

## Physical Education Session (20-21)

MONTH: MARCH/APRIL

Content/Topic	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week	5 <sup>th</sup> Week
<b>Unit I: Planning in Sports</b> <b>Unit II: Sports &amp; Nutrition</b>	Familiarization with the course and marking scheme	<b>Unit I</b> <ul style="list-style-type: none"> <li>• Meaning &amp; Objectives of planning</li> <li>• Various Committees &amp; Its Responsibilities (Pre, during, post)</li> <li>• Tournament – Knock-Out, League or Round Robin &amp; Combination</li> </ul>	<b>Unit I</b> <ul style="list-style-type: none"> <li>• Procedure To Draw Fixtures – Knock-Out (Bye &amp; Seeding) &amp; League (Staircase &amp; Cyclic)</li> <li>• Intramural &amp; Extramural -Meaning, Objectives &amp; Its Significance</li> </ul>	<b>Unit I</b> <ul style="list-style-type: none"> <li>• Specific Sports Programme (Sports Day, Health Run, Run For Fun, Run For Specific Cause &amp; Run For Unity)</li> </ul>	<b>Unit II</b> <ul style="list-style-type: none"> <li>• Balanced Diet &amp; Nutrition: Macro &amp; Micro Nutrients.</li> </ul>
<b>Practical work</b>	Fitness Test-administration for all items.				
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>• To know about the ways to develop positive sports environment through planning</li> </ul>				
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>• Awareness about sports, Tournaments, significance of positive sports environment</li> </ul>				
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>• Discussion Method, Dictation Method, Reading Method, PPT And Practical</li> </ul>				
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• Reflective Questions, Quiz, Pen- paper test, Practical</li> </ul>				

**MONTH: MAY**

<b>Content/Topic</b>	<b>1<sup>st</sup> Week</b>	<b>2<sup>nd</sup> Week</b>	<b>3<sup>rd</sup> Week</b>	<b>4<sup>th</sup> Week</b>
<b>Unit II: Sports &amp; Nutrition</b>	<b>Unit II</b> <ul style="list-style-type: none"> <li>Nutritive &amp; Non-Nutritive Components of Diet</li> </ul>	<b>Unit II</b> <ul style="list-style-type: none"> <li>Components of Diet</li> </ul>	<b>Unit II</b> <ul style="list-style-type: none"> <li>Eating for Weight Control – A Healthy Weight, The Pitfalls of Dieting,</li> </ul>	<b>Unit II</b> <ul style="list-style-type: none"> <li>Food Intolerance &amp; Food Myths</li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>To create awareness for Nutrition in sports</li> </ul>			
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>Students will be able to get familiar with nutrition, supplement and importance of weight control</li> </ul>			
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Discussion Method, Dictation Method, PPT, Practical (one skill of the game of their choice)</li> </ul>			
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective Questions, Quiz, Exam ,Excursion trips, practical</li> </ul>			

