

Lesson Plan for the Even Semester 2022-2023

2nd Semester (CBCS)

PAPER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS

PEDN-G-CC-2-2-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Health: Meaning, Definition, Dimensions and Factors. ► Health Education: Meaning, Definition, Aim, Objectives and Principles. School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record; Care of Eyes, Ear, Nose, Skin, Mouth and Teeth. Aim, Objectives and Functions: National Institute of Health & Family Welfare (NIHFW), World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children's Emergency Fund (UNICEF).	3 3 3 4	SB
UNIT-II : Health Problems in India - Prevention and Control		
► Communicable Disease: Meaning, Definition and Types; Causes, Prevention and Control of Malaria, Dengue, Chicken Pox and Diarrhea. Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders. Nutrition: Nutrients and their Functions and Daily Requirements. Balanced Diet. Balanced Diet principles for Growing ups, Adults, Elderly and Athletes of both Genders and Mothers. Health disorders for deficiency of Protein, Vitamins and Minerals. Posture: Meaning and Definition. Types of Postural Deformities; Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot. Importance of Good Posture.	3 3 4 3	SB
UNIT-III : Physical Fitness and Wellness		
► Physical Fitness: Meaning and Definition, Need and Importance of Physical Fitness. ► Physical Fitness Components: Meaning, Definition and Usefulness of Health-related and Sports Performance-related Physical Fitness. ► Concept of Wellness. Meaning, Definition and Components of Wellness; Relationship between Physical Activities and Wellness. ► Ageing: Meaning and Definition; Aging Phenomenon; Role of Exercise in Aging.	3 3 3 3	SB
UNIT-IV : Health and First-aid Management		
► First-aid: Meaning, Definition, Need and Importance; Golden Rules of First-aid. ► Sports Injuries: Meaning, Definition and Types; Management of Sprain, Strain, Wound, Facture and Dislocation. ► Therapeutic Modalities: Therapy - Meaning and Definition; Principles and Sports Injury Management Procedure of Cryo-therapy and Thermo-therapy. ► Sports Injury Management: Types of Massage. Principles and methods of Sports Injury Management through Exercise and Massage.	3 3 3 3	SB



**Head
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Sovarani Memorial College**

2nd Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PAPER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS

PEDN-G-CC-2-2-P

Topic	LP	Teacher
Project Work:		
1. One from Unit-I to be selected by internal teacher. 2. One from Unit-II to be selected by internal teacher. 3. One from Unit-III to be selected by internal teacher. 4. One from Unit-IV to be selected by internal teacher.	20	SB



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4th Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Psychology: Meaning, Definition and Scope of Psychology. ► Nature of Psychology; Branches, Need and Importance of Psychology. ► Sports Psychology: Meaning, Definition, Scope and Role of Sports Psychology. ► Need for Psychology in Physical Education and Sports.	2 2 2 2	SB
UNIT-II : Learning		
► Learning: Meaning, Definition and Characteristics. ► Learning Phenomenon: Basic Theories and Laws of Learning. Learning Phenomena and Physical Education and Sports. ► Learning Process: Learning Curve - Meaning, Stages and Features; Learning Motor Skills. ► Transfer of Learning: Meaning, Definition and Types. Factors of Transfer of Learning/Training	2 2 2 2	SB
UNIT-III : Psychological Factors		
► Motivation: Meaning, Definition, Types and Role of Motivation in Life. ► Instinct and Emotion: Meaning, Definition and Types; Physical Education and Sports for Emotional Development. ► Stress: Meaning, Definition, Types and Causes; Physical Education and Sports for Students' Stress Relaxation. ► Personality: Meaning, Definition, Types and Traits; Physical Education and Sports for Personality Development.	2 2 2 2	SB
UNIT-IV : Sociological Aspects		
► Sociology: Meaning and Definition, Society and Social Group – Primary, Secondary and Remote Groups. ► Culture: Features, Importance, Cultural Values of Games and Sports. ► Leadership: Meaning, Definition and Types. Leadership and Sports Performance; Leadership and Physical Education and Sports. ► Sports Related Social Issues: Empowerment, Gender Discrimination, Women and Sport, Socio-economic Status and Sports Participation, Sports in Modern Society.	2 2 2 2	SB



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4th Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-P

Topic	LP	Teacher
Lab & Field Practical		
1. Assessment of Simple and Choice Reaction Time		
2. Assessment of Group-cohesion and Social Development.	8	SB
3. Assessment of Personality.		



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4th Semester (CBCS)
PAPER: GYMNASTICS AND YOGA

PEDN-G-SEC-B-4-1-P

	Topic	LP	Teacher
GYMNASTICS			
1.	Compulsory Forward Roll T-Balance Forward Roll with Split leg Backward Roll Cart-Wheel	10	
2.	Optional (any three) Dive and Forward Roll Hand Spring Head Spring Neck Spring Hand Stand and Forward Roll Summersault	10	SB
YOGA			
3.	Asana Standing Posture Ardhachandrasana, Brikshasana, Padahastasana Sitting Posture Ardhakurmasana, Paschimottanasana, Gomukhasana Supine Posture Setubandhasana, Halasana, Matsyasana Prone Posture Bhujangasana, Salvasana, Dhanurasana Inverted Posture Sarbangasana, Shirasana, Bhagrasana	6	
4.	Suryanamaskara and Pranayama Suryanamaskara, Kapalbhati, Pranayama- Bhramari and Anulam Vilom.	6	SB
		6	
		6	
		6	
		8	



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6th Semester (CBCS)
PAPER: SPORTS TRAINING

PEDN-G-CC-4-4-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Sports Training: Meaning, Definition and Scope.	2	
► Aim, Objectives and Characteristics of Sports Training.	2	
► Principles of Sports Training.	2	SB
► Need and Importance of Sports Training.	2	
UNIT-II : Methods of Training and Conditioning in Sports		
► Warming-up and Cooling-down: Meaning, Definition and Methods.	2	
► Conditioning: Meaning, Definition and Principles.	2	
► Training Methods: Principles and Characteristics of Circuit Training, Interval Training and Weight Training.	2	
► Periodisation: Meaning, Definition, Types, Aim and Contents of Different Periods.	2	SB
UNIT-III : Training Load and Adaptation		
► Training Load: Meaning, Definition, Types and Factors.	2	
► Training Load Components: Volume, Intensity, Repetition and Duration.	2	
► Over Load: Meaning, Causes, Symptoms and Overcoming Over-load.	2	
► Load Adaptation: Meaning and Conditions of Adaptation; Super-compensation.	2	SB
UNIT-IV : Training Techniques		
► Strength: Means and Methods Development.	2	
► Speed: Means and Methods Development.	2	
► Endurance: Means and Methods Development.	2	
► Flexibility: Means and Methods Development.	2	SB



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6th Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-P

Topic	LP	Teacher
Lab & Field Practical		
1. Weight Training – Practice with Principles. 2. Measurement of Speed, Strength, Endurance and Flexibility. 3. Circuit Training - Practice with Principles and Periodisation Chart.	8	SB



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6th Semester (CBCS)
PAPER: Indian Games (Any One) and Racket Sports (Any One)

PEDN-G-SEC-B-6-2-P

Topic		LP	Teacher
KABADDI			
A.	Fundamental Skills ► Raiding Skills: Cant, Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow flying kick, roll back; crossing of baulk line; Crossing of Bonus line. ► Holding skills: Ankle, Knee, Thigh, Wrist, Crocodile and Washer man hold. ► Formation during holding: Various formations, catching from particular position. ► Additional Raiding skills: Escaping from various holds, techniques of escaping from chain formation, offense and defence. ► Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	44	SB
KHO-KHO			
A.	Fundamental Skills ► Chasing Skills: Sitting on the box - Parallel and Bullet toe method; Getting up from the box -Proximal and Distal foot method; Giving Kho - Simple, Early, Late and Judgment Kho; Pole Turn, Pole Diving, Tapping, Hammering, Rectification of foul. ► Running Skills: Chain Play, Ring play and Chain, Ring mixed play, running zigzag, avoiding and dodging. ► Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	44	SB
BADMINTON			
A.	Fundamental Skills ► Basic Knowledge: Various parts of the Racket and Grip – hand-shake grip, figure pointing grip. ► Basic foot work and court coverage. ► Basic Stance: Defensive, attacking, net stance. ► Service: Short service, Long service, Long-high service. ► Shots: fore hand, back hand, clearing, lobbing, over-head shot, defensive clear shot, attacking clear shot, drop shot, net shot, smash. ► Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	44	SB
6			

Topic	LP	Teacher
TABLE TENNIS		
A. Fundamental Skills <ul style="list-style-type: none"> ► Basic Knowledge: Various parts of the racket and grip (shake hand & pen hold grip), back hand and fore hand grip. ► Stance: Alternate and Parallel. ► Service: Backhand and Forehand high toss service, spin, top spin, back spin, side spin. ► Chop: Backhand and Forehand. ► Receive return and receiving: Push, Chop, drive loop and flick with both Backhand & Forehand. ► Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	44	SB

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Lesson Plan for the Odd Semester 2022-2023

1st Semester (CBCS)

PAPER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

PEDN-G-CC-1-1-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Meaning and Definition of Physical Education.	3	
► Aim and Objectives of Physical Education.	3	
► Misconceptions and Modern Concept of Physical Education.	3	
► Physical Education in Ancient and Modern Society.	3	SB
UNIT-II : Foundations of Physical Education		
► Growth and Development: Meaning, Definition, Factors, Principles and Difference.	3	
► Age Characteristics: Chronological Age, Anatomical Age, Physiological Age and Mental Age.	3	
► Play, Game and Sports: Meaning, Definition and Characteristics; Play Theories; Play, Games and Sports for Human Development.	3	SB
► Society - Meaning and Definition; Social Groups, Sports as a Social Institution, Sports for National and International Harmony.	3	
UNIT-III : History of Physical Education		
► History of Physical Education and Sports in India: Pre-Independence and Post- Independence Period.	3	
► Olympic Movement: Ancient and Modern Olympic Games.	3	
► Asian Games, Commonwealth Games and SAF Games.	3	
► National Sports Awards: Arjuna, Dhyanchand, Dronacharya, Rajiv Gandhi Khel Ratn	4	SB
UNIT-IV : Yoga Education		
► Yoga: Meaning, Definition, Aim, Objectives and Importance of Yoga for Health.	3	
► History of Yoga: Ancient Period, Vedic Period, Pre-Classical Period, Classical Period, Post-Classical Period, Contemporary Period.	4	SB
► Astanga Yoga: Meaning, Steps, Methods and Objectives.	3	
► Yogic Concept of Personality and Diet, Yoga for Health and Wellness	3	



