

CURRICULUM PLANNING

By

Rajesh Saibya

Department: Physical Education Session: 2023-2024 (January to June)

Major and Programme Course (Semester: 2nd, 4th and 6th)

Month	Semester/ Paper	Title of the Topic	Sub - Topic	No. of Classes	Remarks
January	2 nd sem. Major	Introduction	Meaning and Definition, Importance, Principles of Sports Management, Management of Events, Store room, Management of Indoor & Outdoor Activities .	8	7 - Lectures 1-Revision
February	2 nd sem. Major	Management of Phy. Education Sports Programs and Tournaments	Method of Calculation of Athletic Track and Field, Tournaments and Procedure of Drawing fixture. Knock-out, League Combination	8	7– Lectures 1-Revision
March	2 nd sem. Major	Financial Management	Time table, Financial Management in Phy. Education Sports in School, College and University,	8	7– Lectures 1-Revision
April	2 nd sem. Major	Financial Management	Meaning and Definition, Importance and criteria of good Budget in Phy. Education, Steps for preparing a good budget	8	7– Lectures 1-Revision
May	2 nd sem. Major	Leadership in Phy. Education and Sports	Sports Sponsorship, Meaning Definition & Importance of Leadership, Principles of Leadership Activities & Qualities good leader in Phy. Education.	8	6– Lectures 2-Revision
June	2 nd sem. Major	Leadership in Phy. Education and Sports	Forms of Leadership , Development of organizational leadership performance	6	4– Lectures 2-Revision
January	2 nd sem. SEC	Exercise (Rhymes)	Twinkle Twinkle little star, Johny johny yess papa,Ba Ba Black Sheep	5	5– Practical
February	2 nd sem. SEC	Partner Exercise	Ride a chair, Ball between knees , Carry back with covered eyes	5	5– Practical
March	2 nd sem. SEC	Individual Game	Bull fighting, Cock fight , One bone two dog, Tunnel game with ball, leg volley	6	6– Practical
April	2 nd sem. SEC	Recreational Game	Back run, Broken pot , Spoon Race,	5	5– Practical
May	2 nd sem. SEC	Fundamental Movements of Sports	Fundamental Movement of football, jumping ,Running	5	5– Practical
June	2 nd sem. SEC	Low level individual sports	Bucket the ball, 30 mtr rest, Hit the Stamp, Relay Race	4	4– Practical
January	2 nd sem. Minor	Introduction	Meaning and Definition of fitness , Assessment and maintenance techniques of health and skill, Factors influencing fitness	7	6– Lectures 1-Revision
February	2 nd sem. Minor	Recreation and recreational activities	Types of Recreation, Types of Recreational activities in different age groups , agency providing recreational activities in our society	7	6– Lectures 1-Revision
March	2 nd sem. Minor	Sports Management	Meaning ,Definition,Importance , Scope of Management of Physical Education	7	6– Lectures 1-Revision
April	2 nd sem. Minor	Sports Management	Principles of Sports Management .Function and purpose of Sports Management	7	6– Lectures 1-Revision
May	2 nd sem. Minor	Sports Management	Concept of planning for Management and Factors affecting planning	7	6– Lectures 1-Revision
June	2 nd sem. Minor	Sports Management	Financial Management	4	4-Lectures