**MONTH: JULY**

<b>Content/Topic</b>	<b>1<sup>st</sup> Week</b>	<b>2<sup>nd</sup> Week</b>	<b>3<sup>rd</sup> Week</b>	<b>4<sup>th</sup> Week</b>	<b>5<sup>th</sup> Week</b>
<b>Unit III: Yoga &amp; Lifestyle</b> <b>Unit IV: physical education &amp; sports for CWSN</b> <b>Unit V: Children &amp; Women in Sports</b>	<b>Unit III</b> <ul style="list-style-type: none"> <li>Asana as preventive measures</li> <li>Obesity: Procedure, Benefits &amp; contraindication Vajrasana, Hastasana, Trikonasana, Ardhamatsyendrasana</li> <li>Diabetes: Procedure, Benefits &amp; contraindication Bhujangasana, paschimottanasana, pawan muktasan. Ardhamatsyendrasana,</li> <li>Asthma: Procedure, Benefits &amp; contraindication for sukhasana, chakrasana, gomukhasana, paschimottanasana, Parvat asana, matsyasana</li> </ul>	<b>Unit III</b> <ul style="list-style-type: none"> <li>Hypertension: Procedure, Benefits &amp; contraindication for Tada, Vajra, Pawanmukta, Ardhchakra, Bhujang, shavasana</li> <li>Backpain: Procedure, Benefits &amp; contraindication Tada, ardhmatsyendr, va kr, Salabh, Bhujangasan</li> </ul>	<b>Unit IV</b> <ul style="list-style-type: none"> <li>Concept of disability &amp; Disorder</li> <li>Type of Disability</li> <li>Types of Disorder</li> <li>Disability Etiquettes</li> <li>Advantages of physical activities for CWSN</li> <li>Strategies to make physical activities assessable for CWSN</li> </ul>	<b>Unit V</b> <ul style="list-style-type: none"> <li>Motor development in children</li> <li>Factors affecting motor development</li> <li>Exercise guidelines at different stages of growth and development.</li> </ul>	<b>Unit V</b> <ul style="list-style-type: none"> <li>Common postural deformities &amp; their .</li> <li>Corrective Measures (Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis)</li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>To know the Lifestyle Disease and their corrective asana.</li> <li>Motor development &amp; common postural deformities</li> </ul>				
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>Students will be able to understand about Lifestyle Disease and their corrective asana.</li> <li>Disorder &amp; Disabilities and their types for children with special need</li> <li>Motor development &amp; common postural deformities understanding.</li> </ul>				
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Discussion Method, Dictation Method, Reading Method</li> </ul>				
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective Questions, Quiz, Exam, practical</li> </ul>				

**MONTH: AUGUST**

<b>Content/Topic</b>	<b>1<sup>st</sup> Week</b>	<b>2<sup>nd</sup> Week</b>	<b>3<sup>rd</sup> Week</b>	<b>4<sup>th</sup> Week</b>	<b>5<sup>th</sup> &amp; 6<sup>th</sup> Week</b>
<b>Unit V : Children &amp; Women in Sports</b> <b>Unit VI : Test &amp; Measurement in sports</b>	<b>Unit V</b> <ul style="list-style-type: none"> <li>Sports participation of women in India</li> <li>Special consideration</li> </ul>	<b>Unit V &amp; VI</b> <ul style="list-style-type: none"> <li>Female Athletes Traid</li> <li>Motor Fitness Test: 50 M standing start, 600M run/walk , <b>sit &amp; Reach , Partial curl up, Push-ups(Boys), modified pushups(Girls), standing broad jump, Agility-4x10m shuttle Run</b></li> </ul>	<b>Unit VI</b> <ul style="list-style-type: none"> <li>General Motor Fitness – Barrow three item general motor ability (Standing Broad Jump, Zig Zag Run, Medicine Ball Put – For Boys: 03 Kg &amp; For Girls: 01 Kg)</li> </ul>	<b>Unit VI</b> <ul style="list-style-type: none"> <li>Measurement of cardio vascular fitness –Harvard Step Test /Rockport Test</li> <li>Computation of Fitness Index</li> </ul>	<ul style="list-style-type: none"> <li>Rikli &amp; Jones - Senior Citizen Fitness Test</li> <li><b>Revision test</b></li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>To know the value of sports for children &amp; Women</li> </ul>				
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>Awareness of good postures and postural deformities, benefits of activities for a healthy life.</li> </ul>				
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Discussion method, dictation method, reading method</li> </ul>				
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective Questions, Quiz, pen-paper test, practical</li> </ul>				

**MONTH: SEPTEMBER**

<b>Content/Topic</b>	<b>1<sup>st</sup> Week</b>	<b>2<sup>nd</sup> Week</b>	<b>3<sup>rd</sup> Week</b>	<b>4<sup>th</sup> Week</b>	<b>5<sup>th</sup> Week</b>
<b>Unit VII : Physiology &amp;Injuries in Sports</b>	<b>Unit VII</b> <ul style="list-style-type: none"> <li>Physiological factors determining components of Physical fitness</li> </ul>	<b>Unit VII</b> <ul style="list-style-type: none"> <li>Effects of exercise on Cardio-respiratory system</li> </ul>	<b>Unit VII</b> <ul style="list-style-type: none"> <li>Effects of Exercise on muscular system</li> </ul>	<b>Unit VII</b> <ul style="list-style-type: none"> <li>Physiological changes due to ageing</li> <li>Sports injuries classification</li> </ul>	<b>Unit VII</b> <ul style="list-style-type: none"> <li>First-Aid - aim &amp; objectives</li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>To know about systems of the body and physiological changes</li> </ul>				
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>Students will be able to judge their capability in an event through Test and measurement. Awareness of effects of exercises on various systems and ageing</li> </ul>				
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>Discussion method, dictation method, reading method, practical method</li> </ul>				
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Reflective questions, Quiz, Exam ,practical</li> </ul>				