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1st Semester (CBCS)
PAPER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

PEDN-G-CC-I-I-P

Topic	LP	Teacher
Project Work:		
1. One from Unit-I to be selected by internal teacher. 2. One from Unit-II to be selected by internal teacher. 3. One from Unit-III to be selected by internal teacher. 4. One from Unit-IV to be selected by internal teacher.	20	SB



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3rd Semester (CBCS)
PAPER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

PEDN-G-CC-3-3-TH

Topic	LP	Teacher
UNIT-I : Introduction:		
► Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance.	3	
► Cell: Definition, Structure and Function of Human Cell.	3	
► Tissue: Definition, Types and Functions.	3	SB
► System: Definition, Types and Functions in Human Body.	3	
UNIT-II : Musculo-skeletal System:		
► Skeletal System: Structure of Skeletal System; Classification of Bones and Joints; Anatomical Differences between Male and Female.	3	
► Muscular System: Types, Location, Structure and Function of Skeletal Muscle.	3	SB
► Muscular Contraction: Meaning, Types, Definition and Characteristics.	3	
► Effect of Exercise and Training on Muscular System.	2	
UNIT-III : Circulatory System:		
► Blood: Definition, Composition and Functions.	3	
Heart: Definition, Structure and Functions. Blood Circulation		
► Mechanism within Heart. Meaning and Definition of Term: Heart	3	
► Rate, Pulse Rate, Stroke Volume, Cardiac Output Blood Pressure – Systolic and Diastolic, Athletic Heart and Bradycardia.	3	SB
► Effect of Exercise and Training on Circulatory System.	2	
UNIT-IV : Respiratory System:		
► Structure and Functions of Human Respiratory Organs.	3	
► Respiration Mechanism.		
► Meaning and Definition of Term: Respiratory Rate, Tidal Volume, Residual Volume, Vital Capacity, O ₂ Debt and Second Wind.	3	SB
► Effect of Exercise and Training on Respiratory System.	3	

PAPER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

PEDN-G-CC-3-3-P

Topic	LP	Teacher
Lab & Field Practical		
1. Assessments of BMI and WHR (Waist-to-hip ratio). 2. Assessment of Resting Heart Rate and Exercise Heart Rate. 3. Assessment of Blood Pressure, Respiratory Rate and Pick Flow Rate.	8	SB



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3rd Semester (CBCS)
PAPER: TRACK AND FIELD

PEDN-G-SEC-A-3-1-P

Topic	LP	Teacher
(i) Track Events:		
<ul style="list-style-type: none"> ► Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block. ► Acceleration with proper running techniques. ► Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug. ► Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, 	45	SB
(ii) Field Events:		
<ul style="list-style-type: none"> ► Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing. ► High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing. ► Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique). ► Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle). ► Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride). 	45	SB



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5th Semester (CBCS)
PAPER: MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS

PEDN-G-DSE-A-5-1-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Sports Management: Meaning, Definition Nature and Scope.	2	
► Emergence: History and Importance of Sports Management.	2	
► Basics: Principles and Practices of Sports Management.	2	
► Application: Qualities, Duties and Responsibilities of Sports Manager.	2	
UNIT-II : Tournaments		
► Tournaments: Meaning, Definition and Types; Tournaments- Knock-out, League, Combination, Challenge.	2	
► Organisation: Fixture Drawing Procedure of Knock-out, League, Combination Tournaments	3	
► Annual Program: Athletic Meet and Play Day Organisation and Management.	2	
► Year-round Programme: Intramural and Extramural Competition Organisation and Management.	2	
UNIT-III : Facilities and Equipment		
► Lay-out: Characteristics, Principles and Lay-out of Standard Athletic Track and Football Field.	3	
► Care and Maintenance: Meaning, Methods, Need and Importance of Sports Equipment Playground and Gymnasium.	3	
► Documentation: Meaning, Methods, Need and Importance.	2	
► Time Table: Meaning, Definition, Importance and Factors.	2	
UNIT-IV : Financial Management		
► Financial Management: Meaning, Definition, Need and Importance.	2	
► Budget: Meaning, Definition, Criteria, Principles; Steps for Preparing a Good Budget.	2	
► Sponsorship: Meaning, Trends, Process, Aim and Objectives.	2	
► Sports Promotion: Meaning, Means and Methods; Funding Agencies – Types, Procedure Communication with the Agencies.	2	

PAPER: MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS

PEDN-G-DSE-A-5-1-P

Topic	LP	Teacher
Lab & Field Practical		
1. Lay out of a Standard Track and any two sport field/court 2. Fixture of Different type Tournaments 3. Preparation of a Model Budget and ideal Time Table.	8	SB

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5th Semester (CBCS)
PAPER: BALL GAMES

PEDN-G-SEC-A-5-2-P

Topic	LP	Teacher
FOOTBALL		
A. Fundamental Skills <ul style="list-style-type: none"> ► Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick. ► Trapping: Trapping- the Rolling ball, and the Bouncing ball with Sole of the foot, Thigh and Chest Trapping. ► Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot. ► Heading: In standing, running and jumping condition. ► Throw-in: Standing throw-in and Running throw-in. ► Feinting: With the lower limb and upper part of the body. ► Tackling: Simple Tackling, Slide Tackling. ► Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting. B. Rules and their interpretation and duties of officials.	40	SB
CRICKET		
A. Fundamental Skills <ul style="list-style-type: none"> ► Batting - Forward Defence Stroke, Backward Defence Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut. ► Bowling -Out-swing, In-swing, Off Break, Leg Break and Googly. ► Fielding: Catching - The High Catch, The Skim Catch, The Close Catch and throwing at the stumps from different angles. Long Barrier and Throw, Short Throw, Long Throw, Throwing on the Turn. ► Wicket Keeping B. Rules and their interpretation and duties of officials.	40	SB
BASKETBALL		
A. Fundamental Skills <ul style="list-style-type: none"> ► Passing: Two hand Chest Pass, Two-hand Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass. ► Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running. ► Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble. ► Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw. ► Rebounding: Defensive rebound and Offensive rebound. ► Individual Defence: Guarding the player with the ball and without the ball, Pivoting. ► Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	40	SB
	6	

	Topic	LP	Teacher
VOLLEYBALL			
A. Fundamental Skills	<ul style="list-style-type: none"> ► Serve: Under hand serve and Side arm serve; Over-head serve, Floating service standing and jumping. ► Passing: Fore arm passing, Over-head passing. ► Setting: Front set, Back set and Long set. ► Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing). ► Blocking: Offensive and Defensive with one or more than one blockers (approach, arm and foot movement, and landing). ► Service reception and Court coverage. ► Rotation and front court and back court players. B. Rules and their interpretation and duties of officials.	40	SB
		6	



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Lesson Plan for the Even Semester 2021-2022

2nd Semester (CBCS)

PAPER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS

PEDN-G-CC-2-2-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Health: Meaning, Definition, Dimensions and Factors. ► Health Education: Meaning, Definition, Aim, Objectives and Principles. School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record; Care of Eyes, Ear, Nose, Skin, Mouth and Teeth. Aim, Objectives and Functions: National Institute of Health & Family Welfare (NIHFW), World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children's Emergency Fund (UNICEF).	3 3 3 4	SB
UNIT-II : Health Problems in India - Prevention and Control		
► Communicable Disease: Meaning, Definition and Types; Causes, Prevention and Control of Malaria, Dengue, Chicken Pox and Diarrhea. Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders. Nutrition: Nutrients and their Functions and Daily Requirements. Balanced Diet. Balanced Diet principles for Growing ups, Adults, Elderly and Athletes of both Genders and Mothers. Health disorders for deficiency of Protein, Vitamins and Minerals. Posture: Meaning and Definition. Types of Postural Deformities; Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot. Importance of Good Posture.	3 3 4 3	SB
UNIT-III : Physical Fitness and Wellness		
► Physical Fitness: Meaning and Definition, Need and Importance of Physical Fitness. ► Physical Fitness Components: Meaning, Definition and Usefulness of Health-related and Sports Performance-related Physical Fitness. ► Concept of Wellness. Meaning, Definition and Components of Wellness; Relationship between Physical Activities and Wellness. ► Ageing: Meaning and Definition; Aging Phenomenon; Role of Exercise in Aging.	3 3 3 3	SB
UNIT-IV : Health and First-aid Management		
► First-aid: Meaning, Definition, Need and Importance; Golden Rules of First-aid. ► Sports Injuries: Meaning, Definition and Types; Management of Sprain, Strain, Wound, Facture and Dislocation. ► Therapeutic Modalities: Therapy - Meaning and Definition; Principles and Sports Injury Management Procedure of Cryo-therapy and Thermo-therapy. ► Sports Injury Management: Types of Massage. Principles and methods of Sports Injury Management through Exercise and Massage.	3 3 3 3	SB



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2nd Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PAPER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS

PEDN-G-CC-2-2-P

Topic	LP	Teacher
Project Work:		
1. One from Unit-I to be selected by internal teacher. 2. One from Unit-II to be selected by internal teacher. 3. One from Unit-III to be selected by internal teacher. 4. One from Unit-IV to be selected by internal teacher.	20	SB



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4th Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Psychology: Meaning, Definition and Scope of Psychology. ► Nature of Psychology; Branches, Need and Importance of Psychology. ► Sports Psychology: Meaning, Definition, Scope and Role of Sports Psychology. ► Need for Psychology in Physical Education and Sports.	2 2 2 2	SB
UNIT-II : Learning		
► Learning: Meaning, Definition and Characteristics. ► Learning Phenomenon: Basic Theories and Laws of Learning. Learning Phenomena and Physical Education and Sports. ► Learning Process: Learning Curve - Meaning, Stages and Features; Learning Motor Skills. ► Transfer of Learning: Meaning, Definition and Types. Factors of Transfer of Learning/Training	2 2 2 2	SB
UNIT-III : Psychological Factors		
► Motivation: Meaning, Definition, Types and Role of Motivation in Life. ► Instinct and Emotion: Meaning, Definition and Types; Physical Education and Sports for Emotional Development. ► Stress: Meaning, Definition, Types and Causes; Physical Education and Sports for Students' Stress Relaxation. ► Personality: Meaning, Definition, Types and Traits; Physical Education and Sports for Personality Development.	2 2 2 2	SB
UNIT-IV : Sociological Aspects		
► Sociology: Meaning and Definition, Society and Social Group – Primary, Secondary and Remote Groups. ► Culture: Features, Importance, Cultural Values of Games and Sports. ► Leadership: Meaning, Definition and Types. Leadership and Sports Performance; Leadership and Physical Education and Sports. ► Sports Related Social Issues: Empowerment, Gender Discrimination, Women and Sport, Socio-economic Status and Sports Participation, Sports in Modern Society.	2 2 2 2	SB



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4th Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-P

Topic	LP	Teacher
Lab & Field Practical		
1. Assessment of Simple and Choice Reaction Time		
2. Assessment of Group-cohesion and Social Development.	8	SB
3. Assessment of Personality.		