January	4 th sem DSC	Introduction	Concept Definition ,and dimension of Health ,Aim objective and principles of health Education	6	6 – Lectures
February	4 th sem DSC		Health Agencies WHO and UNESCO, School Health Program	6	5 – Lectures 1- Revision
March	4 th sem DSC	Health Problems in India	Communication Diseases, Non-Communication Diseases, Nutrition	7	6 – Lectures 1-Revision
April	4 th sem DSC	Fitness , Nutrition and Wellness	Nutrition , Basic Components of physical Education , Concept of Wellness , Ageing	6	5 – Lectures 1-Revision
May	4 th sem DSC	Health and First- Aid Management	First – Aid, Management of Sports Injuries, Application of Hydro Therapy and Thermo therapy and message exercise therapy	7	6 – Lectures 1-Revision
June	4 th sem DSC	Lab Practical	First- Aid Practical, Triangular Bandage, Roller Bandage, Rehabilitation modalities	5	5– Lectures
January	4 th sem SEC	Track Events	Starting techniques, Standing start, crouch start,	4	4 - Practical
February	4 th sem SEC	Track Events	Acceleration with proper running techniques , Finishing Techniques,	5	5 -Practical
March	4 th sem SEC	Track Events	Relay Race, Starting, Baton holding, Carrying, Baton, Exchange Zone .	4	4- Practical
April	4 th sem SEC	Field Events	Long Jump, High Jump, Triple Jump,	6	6-Practical
May	4 th sem SEC	Field Events	Shot Put, Discuss Throw, Javelin Throw	5	5 - Lectures
June	4 th sem SEC	History, Rules, Regulation and officiating	Introduction of Track and Field, Rules and regulations of Athletic	4	4 - Practical
January	6 th sem DSE	Introduction	Meaning and Definition Psychology, Importance and Scope of Psychology	5	5- Lectures
February	6 th sem DSE	Introduction	Sports Psychology, Need for Knowledge of sports Psychology,	5	5- Lectures
March	6 th sem DSE	Learning	Theories of learning and laws of learning, Learning curve, Transfer of learning	6	5 – Lectures 1-Revision
April	6 th sem DSE	Psychology factors	Motivation, Emotion, Personality	6	5- Lectures 1-Revision
May	6 th sem DSE	Stress and Anxiety	Stress, Causes of Stress, Anxiety	6	5– Lectures 1-Revision
June	6 th sem DSE	Lab Practical	Assessment of personality, Stress and Anxiety, Measurement of reaction Time, Dept.	4	4- Practical
January	6 th sem SEC	Football	Fundamental Skills, Rules Interpretation and duties of official	6	6- Practical
February	6 th sem SEC	Hand Ball	Fundamental Skills, Rules Interpretation and duties of official	6	6- Practical
March	6 th sem SEC	Volley Ball	Fundamental Skills, Service , Pass	6	6- Practical
April	6 th sem SEC	Kabaddi	Fundamental Skills, Skills in Raiding, Skills of Holding the Rider	6	4- Practical
May	6 th sem SEC	Kho-kho	Skills in chasing, Skill in running	5	5- Practical
June	6 th sem SEC	Badminton	Basic Knowledge, Service , Shots	4	3- Practical

CURRICULAM PLANNING

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Rajesh Saibya

Department: Physical Education Session: 2023-2024(August to December)

Semester: 1st, 3rd, and 5th (Major and Programme Course)

Month	Semester/ Paper	Title of the Topic	Sub -Topic	No. of classes	Remarks
August	1 st sem. major	1.Understand the meaning definition scope Aim, objective of Physical Education	1. Meaning Definition & Scope of Physical Education and Sports. 2. Aim, Objectives Importance of Phy. Education	8	7- Lectures 1-Revision
September	1 st sem. major	Misconception and Modern Concept of Phy. Education	Misconceptions and Modern Concepts of Phy. Education.	7	6- Lectures 1-Revision
October	1 st sem. major	To Understand Sociological and Philosophical factors.	Career opportunities and sports and Arts, Science of Phy. Education.	6	5- Lectures 1-Revision
November	1 st sem. major	Historical Development of Phy. Education	Historical Development of Phy. Education and Sports in India pre and post independence periods, Asian Games, Commonwealth Games, SAF Games. Ancient Olympic Games	8	6- Lectures 1-Revision 1-Class test
December	1 st sem. major	Sociological and Philosophical foundation of phy. Education and Sports.	Sociological Foundation meaning and definition, Nationalism, Pragmatism, Realism and Idealism	8	7- Lectures 1-Revision
August	1 st sem. Minor	Understanding meaning and definition Scope, Aim, objective Phy.Education.	Meaning definition of Phy. Education. Miss conceptions and Modern Conceptions Aim Objective Phy. Education	7	6- Lectures 1-Revision
September	1 st sem. Minor	Misconception and Modern concept	Career opportunities of Phy. Education, India pre and post Independence periods, Contribution of Akhadas, Vayamshalas and national Institutes of Phy. Education in India.	7	6- Lectures 1-Revision
October	1 st sem.Minor	Sociological and Philosophical factors	Contribution of Eminent Phy.Education H.C Buck & James Buchanan, Arjuna Award, Dronacharya Award	4	3- Lectures 1-Revision
November	1 st sem.Minor	Sociological &Philosophical Phy. Education	Role of games and Sports in National and International. Culture,Customs and Tradition	5	4- Lectures 1-Class test
December	1 st sem. Minor	Field Practical	March Pass- Fall In, Attention, stand at ease stand easy, Eyes right , Calisthenics activates – With Apparatus without apparatus.	6	Practical Class -6
August	1 st sem. SEC	Knowledge in the field of Phy. Education and Movement activites.	Marching – Fall In, Attention, stand and ease, stand easy, Eyes right,Eyes front Right turn, Left turn.	6	Practical Class -6
September	1 st sem. SEC	Practical Knowledge during the practical situation.	Left Turn, Half Right Turn,Half left Turn	5	Practical -5
October	1 st sem. SEC	Appraise the effect during the training practical session.	Forward March, Salute , Right and Left Salute.	5	Practical -5
November	1 st sem. SEC	Learn the rhythm	Calisthenics activates- with apparatus , (any 5 with minimum 3 different apparatus) without apparatus(any 5)	5	Practical -5
		Discipline through activity	Aerobics activities/Bratachari	4	3- Lectures

