

# CURRICULAM PLANNING

By

Rajesh Saibya

Department: Physical Education    Session: 2024-2025(August to December)

Semester: 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> (Mainor, Major, Programme Course)

Month	Semester/ Paper	Title of the Topic	Sub -Topic	No. of classes	Remarks
August	1 <sup>st</sup> 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 <sup>st</sup> sem. major	Misconception and Modern Concept of Phy. Education	Misconceptions and Modern Concepts of Phy. Education.	7	6- Lectures 1-Revision
October	1 <sup>st</sup> 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 <sup>st</sup> 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 <sup>st</sup> 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 <sup>st</sup> 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 <sup>st</sup> 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 <sup>st</sup> 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 <sup>st</sup> 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 <sup>st</sup> 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	3 <sup>rd</sup> sem. sem.Major	Introduction	Anatomy, Physiology and Exercise Physiology,Tissue ,Oragan and System	8	7– Lectures 1-Revision
September	3 <sup>rd</sup> sem. Major	Skeletal and Muscular system	Skeletal System , Anatomical and Physiological difference between	8	7 –Lectures 1-Class test
October	3 <sup>rd</sup> sem.Major	Circulatory System	Blood , Heart, Blood Pressure, Effect of Exercise on Circulatory System	6	5 –Lectures 1-Revision
November	3 <sup>rd</sup> sem. Major	Respiratory System	Structure and function of Respiratory organ, Vital capacity, O <sub>2</sub> Debt and Second Win	5	5- Lectures

December	3 <sup>rd</sup> sem. Major	Lab Practical	Assessments of BMI and WHR, Assessments of Heart rate, Blood pressure.	6	6- Lectures
August	3 <sup>rd</sup> sem.SEC	Floor Exercise	Forward Roll, Backward Roll, Forward Roll with Split leg T- Balance , Cart - Wheel	6	6-Lectures
September	3 <sup>rd</sup> sem.SEC	Floor Exercise , Semi Advance Element,	Dive and Forward Roll, Hand Spring, Head Spring , Neck Spring	5	5–Lectures
October	3 <sup>rd</sup> sem.SEC	Vaulting Table,	Through Vault , Stop Vault, Split cut Bar,	5	5- Lectures
November	3 <sup>rd</sup> sem.SEC	Parallel Bar(Men)	Mount, Swing, One leg Cutting , Both Leg Cutting , Shoulder stand	5	5– Practical
December	3 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>th</sup> sem.DSE	Principles of Training and Conditioning	Warming up and cooling Down Conditioning , Training Methods, Periodization	7	6- Lectures 1-Revision
October	5 <sup>th</sup> sem.DSE	Training Load and Adaptation	Training Load, Over Load,	4	4 – Lectures
November	5 <sup>th</sup> sem.DSE	Training Techniques	Adaptation , Strength, Speed , Endurance	6	6 –Lectures
December	5 <sup>th</sup> sem.DSE	Lap practical	Practical Experience of Weight Training and Circuit Training , Measurement of Speed strength , Flexibility	5	5 –Lectures
August	5 <sup>th</sup> sem.SEC	Combative Sports	Kumi Kata, Kuzushi, Tachiwaza, Sutemi Waza, Katamewaza , Ate Waza	6	6- Practical
September	5 <sup>th</sup> sem.SEC	Taekwondo	Stance- Sogui, Hand Attack, Kick – changi, Block Pattern	6	6- Practical
October	5 <sup>th</sup> sem.SEC	Wrestling	Position , Motion, Changing levels Penetration Lifting	4	4- Practical
November	5 <sup>th</sup> sem.SEC	Karate	Stance – Dachi , Punches- Zuki , Block , Strike, Leg Technique , Self Defense	5	5- Practical
December	5 <sup>th</sup> sem.SEC	Karate	Grabs Defense against, Head Locks Defense against Bear hugs	5	3- Practical 2-Revision

# CURRICULUM PLANNING

By

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Department: Physical Education Session: 2024-2025 (January to June)

Major and Programme Course (Semester: 2<sup>nd</sup>, 4<sup>th</sup> and 6<sup>th</sup>)