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4th Semester (CBCS)
PAPER: GYMNASTICS AND YOGA

PEDN-G-SEC-B-4-1-P

	Topic	LP	Teacher
GYMNASTICS			
1.	Compulsory Forward Roll T-Balance Forward Roll with Split leg Backward Roll Cart-Wheel	10	
2.	Optional (any three) Dive and Forward Roll Hand Spring Head Spring Neck Spring Hand Stand and Forward Roll Summersault	10	SB
YOGA			
3.	Asana Standing Posture Ardhachandrasana, Brikshasana, Padahastasana Sitting Posture Ardhakurmasana, Paschimottanasana, Gomukhasana Supine Posture Setubandhasana, Halasana, Matsyasana Prone Posture Bhujangasana, Salvasana, Dhanurasana Inverted Posture Sarbangasana, Shirasana, Bhagrasana	6	
4.	Suryanamaskara and Pranayama Suryanamaskara, Kapalbhati, Pranayama- Bhramari and Anulam Vilom.	6	SB
		6	
		6	
		6	
		8	



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6th Semester (CBCS)
PAPER: SPORTS TRAINING

PEDN-G-CC-4-4-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Sports Training: Meaning, Definition and Scope.	2	
► Aim, Objectives and Characteristics of Sports Training.	2	
► Principles of Sports Training.	2	SB
► Need and Importance of Sports Training.	2	
UNIT-II : Methods of Training and Conditioning in Sports		
► Warming-up and Cooling-down: Meaning, Definition and Methods.	2	
► Conditioning: Meaning, Definition and Principles.	2	
► Training Methods: Principles and Characteristics of Circuit Training, Interval Training and Weight Training.	2	
► Periodisation: Meaning, Definition, Types, Aim and Contents of Different Periods.	2	SB
UNIT-III : Training Load and Adaptation		
► Training Load: Meaning, Definition, Types and Factors.	2	
► Training Load Components: Volume, Intensity, Repetition and Duration.	2	
► Over Load: Meaning, Causes, Symptoms and Overcoming Over-load.	2	
► Load Adaptation: Meaning and Conditions of Adaptation; Super-compensation.	2	SB
UNIT-IV : Training Techniques		
► Strength: Means and Methods Development.	2	
► Speed: Means and Methods Development.	2	
► Endurance: Means and Methods Development.	2	
► Flexibility: Means and Methods Development.	2	SB



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PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-P

Topic	LP	Teacher
Lab & Field Practical		
1. Weight Training – Practice with Principles. 2. Measurement of Speed, Strength, Endurance and Flexibility. 3. Circuit Training - Practice with Principles and Periodisation Chart.	8	SB



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Sovarani Memorial College

6th Semester (CBCS)
PAPER: Indian Games (Any One) and Racket Sports (Any One)

PEDN-G-SEC-B-6-2-P

Topic		LP	Teacher
KABADDI			
A.	Fundamental Skills ► Raiding Skills: Cant, Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow flying kick, roll back; crossing of baulk line; Crossing of Bonus line. ► Holding skills: Ankle, Knee, Thigh, Wrist, Crocodile and Washer man hold. ► Formation during holding: Various formations, catching from particular position. ► Additional Raiding skills: Escaping from various holds, techniques of escaping from chain formation, offense and defence. ► Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	44	SB
KHO-KHO			
A.	Fundamental Skills ► Chasing Skills: Sitting on the box - Parallel and Bullet toe method; Getting up from the box -Proximal and Distal foot method; Giving Kho - Simple, Early, Late and Judgment Kho; Pole Turn, Pole Diving, Tapping, Hammering, Rectification of foul. ► Running Skills: Chain Play, Ring play and Chain, Ring mixed play, running zigzag, avoiding and dodging. ► Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	44	SB
BADMINTON			
A.	Fundamental Skills ► Basic Knowledge: Various parts of the Racket and Grip – hand-shake grip, figure pointing grip. ► Basic foot work and court coverage. ► Basic Stance: Defensive, attacking, net stance. ► Service: Short service, Long service, Long-high service. ► Shots: fore hand, back hand, clearing, lobbing, over-head shot, defensive clear shot, attacking clear shot, drop shot, net shot, smash. ► Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	44	SB
6			

Topic	LP	Teacher
TABLE TENNIS		
A. Fundamental Skills <ul style="list-style-type: none"> ► Basic Knowledge: Various parts of the racket and grip (shake hand & pen hold grip), back hand and fore hand grip. ► Stance: Alternate and Parallel. ► Service: Backhand and Forehand high toss service, spin, top spin, back spin, side spin. ► Chop: Backhand and Forehand. ► Receive return and receiving: Push, Chop, drive loop and flick with both Backhand & Forehand. ► Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	44	SB

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Head

Department of Physical Education Sovarani Memorial College

Lesson Plan for the Odd Semester 2021-2022

1st Semester (CBCS)

PAPER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

PEDN-G-CC-1-1-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Meaning and Definition of Physical Education.	3	
► Aim and Objectives of Physical Education.	3	
► Misconceptions and Modern Concept of Physical Education.	3	
► Physical Education in Ancient and Modern Society.	3	SB
UNIT-II : Foundations of Physical Education		
► Growth and Development: Meaning, Definition, Factors, Principles and Difference.	3	
► Age Characteristics: Chronological Age, Anatomical Age, Physiological Age and Mental Age.	3	
► Play, Game and Sports: Meaning, Definition and Characteristics; Play Theories; Play, Games and Sports for Human Development.	3	SB
► Society - Meaning and Definition; Social Groups, Sports as a Social Institution, Sports for National and International Harmony.	3	
UNIT-III : History of Physical Education		
► History of Physical Education and Sports in India: Pre-Independence and Post- Independence Period.	3	
► Olympic Movement: Ancient and Modern Olympic Games.	3	
► Asian Games, Commonwealth Games and SAF Games.	3	
► National Sports Awards: Arjuna, Dhyanchand, Dronacharya, Rajiv Gandhi Khel Ratna	4	SB
UNIT-IV : Yoga Education		
► Yoga: Meaning, Definition, Aim, Objectives and Importance of Yoga for Health.	3	
► History of Yoga: Ancient Period, Vedic Period, Pre-Classical Period, Classical Period, Post-Classical Period, Contemporary Period.	4	SB
► Astanga Yoga: Meaning, Steps, Methods and Objectives.	3	
► Yogic Concept of Personality and Diet, Yoga for Health and Wellness	3	



Head

**Department of Physical Education
Sovarani Memorial College**

1st Semester (CBCS)
PAPER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

PEDN-G-CC-1-1-P

Topic	LP	Teacher
Project Work:		
1. One from Unit-I to be selected by internal teacher. 2. One from Unit-II to be selected by internal teacher. 3. One from Unit-III to be selected by internal teacher. 4. One from Unit-IV to be selected by internal teacher.	20	SB



Head
Department of Physical Education
Sovarani Memorial College

3rd Semester (CBCS)
PAPER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

PEDN-G-CC-3-3-TH

Topic	LP	Teacher
UNIT-I : Introduction:		
► Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance.	3	
► Cell: Definition, Structure and Function of Human Cell.	3	
► Tissue: Definition, Types and Functions.	3	SB
► System: Definition, Types and Functions in Human Body.	3	
UNIT-II : Musculo-skeletal System:		
► Skeletal System: Structure of Skeletal System; Classification of Bones and Joints; Anatomical Differences between Male and Female.	3	
► Muscular System: Types, Location, Structure and Function of Skeletal Muscle.	3	SB
► Muscular Contraction: Meaning, Types, Definition and Characteristics.	3	
► Effect of Exercise and Training on Muscular System.	2	
UNIT-III : Circulatory System:		
► Blood: Definition, Composition and Functions.	3	
Heart: Definition, Structure and Functions. Blood Circulation		
► Mechanism within Heart. Meaning and Definition of Term: Heart	3	
► Rate, Pulse Rate, Stroke Volume, Cardiac Output Blood Pressure – Systolic and Diastolic, Athletic Heart and Bradycardia.	3	SB
► Effect of Exercise and Training on Circulatory System.	2	
UNIT-IV : Respiratory System:		
► Structure and Functions of Human Respiratory Organs.	3	
► Respiration Mechanism.		
► Meaning and Definition of Term: Respiratory Rate, Tidal Volume, Residual Volume, Vital Capacity, O ₂ Debt and Second Wind.	3	SB
► Effect of Exercise and Training on Respiratory System.	3	

PAPER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

PEDN-G-CC-3-3-P

Topic	LP	Teacher
Lab & Field Practical		
1. Assessments of BMI and WHR (Waist-to-hip ratio). 2. Assessment of Resting Heart Rate and Exercise Heart Rate. 3. Assessment of Blood Pressure, Respiratory Rate and Pick Flow Rate.	8	SB



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Sovarani Memorial College

3rd Semester (CBCS)
PAPER: TRACK AND FIELD

PEDN-G-SEC-A-3-1-P

Topic	LP	Teacher
(i) Track Events:		
<ul style="list-style-type: none"> ► Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block. ► Acceleration with proper running techniques. ► Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug. ► Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, 	45	SB
(ii) Field Events:		
<ul style="list-style-type: none"> ► Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing. ► High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing. ► Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique). ► Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle). ► Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride). 	45	SB



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5th Semester (CBCS)
PAPER: MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS

