 22-10-2022 | Whole- part- whole method, Part method, , At will method etc. Factors affecting teaching methods. |
| Week 7 | 25-10-2022 to 27-10-2022 | Presentation Techniques: Personal and technical preparation, |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |
| Week 8 | 5-11-2022 | Steps of presentation.  Types of class formations Methods of classification of students. |
| Week 9 | 07-11-2022 to 12-11-2022 | Teaching Aids: Meaning, Importance, types of teaching aids. Criteria for selecting teaching aids. |
| Week 10 | 14-11-2022 to 19-11-2022 | Team Teaching: Meaning, Principles and advantage of team teaching. |
| Week 11 | 21-11-2022 to 26-11-2022 | Difference between Teaching Methods and Teaching Aid. Lesson Planning: Meaning, Importance and Types |
| Week 12 | 28-11-2022 to 03-12-2022 | Principles of lesson plans. Micro Teaching: Meaning, Types and steps of micro teaching. |
| Week 13 | 05-12-2022 to 09-12-2022 | Simulation Teaching: Meaning, Types and steps of simulation teaching. |

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

**Teaching Plan Odd Semester (For Post Graduate Classes - First Year)**

**Session (2022-2023)**

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

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

**Paper : IV (EC-101) Room No : 324**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 12-09-2022 to 17-09-2022 | Philosophy of Olympic movement. The early history of the Olympic movement |
| Week 2 | 19-09-2022 to 24-09-2022 | The significant stages in the development of the modern Olympic movement. Educational and cultural values of Olympic movement |
| Week 3 | 26-09-2022 to 01-10-2022 | Significance of Olympic Ideals, Olympic Rings, Olympic Flag |
| Week 4 | 03-10-2022 to 08-10-2022 | Olympic Code of Ethics. Olympism in action. |
| Week 5 | 10-10-2022 to 15-10-2022 | Sports for All |
| Week 6 | 17-10-2022 to 22-10-2022 | Olympic Protocol for member countries. |
| Week 7 | 25-10-2022 to 27-10-2022 | Para Olympic Games |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |  | Summer Olympics |
| Week 8 | 5-11-2022 |  |
| Week 9 | 07-11-2022 to 12-11-2022 | Winter Olympics |
| Week 10 | 14-11-2022 to 19-11-2022 | Youth Olympic Games |
| Week 11 | 21-11-2022 to 26-11-2022 | International Olympic Committee - Structure and Functions |
| Week 12 | 28-11-2022 to 03-12-2022 | National Olympic committees and their role in Olympic movement |
| Week 13 | 05-12-2022 to 09-12-2022 | Olympic commission and their functions. Olympic medal winners of India |

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

**Teaching Plan Odd Semester (For Post Graduate Classes - First Year)**

**Session (2022-2023)**

**Class: B.P.ED II (3rd SEM)**  **Name of the Teacher: Mrs.Sonika**

**Subject: Computer Application in Physical Education Paper : IX (CC-301) Period :4th & 6th**

**Room No : BCA Lab**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 12-09-2022 to 17-09-2022 | Meaning, need and importance of information and communication technology (ICT). |
| Week 2 | 19-09-2022 to 24-09-2022 | Application of Computers in Physical Education |
| Week 3 | 26-09-2022 to 01-10-2022 | Components of computer, input and output device  Application software used in Physical Education and sports |
| Week 4 | 03-10-2022 to 08-10-2022 | Introduction to MS Word Creating, saving and opening a document |
| Week 5 | 10-10-2022 to 15-10-2022 | Formatting Editing features Drawing table |
| Week 6 | 17-10-2022 to 22-10-2022 | Page setup, paragraph alignment, spelling and grammar check printing option, |
| Week 7 | 25-10-2022 to 27-10-2022 | inserting page number, graph, footnote and notes |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |  | Introduction to MS Excel  Creating, saving and opening spreadsheet |
| Week 8 | 5-11-2022 | Creating formulas |
| Week 9 | 07-11-2022 to 12-11-2022 | Format and editing features adjusting columns width and row height understanding charts. |
| Week 10 | 14-11-2022 to 19-11-2022 | Introduction to MS Power Point Creating, saving and opening a ppt. file |
| Week 11 | 21-11-2022 to 26-11-2022 | Format and editing features slide show, design, inserting slide number |
| Week 12 | 28-11-2022 to 03-12-2022 | Picture, graph, table |
| Week 13 | 05-12-2022 to 09-12-2022 | Preparation of Power point presentations |