**MONTH: OCTOBER**

<b>Content/Topic</b>	<b>1<sup>st</sup> Week</b>	<b>2<sup>nd</sup> Week</b>	<b>3<sup>rd</sup> Week</b>	<b>4<sup>th</sup> Week</b>	<b>5<sup>th</sup> Week</b>
Unit VIII: Biomechanics & Sports  Unit IX : Psychology and Sports  Unit X: Training in Sports	<b>Unit VIII</b> <ul style="list-style-type: none"> <li>• Meaning of <b>Biomechanics</b></li> <li>• <b>Need &amp; Importance of Biomechanics.</b></li> <li>• Newton’s Law of Motion and its application in Sports.</li> </ul>	<b>Unit VIII</b> <ul style="list-style-type: none"> <li>• Types of Movements</li> <li>• Friction and Sports</li> </ul>	<b>Unit IX</b> <ul style="list-style-type: none"> <li>• Personality, its definition &amp; types;-Traits &amp;Types</li> <li>• Motivation, its type &amp; technique</li> <li>• Exercise Adherence ; Reason to Exercise , Benefits of Exercise</li> <li>• Strategies for Enhancing Adherence to exercise.</li> <li>• Meaning , Concept and types of Aggressions in Sports</li> </ul>	<b>Unit X</b> <ul style="list-style-type: none"> <li>• Strength – Definition, types &amp; methods of</li> <li>• improving Strength – Isometric, Isotonic &amp; Isokinetic</li> <li>• Endurance - Definition, types &amp; methods to develop Endurance – Continuous Training, Interval Training &amp; Fartlek Training</li> </ul>	<b>Unit X</b> <ul style="list-style-type: none"> <li>• Speed – Definition, types &amp; methods to develop Speed –</li> <li>• Acceleration Run &amp; Pace Run</li> </ul> Flexibility – Definition, types & methods to improve flexibility <ul style="list-style-type: none"> <li>• Coordinative Abilities –</li> <li>• Definition &amp; types</li> <li>• Circuit Training : Introduction and its Importance</li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>• To know biomechanics of the joints and psychology of sportsmen ,different types of training</li> </ul>				
<b>Expected Learning Outcome</b>	<ul style="list-style-type: none"> <li>• Awareness of biomechanical function of the joints and importance of psychology during training &amp; How training can develop various components of the sportsmen and their effects on sportsperson</li> </ul>				
<b>Teaching Aids</b>	<ul style="list-style-type: none"> <li>• Discussion method, dictation method, reading method, practical method</li> </ul>				
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• Reflective questions, Quiz, Exam ,practical methods, practical</li> </ul>				

**MONTH: NOVEMBER**

Content/Topic	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week
	Revision	Revision	Pre-Board -I	Pre-Board -I
<b>Learning Objectives</b>	•			
<b>Expected Learning Outcome</b>	•			
<b>Teaching Aids</b>	• Discussion			
<b>Assessment</b>	• Reflective questions, Quiz, Exam, practical demonstration			

**MONTH: DECEMBER**

Content/Topic	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week	5 <sup>th</sup> Week
	Revision	Revision	Revision	Revision	Common Pre-Board
<b>Learning Objectives</b>					
<b>Expected Learning Outcome</b>					
<b>Teaching Aids</b>	• Discussion				
<b>Assessment</b>	• Reflective questions, Quiz, Exam, practical				

**MONTH: JANUARY**

Content/Topic	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week
	Winter Break Common Pre-Board	Winter Break Common Pre-Board	Revision	Revision