PEDN-G-DSE-A-5-1-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Sports Management: Meaning, Definition Nature and Scope.	2	
► Emergence: History and Importance of Sports Management.	2	
► Basics: Principles and Practices of Sports Management.	2	
► Application: Qualities, Duties and Responsibilities of Sports Manager.	2	
UNIT-II : Tournaments		
► Tournaments: Meaning, Definition and Types; Tournaments- Knock-out, League, Combination, Challenge.	2	
► Organisation: Fixture Drawing Procedure of Knock-out, League, Combination Tournaments	3	
► Annual Program: Athletic Meet and Play Day Organisation and Management.	2	
► Year-round Programme: Intramural and Extramural Competition Organisation and Management.	2	
UNIT-III : Facilities and Equipment		
► Lay-out: Characteristics, Principles and Lay-out of Standard Athletic Track and Football Field.	3	
► Care and Maintenance: Meaning, Methods, Need and Importance of Sports Equipment Playground and Gymnasium.	3	
► Documentation: Meaning, Methods, Need and Importance.	2	
► Time Table: Meaning, Definition, Importance and Factors.	2	
UNIT-IV : Financial Management		
► Financial Management: Meaning, Definition, Need and Importance.	2	
► Budget: Meaning, Definition, Criteria, Principles; Steps for Preparing a Good Budget.	2	
► Sponsorship: Meaning, Trends, Process, Aim and Objectives.	2	
► Sports Promotion: Meaning, Means and Methods; Funding Agencies – Types, Procedure Communication with the Agencies.	2	

PAPER: MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS

PEDN-G-DSE-A-5-1-P

Topic	LP	Teacher
Lab & Field Practical		
1. Lay out of a Standard Track and any two sport field/court 2. Fixture of Different type Tournaments 3. Preparation of a Model Budget and ideal Time Table.	8	SB

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5th Semester (CBCS)
PAPER: BALL GAMES

PEDN-G-SEC-A-5-2-P

Topic	LP	Teacher
FOOTBALL		
A. Fundamental Skills <ul style="list-style-type: none"> ► Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick. ► Trapping: Trapping- the Rolling ball, and the Bouncing ball with Sole of the foot, Thigh and Chest Trapping. ► Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot. ► Heading: In standing, running and jumping condition. ► Throw-in: Standing throw-in and Running throw-in. ► Feinting: With the lower limb and upper part of the body. ► Tackling: Simple Tackling, Slide Tackling. ► Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting. B. Rules and their interpretation and duties of officials.	40	SB
CRICKET		
A. Fundamental Skills <ul style="list-style-type: none"> ► Batting - Forward Defence Stroke, Backward Defence Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut. ► Bowling -Out-swing, In-swing, Off Break, Leg Break and Googly. ► Fielding: Catching - The High Catch, The Skim Catch, The Close Catch and throwing at the stumps from different angles. Long Barrier and Throw, Short Throw, Long Throw, Throwing on the Turn. ► Wicket Keeping B. Rules and their interpretation and duties of officials.	40	SB
BASKETBALL		
A. Fundamental Skills <ul style="list-style-type: none"> ► Passing: Two hand Chest Pass, Two-hand Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass. ► Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running. ► Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble. ► Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw. ► Rebounding: Defensive rebound and Offensive rebound. ► Individual Defence: Guarding the player with the ball and without the ball, Pivoting. ► Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	40	SB
	6	

	Topic	LP	Teacher
VOLLEYBALL			
A. Fundamental Skills	<ul style="list-style-type: none"> ► Serve: Under hand serve and Side arm serve; Over-head serve, Floating service standing and jumping. ► Passing: Fore arm passing, Over-head passing. ► Setting: Front set, Back set and Long set. ► Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing). ► Blocking: Offensive and Defensive with one or more than one blockers (approach, arm and foot movement, and landing). ► Service reception and Court coverage. ► Rotation and front court and back court players. B. Rules and their interpretation and duties of officials.	40	SB
		6	



Head

Department of Physical Education
Sovarani Memorial College

Lesson Plan for the Even Semester 2020-2021

2nd Semester (CBCS)

PAPER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS

PEDN-G-CC-2-2-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Health: Meaning, Definition, Dimensions and Factors. ► Health Education: Meaning, Definition, Aim, Objectives and Principles. School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record; Care of Eyes, Ear, Nose, Skin, Mouth and Teeth. Aim, Objectives and Functions: National Institute of Health & Family Welfare (NIHFW), World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children's Emergency Fund (UNICEF).	3 3 3 4	SB
UNIT-II : Health Problems in India - Prevention and Control		
► Communicable Disease: Meaning, Definition and Types; Causes, Prevention and Control of Malaria, Dengue, Chicken Pox and Diarrhea. Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders. Nutrition: Nutrients and their Functions and Daily Requirements. Balanced Diet. Balanced Diet principles for Growing ups, Adults, Elderly and Athletes of both Genders and Mothers. Health disorders for deficiency of Protein, Vitamins and Minerals. Posture: Meaning and Definition. Types of Postural Deformities; Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot. Importance of Good Posture.	3 3 4 3	SB
UNIT-III : Physical Fitness and Wellness		
► Physical Fitness: Meaning and Definition, Need and Importance of Physical Fitness. ► Physical Fitness Components: Meaning, Definition and Usefulness of Health-related and Sports Performance-related Physical Fitness. ► Concept of Wellness. Meaning, Definition and Components of Wellness; Relationship between Physical Activities and Wellness. ► Ageing: Meaning and Definition; Aging Phenomenon; Role of Exercise in Aging.	3 3 3 3	SB
UNIT-IV : Health and First-aid Management		
► First-aid: Meaning, Definition, Need and Importance; Golden Rules of First-aid. ► Sports Injuries: Meaning, Definition and Types; Management of Sprain, Strain, Wound, Facture and Dislocation. ► Therapeutic Modalities: Therapy - Meaning and Definition; Principles and Sports Injury Management Procedure of Cryo-therapy and Thermo-therapy. ► Sports Injury Management: Types of Massage. Principles and methods of Sports Injury Management through Exercise and Massage.	3 3 3 3	SB



**Head
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Sovarani Memorial College**

2nd Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PAPER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS

PEDN-G-CC-2-2-P

Topic	LP	Teacher
Project Work:		
1. One from Unit-I to be selected by internal teacher. 2. One from Unit-II to be selected by internal teacher. 3. One from Unit-III to be selected by internal teacher. 4. One from Unit-IV to be selected by internal teacher.	20	SB



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Sovarani Memorial College

4th Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Psychology: Meaning, Definition and Scope of Psychology. ► Nature of Psychology; Branches, Need and Importance of Psychology. ► Sports Psychology: Meaning, Definition, Scope and Role of Sports Psychology. ► Need for Psychology in Physical Education and Sports.	2 2 2 2	SB
UNIT-II : Learning		
► Learning: Meaning, Definition and Characteristics. ► Learning Phenomenon: Basic Theories and Laws of Learning. Learning Phenomena and Physical Education and Sports. ► Learning Process: Learning Curve - Meaning, Stages and Features; Learning Motor Skills. ► Transfer of Learning: Meaning, Definition and Types. Factors of Transfer of Learning/Training	2 2 2 2	SB
UNIT-III : Psychological Factors		
► Motivation: Meaning, Definition, Types and Role of Motivation in Life. ► Instinct and Emotion: Meaning, Definition and Types; Physical Education and Sports for Emotional Development. ► Stress: Meaning, Definition, Types and Causes; Physical Education and Sports for Students' Stress Relaxation. ► Personality: Meaning, Definition, Types and Traits; Physical Education and Sports for Personality Development.	2 2 2 2	SB
UNIT-IV : Sociological Aspects		
► Sociology: Meaning and Definition, Society and Social Group – Primary, Secondary and Remote Groups. ► Culture: Features, Importance, Cultural Values of Games and Sports. ► Leadership: Meaning, Definition and Types. Leadership and Sports Performance; Leadership and Physical Education and Sports. ► Sports Related Social Issues: Empowerment, Gender Discrimination, Women and Sport, Socio-economic Status and Sports Participation, Sports in Modern Society.	2 2 2 2	SB



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Sovarani Memorial College

4th Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-P

Topic	LP	Teacher
Lab & Field Practical		
1. Assessment of Simple and Choice Reaction Time		
2. Assessment of Group-cohesion and Social Development.	8	SB
3. Assessment of Personality.		



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Sovarani Memorial College

4th Semester (CBCS)
PAPER: GYMNASTICS AND YOGA

PEDN-G-SEC-B-4-1-P

	Topic	LP	Teacher
GYMNASTICS			
1.	Compulsory Forward Roll T-Balance Forward Roll with Split leg Backward Roll Cart-Wheel	10	
2.	Optional (any three) Dive and Forward Roll Hand Spring Head Spring Neck Spring Hand Stand and Forward Roll Summersault	10	SB
YOGA			
3.	Asana Standing Posture Ardhachandrasana, Brikshasana, Padahastasana Sitting Posture Ardhakurmasana, Paschimottanasana, Gomukhasana Supine Posture Setubandhasana, Halasana, Matsyasana Prone Posture Bhujangasana, Salvasana, Dhanurasana Inverted Posture Sarbangasana, Shirasana, Bhagrasana	6	
4.	Suryanamaskara and Pranayama Suryanamaskara, Kapalbhati, Pranayama- Bhramari and Anulam Vilom.	6	SB
		6	
		6	
		6	
		8	



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Sovarani Memorial College

6th Semester (CBCS)
PAPER: SPORTS TRAINING

PEDN-G-CC-4-4-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Sports Training: Meaning, Definition and Scope.	2	
► Aim, Objectives and Characteristics of Sports Training.	2	
► Principles of Sports Training.	2	SB
► Need and Importance of Sports Training.	2	
UNIT-II : Methods of Training and Conditioning in Sports		
► Warming-up and Cooling-down: Meaning, Definition and Methods.	2	
► Conditioning: Meaning, Definition and Principles.	2	
► Training Methods: Principles and Characteristics of Circuit Training, Interval Training and Weight Training.	2	
► Periodisation: Meaning, Definition, Types, Aim and Contents of Different Periods.	2	SB
UNIT-III : Training Load and Adaptation		
► Training Load: Meaning, Definition, Types and Factors.	2	
► Training Load Components: Volume, Intensity, Repetition and Duration.	2	
► Over Load: Meaning, Causes, Symptoms and Overcoming Over-load.	2	
► Load Adaptation: Meaning and Conditions of Adaptation; Super-compensation.	2	SB
UNIT-IV : Training Techniques		
► Strength: Means and Methods Development.	2	
► Speed: Means and Methods Development.	2	
► Endurance: Means and Methods Development.	2	
► Flexibility: Means and Methods Development.	2	SB



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Sovarani Memorial College

6th Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-P

Topic	LP	Teacher
Lab & Field Practical		
1. Weight Training – Practice with Principles. 2. Measurement of Speed, Strength, Endurance and Flexibility. 3. Circuit Training - Practice with Principles and Periodisation Chart.	8	SB



Head
Department of Physical Education
Sovarani Memorial College

6th Semester (CBCS)
PAPER: Indian Games (Any One) and Racket Sports (Any One)