Month	Semester/ Paper	Title of the Topic	Sub - Topic	No. of Classes	Remarks
January	2 <sup>nd</sup> sem. Minor	Introduction	Meaning and Definition of Anatomy, Physiology and exercise physiology , tissue	7	6 - Lectures 1-Revision
February	2 <sup>nd</sup> sem. Minor	Skeletal, muscular, system and nervous system	Skeletal system, structure , classification, location and function of skeletal system. Anatomical and physiological differences between male and female	5	4- Lectures 1-Revision
March	2 <sup>nd</sup> sem. Minor	Skeletal, muscular, system and nervous system	Types and function of muscle ,muscle fiber and Muscle Contraction, Nervous System	8	7- Lectures 1-Revision
April	2 <sup>nd</sup> sem. Minor	Circulatory system, respiratory system	Heart, blood , Endocrine system	6	5- Lectures 1-Revision
May	2 <sup>nd</sup> sem. Minor	Practical, Suryanamaskar	Syryanamaskar, Asanas, standing position, sitting position, supine position.	8	6- Lectures 2-Revision
June	2 <sup>nd</sup> sem. Minor	Practical, Suryanamaskar	Prone position, pranayama,	6	4- Lectures 2-Revision
January	4 <sup>th</sup> sem Major	Health and Health Education	Concept Definition ,and dimension of Health,Aim objective and principles of health Education	6	6 – Lectures
February	4 <sup>th</sup> sem Major	Health problems in India and Hygiene	Recent health problem in India healthy lifestyle management, courses prevention and control, Postural deformities	6	5 – Lectures 1- Revision
March	4 <sup>th</sup> sem Major	Nutrition and weight management	Meaning and definition of nutrition, sports nutrition and types of nutrition, basic nutritious gradients and Guide lines	7	6 – Lectures 1-Revision
April	4 <sup>th</sup> sem Major	Nutrition and weight management	Nutrition , weight management	6	5 – Lectures 1-Revision
May	4 <sup>th</sup> sem Major	Fitness and wellness	Meaning and definition importance and factors effecting fitness physical fitness and wellness, components of physical fitness and wellness	7	6 – Lectures 1-Revision
June	4 <sup>th</sup> sem Major	Fitness and wellness	Relationship between physical activities and wellness , ageing	5	5- Lectures
January	4 <sup>th</sup> sem Major	Introduction	Meaning and definition of test measurement and evaluation, need and importance of test measurement and evaluation and physical education, classification of test, principles of evaluation	5	5 - Lectures
February	4 <sup>th</sup> sem Major	Measurement of body composition and somatotype	Body mass index bodyfat,lean body mass(LMB), somatotype	6	5-Lecture 1-Revision

March	4 <sup>th</sup> sem Major	Fitness tests	AAHPERD youth physical fitness test, JCR Test and Indiana motor fitness test	6	5-Lecture 1-Revision
April	4 <sup>th</sup> sem Major	Fitness tests	Kraus weber minimum muscular fitness test, Harvard step test and Queen college step test	6	6-Practical
May	4 <sup>th</sup> sem Major	Sports skill test	Badminton, Basketball,	5	5 –Lectures 1-Revision
June	4 <sup>th</sup> sem Major	Sports skill test	Volley ball , Soccer,	4	3-Lecture 1-Revision
January	4 <sup>th</sup> sem Major	Suryanamaskar	Suryanamaskar (with Music),Asanas, sitting position,	5	5-Practical
February	4 <sup>th</sup> sem Major	Suryanamaskar	Supine position, prone position, Inverted position	5	5-Practical
March	4 <sup>th</sup> sem Major	Pranayama	Anulam Vilom, Bhramri,	5	5-Practical
April	4 <sup>th</sup> sem Major	Pranayama	Shitali, Sheetkari,Bhastrika	6	6-Practical
May	4 <sup>th</sup> sem Major	Kriya	Kapalbhati, Neti, Dhauti	5	5-Practical
June	4 <sup>th</sup> sem Major	Kriya	Nauli, Trataka, Preparation of note book	4	4-Practical
January	6 <sup>th</sup> sem DSE	Introduction	Meaning and Definition Psychology, Importance and Scope of Psychology	5	5- Lectures
February	6 <sup>th</sup> sem DSE	Introduction	Sports Psychology, Need for Knowledge of sports Psychology,	5	5- Lectures
March	6 <sup>th</sup> sem DSE	Learning	Theories of learning and laws of learning, Learning curve, Transfer of learning	6	5 –Lectures 1-Revision
April	6 <sup>th</sup> sem DSE	Psychology factors	Motivation, Emotion, Personality	6	5- Lectures 1-Revision
May	6 <sup>th</sup> sem DSE	Stress and Anxiety	Stress, Causes of Stress, Anxiety	6	5– Lectures 1-Revision
June	6 <sup>th</sup> sem DSE	Lab Practical	Assessment of personality, Stress and Anxiety, Measurement of reaction Time, Dept.	4	4- Practical
January	6 <sup>th</sup> sem SEC	Football	Fundamental Skills, Rules Interpretation and duties of official	6	6- Practical
February	6 <sup>th</sup> sem SEC	Hand Ball	Fundamental Skills, Rules Interpretation and duties of official	6	6- Practical
March	6 <sup>th</sup> sem SEC	Volley Ball	Fundamental Skills, Service , Pass	6	6- Practical
April	6 <sup>th</sup> sem SEC	Kabaddi	Fundamental Skills, Skills in Raiding, Skills of Holding the Rider	6	4- Practical
May	6 <sup>th</sup> sem SEC	Kho-kho	Skills in chasing, Skill in running	5	5- Practical
June	6 <sup>th</sup> sem SEC	Badminton	Basic Knowledge, Service , Shots	4	3- Practical