December	1 st sem. SEC				1-Class test
August	3 rd sem. DSC	Meaning definition and importance	Anatomy, Physiology and Exercise Physiology, Tissue, Organ and System	8	7– Lectures 1-Revision
September	3 rd sem. DSC	Musculo- skeletal System	Skeletal System, Muscular System, Types of Muscular contraction	8	7 –Lectures 1-Class test
October	3 rd sem. DSC	Circulatory System	Blood, Heart, Blood Pressure, Effect of Exercise on Circulatory System	6	5 –Lectures 1-Revision
November	3 rd sem. DSC	Respiratory System	Structure and function of Respiratory organ, Vital capacity, O ₂ Debt and Second Wind	5	5- Lectures
December	3 rd sem. DSC	Lab Practical	Assessments of BMI and WHR, Assessments of Heart rate, Blood pressure.	6	6- Lectures
August	3 rd sem. SEC	Floor Exercise	Forward Roll, Backward Roll, Forward Roll with Split leg T- Balance, Cart - Wheel	6	6-Lectures
September	3 rd sem. SEC	Floor Exercise, Semi Advance Element,	Dive and Forward Roll, Hand Spring, Head Spring, Neck Spring	5	5–Lectures
October	3 rd sem. SEC	Vaulting Table,	Through Vault, Stop Vault, Split cut Bar,	5	5- Lectures
November	3 rd sem. SEC	Parallel Bar (Men)	Mount, Swing, One leg Cutting, Both Leg Cutting, Shoulder stand	5	5– Practical
December	3 rd sem. SEC	Balancing Beam (Women)	Mount, Leap Jump, T- Balance, V- Balance, Forward Roll History and Function of FIG and GFI, Types of Gymnastics	5	5-Practical
August	5 th sem. DSE	Meaning and Definition of Sports Training	Aim of Characteristics of Sports Training, Principles of Sports Training, Importance of Sports Training	6	6- Lectures
September	5 th sem. DSE	Principles of Training and Conditioning	Warming up and cooling Down Conditioning, Training Methods, Periodization	7	6- Lectures 1-Revision
October	5 th sem. DSE	Training Load and Adaptation	Training Load, Over Load,	4	4 – Lectures
November	5 th sem. DSE	Training Techniques	Adaptation, Strength, Speed, Endurance	6	6 –Lectures
December	5 th sem. DSE	Lap practical	Practical Experience of Weight Training and Circuit Training, Measurement of Speed strength, Flexibility	5	5 –Lectures
August	5 th sem. SEC	Combative Sports	Kumi Kata, Kuzushi, Tachiwaza, Sutemi Waza, Katamewaza, Ate Waza	6	6- Practical
September	5 th sem. SEC	Taekwondo	Stance- Sogui, Hand Attack, Kick – changi, Block Pattern	6	6- Practical
October	5 th sem. SEC	Wrestling	Position, Motion, Changing levels Penetration Lifting	4	4- Practical
November	5 th sem. SEC	Karate	Stance – Dachi, Punches- Zuki, Block, Strike, Leg Technique, Self Defense	5	5- Practical
December	5 th sem. SEC	Karate	Grabs Defense against, Head Locks Defense against Bear hugs	5	3- Practical 2-Revision