PEDN-G-SEC-B-6-2-P

Topic		LP	Teacher
KABADDI			
A.	Fundamental Skills ► Raiding Skills: Cant, Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow flying kick, roll back; crossing of baulk line; Crossing of Bonus line. ► Holding skills: Ankle, Knee, Thigh, Wrist, Crocodile and Washer man hold. ► Formation during holding: Various formations, catching from particular position. ► Additional Raiding skills: Escaping from various holds, techniques of escaping from chain formation, offense and defence. ► Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	44	SB
KHO-KHO			
A.	Fundamental Skills ► Chasing Skills: Sitting on the box - Parallel and Bullet toe method; Getting up from the box -Proximal and Distal foot method; Giving Kho - Simple, Early, Late and Judgment Kho; Pole Turn, Pole Diving, Tapping, Hammering, Rectification of foul. ► Running Skills: Chain Play, Ring play and Chain, Ring mixed play, running zigzag, avoiding and dodging. ► Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	44	SB
BADMINTON			
A.	Fundamental Skills ► Basic Knowledge: Various parts of the Racket and Grip – hand-shake grip, figure pointing grip. ► Basic foot work and court coverage. ► Basic Stance: Defensive, attacking, net stance. ► Service: Short service, Long service, Long-high service. ► Shots: fore hand, back hand, clearing, lobbing, over-head shot, defensive clear shot, attacking clear shot, drop shot, net shot, smash. ► Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	44	SB
6			

Topic	LP	Teacher
TABLE TENNIS		
A. Fundamental Skills <ul style="list-style-type: none"> ► Basic Knowledge: Various parts of the racket and grip (shake hand & pen hold grip), back hand and fore hand grip. ► Stance: Alternate and Parallel. ► Service: Backhand and Forehand high toss service, spin, top spin, back spin, side spin. ► Chop: Backhand and Forehand. ► Receive return and receiving: Push, Chop, drive loop and flick with both Backhand & Forehand. ► Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	44	SB

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Head

Department of Physical Education Sovarani Memorial College

Lesson Plan for the Odd Semester 2020-2021

1st Semester (CBCS)

PAPER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

PEDN-G-CC-1-1-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Meaning and Definition of Physical Education.	3	
► Aim and Objectives of Physical Education.	3	
► Misconceptions and Modern Concept of Physical Education.	3	
► Physical Education in Ancient and Modern Society.	3	SB
UNIT-II : Foundations of Physical Education		
► Growth and Development: Meaning, Definition, Factors, Principles and Difference.	3	
► Age Characteristics: Chronological Age, Anatomical Age, Physiological Age and Mental Age.	3	
► Play, Game and Sports: Meaning, Definition and Characteristics; Play Theories; Play, Games and Sports for Human Development.	3	SB
► Society - Meaning and Definition; Social Groups, Sports as a Social Institution, Sports for National and International Harmony.	3	
UNIT-III : History of Physical Education		
► History of Physical Education and Sports in India: Pre-Independence and Post- Independence Period.	3	
► Olympic Movement: Ancient and Modern Olympic Games.	3	
► Asian Games, Commonwealth Games and SAF Games.	3	
► National Sports Awards: Arjuna, Dhyanchand, Dronacharya, Rajiv Gandhi Khel Ratn	4	SB
UNIT-IV : Yoga Education		
► Yoga: Meaning, Definition, Aim, Objectives and Importance of Yoga for Health.	3	
► History of Yoga: Ancient Period, Vedic Period, Pre-Classical Period, Classical Period, Post-Classical Period, Contemporary Period.	4	SB
► Astanga Yoga: Meaning, Steps, Methods and Objectives.	3	
► Yogic Concept of Personality and Diet, Yoga for Health and Wellness	3	



Head

**Department of Physical Education
Sovarani Memorial College**

1st Semester (CBCS)
PAPER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

PEDN-G-CC-1-1-P

Topic	LP	Teacher
Project Work:		
1. One from Unit-I to be selected by internal teacher. 2. One from Unit-II to be selected by internal teacher. 3. One from Unit-III to be selected by internal teacher. 4. One from Unit-IV to be selected by internal teacher.	20	SB



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Sovarani Memorial College

3rd Semester (CBCS)
PAPER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

PEDN-G-CC-3-3-TH

Topic	LP	Teacher
UNIT-I : Introduction:		
► Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance.	3	
► Cell: Definition, Structure and Function of Human Cell.	3	
► Tissue: Definition, Types and Functions.	3	SB
► System: Definition, Types and Functions in Human Body.	3	
UNIT-II : Musculo-skeletal System:		
► Skeletal System: Structure of Skeletal System; Classification of Bones and Joints; Anatomical Differences between Male and Female.	3	
► Muscular System: Types, Location, Structure and Function of Skeletal Muscle.	3	SB
► Muscular Contraction: Meaning, Types, Definition and Characteristics.	3	
► Effect of Exercise and Training on Muscular System.	2	
UNIT-III : Circulatory System:		
► Blood: Definition, Composition and Functions.	3	
Heart: Definition, Structure and Functions. Blood Circulation		
► Mechanism within Heart. Meaning and Definition of Term: Heart	3	
► Rate, Pulse Rate, Stroke Volume, Cardiac Output Blood Pressure – Systolic and Diastolic, Athletic Heart and Bradycardia.	3	SB
► Effect of Exercise and Training on Circulatory System.	2	
UNIT-IV : Respiratory System:		
► Structure and Functions of Human Respiratory Organs.	3	
► Respiration Mechanism.		
► Meaning and Definition of Term: Respiratory Rate, Tidal Volume, Residual Volume, Vital Capacity, O ₂ Debt and Second Wind.	3	SB
► Effect of Exercise and Training on Respiratory System.	3	

PAPER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

PEDN-G-CC-3-3-P

Topic	LP	Teacher
Lab & Field Practical		
1. Assessments of BMI and WHR (Waist-to-hip ratio). 2. Assessment of Resting Heart Rate and Exercise Heart Rate. 3. Assessment of Blood Pressure, Respiratory Rate and Pick Flow Rate.	8	SB



Head
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Sovarani Memorial College

3rd Semester (CBCS)
PAPER: TRACK AND FIELD

PEDN-G-SEC-A-3-1-P

Topic	LP	Teacher
(i) Track Events:		
<ul style="list-style-type: none"> ► Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block. ► Acceleration with proper running techniques. ► Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug. ► Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, 	45	SB
(ii) Field Events:		
<ul style="list-style-type: none"> ► Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing. ► High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing. ► Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique). ► Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle). ► Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride). 	45	SB



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5th Semester (CBCS)
PAPER: MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS

PEDN-G-DSE-A-5-1-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Sports Management: Meaning, Definition Nature and Scope.	2	
► Emergence: History and Importance of Sports Management.	2	
► Basics: Principles and Practices of Sports Management.	2	
► Application: Qualities, Duties and Responsibilities of Sports Manager.	2	
UNIT-II : Tournaments		
► Tournaments: Meaning, Definition and Types; Tournaments- Knock-out, League, Combination, Challenge.	2	
► Organisation: Fixture Drawing Procedure of Knock-out, League, Combination Tournaments	3	
► Annual Program: Athletic Meet and Play Day Organisation and Management.	2	
► Year-round Programme: Intramural and Extramural Competition Organisation and Management.	2	
UNIT-III : Facilities and Equipment		
► Lay-out: Characteristics, Principles and Lay-out of Standard Athletic Track and Football Field.	3	
► Care and Maintenance: Meaning, Methods, Need and Importance of Sports Equipment Playground and Gymnasium.	3	
► Documentation: Meaning, Methods, Need and Importance.	2	
► Time Table: Meaning, Definition, Importance and Factors.	2	
UNIT-IV : Financial Management		
► Financial Management: Meaning, Definition, Need and Importance.	2	
► Budget: Meaning, Definition, Criteria, Principles; Steps for Preparing a Good Budget.	2	
► Sponsorship: Meaning, Trends, Process, Aim and Objectives.	2	
► Sports Promotion: Meaning, Means and Methods; Funding Agencies – Types, Procedure Communication with the Agencies.	2	

PAPER: MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS

PEDN-G-DSE-A-5-1-P

Topic	LP	Teacher
Lab & Field Practical		
1. Lay out of a Standard Track and any two sport field/court 2. Fixture of Different type Tournaments 3. Preparation of a Model Budget and ideal Time Table.	8	SB



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5th Semester (CBCS)
PAPER: BALL GAMES

PEDN-G-SEC-A-5-2-P

Topic	LP	Teacher
FOOTBALL		
A. Fundamental Skills <ul style="list-style-type: none"> ► Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick. ► Trapping: Trapping- the Rolling ball, and the Bouncing ball with Sole of the foot, Thigh and Chest Trapping. ► Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot. ► Heading: In standing, running and jumping condition. ► Throw-in: Standing throw-in and Running throw-in. ► Feinting: With the lower limb and upper part of the body. ► Tackling: Simple Tackling, Slide Tackling. ► Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting. B. Rules and their interpretation and duties of officials.	40	SB
CRICKET	6	
A. Fundamental Skills <ul style="list-style-type: none"> ► Batting - Forward Defence Stroke, Backward Defence Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut. ► Bowling -Out-swing, In-swing, Off Break, Leg Break and Googly. ► Fielding: Catching - The High Catch, The Skim Catch, The Close Catch and throwing at the stumps from different angles. Long Barrier and Throw, Short Throw, Long Throw, Throwing on the Turn. ► Wicket Keeping B. Rules and their interpretation and duties of officials.	40	SB
BASKETBALL		
A. Fundamental Skills <ul style="list-style-type: none"> ► Passing: Two hand Chest Pass, Two-hand Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass. ► Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running. ► Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble. ► Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw. ► Rebounding: Defensive rebound and Offensive rebound. ► Individual Defence: Guarding the player with the ball and without the ball, Pivoting. ► Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	40	SB
	6	

	Topic	LP	Teacher
VOLLEYBALL			
A. Fundamental Skills	<ul style="list-style-type: none"> ► Serve: Under hand serve and Side arm serve; Over-head serve, Floating service standing and jumping. ► Passing: Fore arm passing, Over-head passing. ► Setting: Front set, Back set and Long set. ► Spiking: Short ball, Medium ball and High ball (approach, arm and foot movement, and landing). ► Blocking: Offensive and Defensive with one or more than one blockers (approach, arm and foot movement, and landing). ► Service reception and Court coverage. ► Rotation and front court and back court players. B. Rules and their interpretation and duties of officials.	40	SB
		6	



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Lesson Plan for the Even Semester 2019-2020

2nd Semester (CBCS)