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

**Teaching Plan Odd Semester (For Post Graduate Classes - First Year)**

**Session (2022-2023)**

**Class: B.P.ED II (3rd SEM)**   **Name of the Teacher: Dr. Shafali Malhotra**

**Subject: SPORTS PSYCHOLOGY AND SOCIOLOGY**

**Paper : IX (CC-302) Period :3rd Room No : 325**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 12-09-2022 to 17-09-2022 | Nature of learning, theories of learning, Laws of learning,  Plateau in Learning; & transfer of training |
| Week 2 | 19-09-2022 to 24-09-2022 | Meaning and definition of personality, characteristics of personality,  Dimension of personality, Personality and Sports performance |
| Week 3 | 26-09-2022 to 01-10-2022 | Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance. |
| Week 4 | 03-10-2022 to 08-10-2022 | Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary. |
| Week 5 | 10-10-2022 to 15-10-2022 | Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety  Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance |
| Week 6 | 17-10-2022 to 22-10-2022 | Orthodoxy, customs, Tradition and Physical Education. Festivals and Physical Education. |
| Week 7 | 25-10-2022 to 27-10-2022 | Socialization through Physical Education. Primary group and Remote group. |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |  | Social Group life, Social conglomeration and Social group, |
| Week 8 | 5-11-2022 | Features of culture, |
| Week 9 | 07-11-2022 to 12-11-2022 | Importance of culture |
| Week 10 | 14-11-2022 to 19-11-2022 | Effects of culture on people life style |
| Week 11 | 21-11-2022 to 26-11-2022 | Different methods of studying |
| Week 12 | 28-11-2022 to 03-12-2022 | Observation/ Inspection method, , Questionnaire method |
| Week 13 | 05-12-2022 to 09-12-2022 | Interview method |

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

**Teaching Plan Odd Semester (For Post Graduate Classes - First Year)**

**Session (2022-2023)**

**Class: B.P.ED II (3rd SEM) Name of the Teacher: Dr. Ram Niwas Yadav**

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

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

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 12-09-2022 to 17-09-2022 | Meaning and Definition of Sports Training |
| Week 2 | 19-09-2022 to 24-09-2022 | Aim and Objective of Sports Training |
| Week 3 | 26-09-2022 to 01-10-2022 | Principles of Sports Training |
| Week 4 | 03-10-2022 to 08-10-2022 | System of Sports Training Basic Performance, Good Performance |
| Week 5 | 10-10-2022 to 15-10-2022 | High Performance Training |
| Week 6 | 17-10-2022 to 22-10-2022 | Strength Mean and Methods of Strength Development |
| Week 7 | 25-10-2022 to 27-10-2022 | Speed Mean and Methods of Speed Development |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |  | Endurance - Mean and Methods of Endurance Development |
| Week 8 | 5-11-2022 | Endurance - Mean and Methods of Endurance Development |
| Week 9 | 07-11-2022 to 12-11-2022 | Coordination Mean and Methods of coordination Development Flexibility Mean and Methods of Flexibility Development |
| Week 10 | 14-11-2022 to 19-11-2022 | Training Load- Definition and Types of Training Load. Principles of Intensity and Volume of stimulus |
| Week 11 | 21-11-2022 to 26-11-2022 | Technical Training Meaning and Methods of Technique Training Tactical Training Meaning and Methods of Tactical Training |
| Week 12 | 28-11-2022 to 03-12-2022 | Periodization Meaning and types of Periodization |
| Week 13 | 05-12-2022 to 09-12-2022 | Aim and Content of Periods Preparatory, Competition, Transitional etc. Planning Training session  Talent Identification and Development |

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

**Teaching Plan Odd Semester (For Post Graduate Classes - First Year)**

**Session (2022-2023)**

**Class: B.P.ED II (3rd SEM)**  **Name of the Teacher: Dr. Shafali Malhotra**

**Subject:** **CURRICULUM DISIGN Period : 5th**

**Paper :** **XII (EC-302) Room No : 325**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 12-09-2022 to 17-09-2022 | Need and importance of curriculum, Need and importance of curriculum development, |
| Week 2 | 19-09-2022 to 24-09-2022 | The role of the teacher in curriculum development. |
| Week 3 | 26-09-2022 to 01-10-2022 | Factors affecting curriculum - Social factors |
| Week 4 | 03-10-2022 to 08-10-2022 | Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours. |
| Week 5 | 10-10-2022 to 15-10-2022 | National and Professional policies, Research finding |
| Week 6 | 17-10-2022 to 22-10-2022 | Focalization o Socialization o Individualization o Sequence and operation Steps in curriculum construction.Basic principles of curriculum construction. |
| Week 7 | 25-10-2022 to 27-10-2022 | Curriculum Design, Meaning, Importance and factors affecting curriculum design. |
| **Mid Semester Exam (28th October 2022 – 4th November 2022)** | | |
| Week 8 | 5-11-2022 | Principles of Curriculum design according to the needs of the students and state and national level policies. |
| Week 9 | 07-11-2022 to 12-11-2022 | Role of Teachers |
| Week 10 | 14-11-2022 to 19-11-2022 | Areas of Health education, Physical education and Recreation. o |
| Week 11 | 21-11-2022 to 26-11-2022 | Curriculum design-Experience of Education, Field and Laboratory. |
| Week 12 | 28-11-2022 to 03-12-2022 | Teaching practice. |
| Week 13 | 05-12-2022 to 09-12-2022 | Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities. |