PAPER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS

PEDN-G-CC-2-2-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Health: Meaning, Definition, Dimensions and Factors. ► Health Education: Meaning, Definition, Aim, Objectives and Principles. School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record; Care of Eyes, Ear, Nose, Skin, Mouth and Teeth. Aim, Objectives and Functions: National Institute of Health & Family Welfare (NIHFW), World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children's Emergency Fund (UNICEF).	3 3 3 4	SB
UNIT-II : Health Problems in India - Prevention and Control		
► Communicable Disease: Meaning, Definition and Types; Causes, Prevention and Control of Malaria, Dengue, Chicken Pox and Diarrhea. Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders. Nutrition: Nutrients and their Functions and Daily Requirements. Balanced Diet. Balanced Diet principles for Growing ups, Adults, Elderly and Athletes of both Genders and Mothers. Health disorders for deficiency of Protein, Vitamins and Minerals. Posture: Meaning and Definition. Types of Postural Deformities; Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot. Importance of Good Posture.	3 3 4 3	SB
UNIT-III : Physical Fitness and Wellness		
► Physical Fitness: Meaning and Definition, Need and Importance of Physical Fitness. ► Physical Fitness Components: Meaning, Definition and Usefulness of Health-related and Sports Performance-related Physical Fitness. ► Concept of Wellness. Meaning, Definition and Components of Wellness; Relationship between Physical Activities and Wellness. ► Ageing: Meaning and Definition; Aging Phenomenon; Role of Exercise in Aging.	3 3 3 3	SB
UNIT-IV : Health and First-aid Management		
► First-aid: Meaning, Definition, Need and Importance; Golden Rules of First-aid. ► Sports Injuries: Meaning, Definition and Types; Management of Sprain, Strain, Wound, Facture and Dislocation. ► Therapeutic Modalities: Therapy - Meaning and Definition; Principles and Sports Injury Management Procedure of Cryo-therapy and Thermo-therapy. ► Sports Injury Management: Types of Massage. Principles and methods of Sports Injury Management through Exercise and Massage.	3 3 3 3	SB



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2nd Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PAPER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS

PEDN-G-CC-2-2-P

Topic	LP	Teacher
Project Work:		
1. One from Unit-I to be selected by internal teacher. 2. One from Unit-II to be selected by internal teacher. 3. One from Unit-III to be selected by internal teacher. 4. One from Unit-IV to be selected by internal teacher.	20	SB



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4th Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Psychology: Meaning, Definition and Scope of Psychology. ► Nature of Psychology; Branches, Need and Importance of Psychology. ► Sports Psychology: Meaning, Definition, Scope and Role of Sports Psychology. ► Need for Psychology in Physical Education and Sports.	2 2 2 2	SB
UNIT-II : Learning		
► Learning: Meaning, Definition and Characteristics. ► Learning Phenomenon: Basic Theories and Laws of Learning. Learning Phenomena and Physical Education and Sports. ► Learning Process: Learning Curve - Meaning, Stages and Features; Learning Motor Skills. ► Transfer of Learning: Meaning, Definition and Types. Factors of Transfer of Learning/Training	2 2 2 2	SB
UNIT-III : Psychological Factors		
► Motivation: Meaning, Definition, Types and Role of Motivation in Life. ► Instinct and Emotion: Meaning, Definition and Types; Physical Education and Sports for Emotional Development. ► Stress: Meaning, Definition, Types and Causes; Physical Education and Sports for Students' Stress Relaxation. ► Personality: Meaning, Definition, Types and Traits; Physical Education and Sports for Personality Development.	2 2 2 2	SB
UNIT-IV : Sociological Aspects		
► Sociology: Meaning and Definition, Society and Social Group – Primary, Secondary and Remote Groups. ► Culture: Features, Importance, Cultural Values of Games and Sports. ► Leadership: Meaning, Definition and Types. Leadership and Sports Performance; Leadership and Physical Education and Sports. ► Sports Related Social Issues: Empowerment, Gender Discrimination, Women and Sport, Socio-economic Status and Sports Participation, Sports in Modern Society.	2 2 2 2	SB



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4th Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PEDN-G-CC-4-4-P

Topic	LP	Teacher
Lab & Field Practical		
1. Assessment of Simple and Choice Reaction Time		
2. Assessment of Group-cohesion and Social Development.	8	SB
3. Assessment of Personality.		



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4th Semester (CBCS)
PAPER: GYMNASTICS AND YOGA

PEDN-G-SEC-B-4-1-P

	Topic	LP	Teacher
	GYMNASTICS		
1.	Compulsory Forward Roll T-Balance Forward Roll with Split leg Backward Roll Cart-Wheel	10	
2.	Optional (any three) Dive and Forward Roll Hand Spring Head Spring Neck Spring Hand Stand and Forward Roll Summersault	10	SB
	YOGA		
3.	Asana Standing Posture Ardhachandrasana, Brikshasana, Padahastasana Sitting Posture Ardhakurmasana, Paschimottanasana, Gomukhasana Supine Posture Setubandhasana, Halasana, Matsyasana Prone Posture Bhujangasana, Salvasana, Dhanurasana Inverted Posture Sarbangasana, Shirasana, Bhagrasana	6	
4.	Suryanamaskara and Pranayama Suryanamaskara, Kapalbhati, Pranayama- Bhramari and Anulam Vilom.	8	SB



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PART - III (1+1+1)

Part- A (Theory)

Topic	LP	Teacher
Group A : Therapeutic Aspects of Physical Activities		
► Exercise and Chronic Diseases: Osteoporosis, Obesity, Hypertension, Diabetes, Cardiovascular diseases.	7	
► Exercise Therapy: Corrective, Isotonic, Isometric and Resistance Exercise. Yogasana as a Therapy, Massage Therapy	6	SB
► Electro Therapy, Hydro Therapy, Thermo Therapy- Basic Principles.	5	
► Basic Principles of Rehabilitation: Modalities and Relaxation Techniques.	4	
Group B : Physical Activities and Life Style		
► Physical Activities, Health and Wellness- Modern Concepts.	2	
► Health and Fitness Active Life style.	2	
► Physical Activity and Childhood- Growth and Development.	4	
► Physical Activity and Women- Puberty, Adolescent and Post Adolescent Period, Pregnancy, Limitations of Female in Athletics.	4	SB
► Physical Activity for the Aged- Exercise and Physiology of aging, Loss of functional reserve with age, Risk of exercise among the aged.	4	
► Physical Activity for the Disabled: Types of disability, Programme for the disabled.	4	

Part- B (Practical)

Topic	LP	Teacher
Unit: 1 Participation in regular fitness programme (to be tested)	3	SB
Unit: 2 Administration of Fitness Testing Procedures (a) Strength: Medicine ball put, Standing broad jump, Vertical jump, Push up / Pull up. (b) Endurance: Muscular Sit up, Squat thrust, Cardio respiratory Cooper Test, Harvard Step Test. (c) Speed: 50mts. Sprint.	6	SB
Unit: 3 Officiating: (a) Athletics: Running, Jumping and Throwing events (b) Indian Games: Kabaddi, Kho-Kho. (c) Ball Games: Football, Cricket, Volleyball, Badminton, (For Women)	5	SB
Unit: 4 Specific exercise programme for rehabilitation (According to body parts) for regional injuries including Yoga therapy: Shoulder, Knees, Hip, Trunk, Neck and Ankle injuries.	3	SB
Unit: 5 Participation in Social Service Programme e.g. NCC, NSS, Blood Donation Camp, Scouts & Guides, Bratachari, Adventure Sports etc.	4	SB
Unit: 6 Visit to State or Higher Level Tournament and Record Book	1	SB



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Lesson Plan for the Odd Semester 2019-2020

1st Semester (CBCS)

PAPER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

PEDN-G-CC-1-1-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Meaning and Definition of Physical Education.	3	
► Aim and Objectives of Physical Education.	3	
► Misconceptions and Modern Concept of Physical Education.	3	
► Physical Education in Ancient and Modern Society.	3	SB
UNIT-II : Foundations of Physical Education		
► Growth and Development: Meaning, Definition, Factors, Principles and Difference.	3	
► Age Characteristics: Chronological Age, Anatomical Age, Physiological Age and Mental Age.	3	
► Play, Game and Sports: Meaning, Definition and Characteristics; Play Theories; Play, Games and Sports for Human Development.	3	SB
► Society - Meaning and Definition; Social Groups, Sports as a Social Institution, Sports for National and International Harmony.	3	
UNIT-III : History of Physical Education		
► History of Physical Education and Sports in India: Pre-Independence and Post- Independence Period.	3	
► Olympic Movement: Ancient and Modern Olympic Games.	3	
► Asian Games, Commonwealth Games and SAF Games.	3	
► National Sports Awards: Arjuna, Dhyanchand, Dronacharya, Rajiv Gandhi Khel Ratna	4	SB
UNIT-IV : Yoga Education		
► Yoga: Meaning, Definition, Aim, Objectives and Importance of Yoga for Health.	3	
► History of Yoga: Ancient Period, Vedic Period, Pre-Classical Period, Classical Period, Post-Classical Period, Contemporary Period.	4	SB
► Astanga Yoga: Meaning, Steps, Methods and Objectives.	3	
► Yogic Concept of Personality and Diet, Yoga for Health and Wellness	3	



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1st Semester (CBCS)
PAPER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

PEDN-G-CC-I-I-P

Topic	LP	Teacher
Project Work:		
1. One from Unit-I to be selected by internal teacher. 2. One from Unit-II to be selected by internal teacher. 3. One from Unit-III to be selected by internal teacher. 4. One from Unit-IV to be selected by internal teacher.	20	SB



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3rd Semester (CBCS)
PAPER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

PEDN-G-CC-3-3-TH

Topic	LP	Teacher
UNIT-I : Introduction:		
► Anatomy, Physiology and Exercise Physiology: Meaning, Definition, Scope and Importance.	3	
► Cell: Definition, Structure and Function of Human Cell.	3	
► Tissue: Definition, Types and Functions.	3	SB
► System: Definition, Types and Functions in Human Body.	3	
UNIT-II : Musculo-skeletal System:		
► Skeletal System: Structure of Skeletal System; Classification of Bones and Joints; Anatomical Differences between Male and Female.	3	
► Muscular System: Types, Location, Structure and Function of Skeletal Muscle.	3	SB
► Muscular Contraction: Meaning, Types, Definition and Characteristics.	3	
► Effect of Exercise and Training on Muscular System.	2	
UNIT-III : Circulatory System:		
► Blood: Definition, Composition and Functions.	3	
Heart: Definition, Structure and Functions. Blood Circulation		
► Mechanism within Heart. Meaning and Definition of Term: Heart	3	
► Rate, Pulse Rate, Stroke Volume, Cardiac Output Blood Pressure – Systolic and Diastolic, Athletic Heart and Bradycardia.	3	SB
► Effect of Exercise and Training on Circulatory System.	2	
UNIT-IV : Respiratory System:		
► Structure and Functions of Human Respiratory Organs.	3	
► Respiration Mechanism.		
► Meaning and Definition of Term: Respiratory Rate, Tidal Volume, Residual Volume, Vital Capacity, O ₂ Debt and Second Wind.	3	SB
► Effect of Exercise and Training on Respiratory System.	3	

PAPER: ANATOMY, PHYSIOLOGY AND EXERCISE PHYSIOLOGY

PEDN-G-CC-3-3-P

Topic	LP	Teacher
Lab & Field Practical		
1. Assessments of BMI and WHR (Waist-to-hip ratio). 2. Assessment of Resting Heart Rate and Exercise Heart Rate. 3. Assessment of Blood Pressure, Respiratory Rate and Pick Flow Rate.	8	SB



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3rd Semester (CBCS)
PAPER: TRACK AND FIELD

PEDN-G-SEC-A-3-I-P

Topic	LP	Teacher
(i) Track Events:		
<ul style="list-style-type: none"> ► Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block. ► Acceleration with proper running techniques. ► Finishing Technique: Run Through, Forward Lunging and Shoulder Shrug. ► Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, 	45	SB
(ii) Field Events:		
<ul style="list-style-type: none"> ► Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing. ► High jump: Approach Run, Take-off, Bar Clearance/Flight (Straddle Roll) and Landing. ► Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique). ► Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle). ► Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride). 	45	SB



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PART - III (1+1+1)

Part- A (Theory)

Topic	LP	Teacher
Group A : Therapeutic Aspects of Physical Activities		
► Exercise and Chronic Diseases: Osteoporosis, Obesity, Hypertension, Diabetes, Cardiovascular diseases.	7	
► Exercise Therapy: Corrective, Isotonic, Isometric and Resistance Exercise. Yogasana as a Therapy, Massage Therapy	6	SB
► Electro Therapy, Hydro Therapy, Thermo Therapy- Basic Principles.	5	
► Basic Principles of Rehabilitation: Modalities and Relaxation Techniques.	4	
Group B : Physical Activities and Life Style		
► Physical Activities, Health and Wellness- Modern Concepts.	2	
► Health and Fitness Active Life style.	2	
► Physical Activity and Childhood- Growth and Development.	4	
► Physical Activity and Women- Puberty, Adolescent and Post Adolescent Period, Pregnancy, Limitations of Female in Athletics.	4	SB
► Physical Activity for the Aged- Exercise and Physiology of aging, Loss of functional reserve with age, Risk of exercise among the aged.	4	
► Physical Activity for the Disabled: Types of disability, Programme for the disabled.	4	

Part- B (Practical)

Topic	LP	Teacher
Unit: 1 Participation in regular fitness programme (to be tested)	3	SB
Unit: 2 Administration of Fitness Testing Procedures (a) Strength: Medicine ball put, Standing broad jump, Vertical jump, Push up / Pull up. (b) Endurance: Muscular Sit up, Squat thrust, Cardio respiratory Cooper Test, Harvard Step Test. (c) Speed: 50mts. Sprint.	6	SB
Unit: 3 Officiating: (a) Athletics: Running, Jumping and Throwing events (b) Indian Games: Kabaddi, Kho-Kho. (c) Ball Games: Football, Cricket, Volleyball, Badminton, (For Women)	5	SB
Unit: 4 Specific exercise programme for rehabilitation (According to body parts) for regional injuries including Yoga therapy: Shoulder, Knees, Hip, Trunk, Neck and Ankle injuries.	3	SB
Unit: 5 Participation in Social Service Programme e.g. NCC, NSS, Blood Donation Camp, Scouts & Guides, Bratachari, Adventure Sports etc.	4	SB
Unit: 6 Visit to State or Higher Level Tournament and Record Book	1	SB



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Lesson Plan for the Even Semester 2018-2019

2nd Semester (CBCS)

PAPER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS

PEDN-G-CC-2-2-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Health: Meaning, Definition, Dimensions and Factors. ► Health Education: Meaning, Definition, Aim, Objectives and Principles. School Health Program: Health Service, Health Instruction, Health Supervision; Personal Hygiene and Health Record; Care of Eyes, Ear, Nose, Skin, Mouth and Teeth. Aim, Objectives and Functions: National Institute of Health & Family Welfare (NIHFW), World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children's Emergency Fund (UNICEF).	3 3 3 4	SB
UNIT-II : Health Problems in India - Prevention and Control		
► Communicable Disease: Meaning, Definition and Types; Causes, Prevention and Control of Malaria, Dengue, Chicken Pox and Diarrhea. Hypokinetic Disorders: Meaning, Definition and Causes; Management of Obesity, Diabetes, Asthma and Cardiovascular disorders. Nutrition: Nutrients and their Functions and Daily Requirements. Balanced Diet. Balanced Diet principles for Growing ups, Adults, Elderly and Athletes of both Genders and Mothers. Health disorders for deficiency of Protein, Vitamins and Minerals. Posture: Meaning and Definition. Types of Postural Deformities; Causes and Corrective Exercise for Kyphosis, Lordosis, Scoliosis, Bow-Legs, Knock Knees and Flat Foot. Importance of Good Posture.	3 3 4 3	SB
UNIT-III : Physical Fitness and Wellness		
► Physical Fitness: Meaning and Definition, Need and Importance of Physical Fitness. ► Physical Fitness Components: Meaning, Definition and Usefulness of Health-related and Sports Performance-related Physical Fitness. ► Concept of Wellness. Meaning, Definition and Components of Wellness; Relationship between Physical Activities and Wellness. ► Ageing: Meaning and Definition; Aging Phenomenon; Role of Exercise in Aging.	3 3 3 3	SB
UNIT-IV : Health and First-aid Management		
► First-aid: Meaning, Definition, Need and Importance; Golden Rules of First-aid. ► Sports Injuries: Meaning, Definition and Types; Management of Sprain, Strain, Wound, Facture and Dislocation. ► Therapeutic Modalities: Therapy - Meaning and Definition; Principles and Sports Injury Management Procedure of Cryo-therapy and Thermo-therapy. ► Sports Injury Management: Types of Massage. Principles and methods of Sports Injury Management through Exercise and Massage.	3 3 3 3	SB



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2nd Semester (CBCS)
PAPER: PSYCHOLOGY AND SOCIOLOGY IN
PHYSICAL EDUCATION AND SPORTS

PAPER: HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS

PEDN-G-CC-2-2-P

Topic	LP	Teacher
Project Work:		
1. One from Unit-I to be selected by internal teacher. 2. One from Unit-II to be selected by internal teacher. 3. One from Unit-III to be selected by internal teacher. 4. One from Unit-IV to be selected by internal teacher.	20	SB



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PART - II (1+1+1)

(Theory)

Topic	LP	Teacher
Group A : Management of Physical Education & Sports		
<ul style="list-style-type: none"> ► Management of Sports and Games in School, College and Universities. Types of Tournaments: ► (a) Knockout System (b) League System (c) Combination System. Lay-out of Play-field and Basic Rules: ► (a) Kabaddi (b) Kho-Kho (c) Volleyball (d) Badminton (e) Football (f) Hockey (g) Cricket (h) Track and Field Events. ► Care and Maintenance of Sports Equipments 	4 8 10 2	SB
Group B : Sports Training & Mechanics		
<ul style="list-style-type: none"> ► Meaning of Sports Training, Conditioning, Warming-up and Cooling Down. Components of Physical Fitness: ► Speed, Strength, Endurance, Agility, Flexibility. Training Methods: ► Circuit, Interval, Fartlek, Cross-country, Weight training. Normal load, Crest load, Over-load, Principles of Overloading Mechanical Principles Applied to Sports: ► Laws of Motion, Lever and its types, Equilibrium its type and laws, Center of Gravity, Force and its types. 	3 6 5 3 4	SB
Group C: Exercise Physiology		
<ul style="list-style-type: none"> ► Muscular System: Various types of muscles, Structure, Effects of Exercise Muscular contraction: Eccentric, Concentric, Static; Motor Unit, Isometric, Isotonic, Isokinetic Exercise ► Effect of Exercise on Circulatory system, Blood Pressure. ► Effect of Respiratory System, Vital Capacity, Oxygen Debt, Cardiovascular endurance. 	5 3 3	
Group D: Health Education & First Aid		
<p>Meaning of Health Education</p> <p>Major Areas of Health Education:</p> <ul style="list-style-type: none"> (a) Health Service- Daily health inspection, Medical inspection and follow-up, medical examination form, medical clinic. (b) Healthful Environment- Healthful Environment in Educational institute, offices, factories, playground, auditorium etc. Environmental hygiene- lighting, ventilation, water supply and waste disposal. <p>Environmental Pollution: Air, Water etc and remedial measures.</p> <p>Safety Education: Safety at home, School, College, Playground, Streets</p> <p>Prevention and control of communicable diseases: Malaria, Cholera, Common cold, Coughs etc.</p> <p>Mental Health: Problems of maladjustment, Minor mental disorders, their causes and precautions.</p> <p>First-aid management: Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shocks, Minor injuries, Bleeding, Snake bites, Drowning, Electric Shock, Burns and Artificial Respiration.</p>		



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PART - II (1+1+1)
(Practical)

Topic		LP	Teacher
Unit: 1	Track & Field: 100m, 200m, 400m, 800m Run, Shot Put, Discus Throw, Javelin Throw, High Jump, Long Jump, Triple Jump (Men)	24	SB
Unit: 2	Gymnastics: Forward Roll, Backward Roll, Dive Roll, Cartwheel, T-Balance, Hand Stand, Hand Spring, Somer Sault- Skill and knowledge of assisting	12	SB
Unit: 3	Indian Game: Kabaddi, Kho-Kho.	6	SB
Unit: 4	Ball Game: Football, Volleyball, Cricket, Hockey, Badminton (Women)- Fundamental skills, rules and regulation(Any two Ball Games)	15	SB
Unit: 5	Yogasana: Shabasana, Padmasana, Dhanurasana, Halasana, Ardhamatseyendrasana, Chakrasana, Sarbangasana, Shirrasana, Mayurasana, Bakrasana, Paschimatyasana, Kapalbhati, Anulom-Vilom.	4	SB
Unit: 6	First-Aid Practical	3	SB
Unit: 7	Record Book	2	SB



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PART - III (1+1+1)

Part- A (Theory)

Topic	LP	Teacher
Group A : Therapeutic Aspects of Physical Activities		
► Exercise and Chronic Diseases: Osteoporosis, Obesity, Hypertension, Diabetes, Cardiovascular diseases.	7	
► Exercise Therapy: Corrective, Isotonic, Isometric and Resistance Exercise. Yogasana as a Therapy, Massage Therapy	6	SB
► Electro Therapy, Hydro Therapy, Thermo Therapy- Basic Principles.	5	
► Basic Principles of Rehabilitation: Modalities and Relaxation Techniques.	4	
Group B : Physical Activities and Life Style		
► Physical Activities, Health and Wellness- Modern Concepts.	2	
► Health and Fitness Active Life style.	2	
► Physical Activity and Childhood- Growth and Development.	4	
► Physical Activity and Women- Puberty, Adolescent and Post Adolescent Period, Pregnancy, Limitations of Female in Athletics.	4	SB
► Physical Activity for the Aged- Exercise and Physiology of aging, Loss of functional reserve with age, Risk of exercise among the aged.	4	
► Physical Activity for the Disabled: Types of disability, Programme for the disabled.	4	

Part- B (Practical)

Topic	LP	Teacher
Unit: 1 Participation in regular fitness programme (to be tested)	3	SB
Unit: 2 Administration of Fitness Testing Procedures (a) Strength: Medicine ball put, Standing broad jump, Vertical jump, Push up / Pull up. (b) Endurance: Muscular Sit up, Squat thrust, Cardio respiratory Cooper Test, Harvard Step Test. (c) Speed: 50mts. Sprint.	6	SB
Unit: 3 Officiating: (a) Athletics: Running, Jumping and Throwing events (b) Indian Games: Kabaddi, Kho-Kho. (c) Ball Games: Football, Cricket, Volleyball, Badminton, (For Women)	5	SB
Unit: 4 Specific exercise programme for rehabilitation (According to body parts) for regional injuries including Yoga therapy: Shoulder, Knees, Hip, Trunk, Neck and Ankle injuries.	3	SB
Unit: 5 Participation in Social Service Programme e.g. NCC, NSS, Blood Donation Camp, Scouts & Guides, Bratachari, Adventure Sports etc.	4	SB
Unit: 6 Visit to State or Higher Level Tournament and Record Book	1	SB



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Lesson Plan for the Odd Semester 2018-2019

1st Semester (CBCS)

PAPER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

PEDN-G-CC-1-1-TH

Topic	LP	Teacher
UNIT-I : Introduction		
► Meaning and Definition of Physical Education.	3	
► Aim and Objectives of Physical Education.	3	
► Misconceptions and Modern Concept of Physical Education.	3	
► Physical Education in Ancient and Modern Society.	3	SB
UNIT-II : Foundations of Physical Education		
► Growth and Development: Meaning, Definition, Factors, Principles and Difference.	3	
► Age Characteristics: Chronological Age, Anatomical Age, Physiological Age and Mental Age.	3	
► Play, Game and Sports: Meaning, Definition and Characteristics; Play Theories; Play, Games and Sports for Human Development.	3	SB
► Society - Meaning and Definition; Social Groups, Sports as a Social Institution, Sports for National and International Harmony.	3	
UNIT-III : History of Physical Education		
► History of Physical Education and Sports in India: Pre-Independence and Post- Independence Period.	3	
► Olympic Movement: Ancient and Modern Olympic Games.	3	
► Asian Games, Commonwealth Games and SAF Games.	3	
► National Sports Awards: Arjuna, Dhyanchand, Dronacharya, Rajiv Gandhi Khel Ratna	4	SB
UNIT-IV : Yoga Education		
► Yoga: Meaning, Definition, Aim, Objectives and Importance of Yoga for Health.	3	
► History of Yoga: Ancient Period, Vedic Period, Pre-Classical Period, Classical Period, Post-Classical Period, Contemporary Period.	4	SB
► Astanga Yoga: Meaning, Steps, Methods and Objectives.	3	
► Yogic Concept of Personality and Diet, Yoga for Health and Wellness	3	



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1st Semester (CBCS)
PAPER: FOUNDATION AND HISTORY OF PHYSICAL EDUCATION

PEDN-G-CC-I-I-P

Topic	LP	Teacher
Project Work:		
1. One from Unit-I to be selected by internal teacher. 2. One from Unit-II to be selected by internal teacher. 3. One from Unit-III to be selected by internal teacher. 4. One from Unit-IV to be selected by internal teacher.	20	SB



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PART - II (1+1+1)

(Theory)

Topic	LP	Teacher
Group A : Management of Physical Education & Sports		
<ul style="list-style-type: none"> ► Management of Sports and Games in School, College and Universities. Types of Tournaments: ► (a) Knockout System (b) League System (c) Combination System. Lay-out of Play-field and Basic Rules: ► (a) Kabaddi (b) Kho-Kho (c) Volleyball (d) Badminton (e) Football (f) Hockey (g) Cricket (h) Track and Field Events. ► Care and Maintenance of Sports Equipments 	4 8 10 2	SB
Group B : Sports Training & Mechanics		
<ul style="list-style-type: none"> ► Meaning of Sports Training, Conditioning, Warming-up and Coolind Down. Components of Physical Fitness: ► Speed, Strength, Endurance, Agility, Flexibility. Training Methods: ► Circuit, Interval, Fartlek, Cross-country, Weight training. Normal load, Crest load, Over-load, Principles of Overloading Mechanical Principles Applied to Sports: ► Laws of Motion, Lever and its types, Equilibrium its type and laws, Center of Gravity, Force and its types. 	3 6 5 3 4	SB
Group C: Exercise Physiology		
<ul style="list-style-type: none"> ► Muscular System: Various types of muscles, Structure, Effects of Exercise Muscular contraction: Eccentric, Concentric, Static; Motor Unit, Isometric, Isotonic, Isokinetic Exercise ► Effect of Exercise on Circulatory system, Blood Pressure. ► Effect of Respiratory System, Vital Capacity, Oxygen Debt, Cardiovascular endurance. 	5 3 3	
Group D: Health Education & First Aid		
<ul style="list-style-type: none"> Meaning of Health Education Major Areas of Health Education: <ul style="list-style-type: none"> (a) Health Service- Daily health inspection, Medical inspection and follow-up, medical examination form, medical clinic. (b) Healthful Environment- Healthful Environment in Educational institute, offices, factories, playground, auditorium etc. Environmental hygiene- lighting, ventilation, water supply and waste disposal. Environmental Pollution: Air, Water etc and remedial measures. Safety Education: Safety at home, School, College, Playground, Streets Prevention and control of communicable diseases: Malaria, Cholera, Common cold, Coughs etc. Mental Health: Problems of maladjustment, Minor mental disorders, their causes and precautions. First-aid management: Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shocks, Minor injuries, Bleeding, Snake bites, Drowning, Electric Shock, Burns and Artificial Respiration. 		



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PART - II (1+1+1)
(Practical)

Topic		LP	Teacher
Unit: 1	Track & Field: 100m, 200m, 400m, 800m Run, Shot Put, Discus Throw, Javelin Throw, High Jump, Long Jump, Triple Jump (Men)	24	SB
Unit: 2	Gymnastics: Forward Roll, Backward Roll, Dive Roll, Cartwheel, T-Balance, Hand Stand, Hand Spring, Somer Sault- Skill and knowledge of assisting	12	SB
Unit: 3	Indian Game: Kabaddi, Kho-Kho.	6	SB
Unit: 4	Ball Game: Football, Volleyball, Cricket, Hockey, Badminton (Women)- Fundamental skills, rules and regulation(Any two Ball Games)	15	SB
Unit: 5	Yogasana: Shabasana, Padmasana, Dhanurasana, Halasana, Ardhamatseyendrasana, Chakrasana, Sarbangasana, Shirrasana, Mayurasana, Bakrasana, Paschimatyasana, Kapalbhati, Anulom-Vilom.	4	SB
Unit: 6	First-Aid Practical	3	SB
Unit: 7	Record Book	2	SB



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PART - III (1+1+1)

Part- A (Theory)

Topic	LP	Teacher
Group A : Therapeutic Aspects of Physical Activities		
► Exercise and Chronic Diseases: Osteoporosis, Obesity, Hypertension, Diabetes, Cardiovascular diseases.	7	
► Exercise Therapy: Corrective, Isotonic, Isometric and Resistance Exercise. Yogasana as a Therapy, Massage Therapy	6	SB
► Electro Therapy, Hydro Therapy, Thermo Therapy- Basic Principles.	5	
► Basic Principles of Rehabilitation: Modalities and Relaxation Techniques.	4	
Group B : Physical Activities and Life Style		
► Physical Activities, Health and Wellness- Modern Concepts.	2	
► Health and Fitness Active Life style.	2	
► Physical Activity and Childhood- Growth and Development.	4	
► Physical Activity and Women- Puberty, Adolescent and Post Adolescent Period, Pregnancy, Limitations of Female in Athletics.	4	SB
► Physical Activity for the Aged- Exercise and Physiology of aging, Loss of functional reserve with age, Risk of exercise among the aged.	4	
► Physical Activity for the Disabled: Types of disability, Programme for the disabled.	4	

Part- B (Practical)

Topic	LP	Teacher
Unit: 1 Participation in regular fitness programme (to be tested)	3	SB
Unit: 2 Administration of Fitness Testing Procedures (a) Strength: Medicine ball put, Standing broad jump, Vertical jump, Push up / Pull up. (b) Endurance: Muscular Sit up, Squat thrust, Cardio respiratory Cooper Test, Harvard Step Test. (c) Speed: 50mts. Sprint.	6	SB
Unit: 3 Officiating: (a) Athletics: Running, Jumping and Throwing events (b) Indian Games: Kabaddi, Kho-Kho. (c) Ball Games: Football, Cricket, Volleyball, Badminton, (For Women)	5	SB
Unit: 4 Specific exercise programme for rehabilitation (According to body parts) for regional injuries including Yoga therapy: Shoulder, Knees, Hip, Trunk, Neck and Ankle injuries.	3	SB
Unit: 5 Participation in Social Service Programme e.g. NCC, NSS, Blood Donation Camp, Scouts & Guides, Bratachari, Adventure Sports etc.	4	SB
Unit: 6 Visit to State or Higher Level Tournament and Record Book	1	SB



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