

**TEACHING PLAN 2023-24 (EVEN SEMESTER)**

**Name: Vimal Parkash Goutam**

**Department: Physical Education**

**Class: B.A. 2<sup>nd</sup> (Semester)**

Month	1st Week	2nd Week	3rd Week	4th Week
January	Physical Education : Definitions	Role of Physical Education in Total Education Process	Volley-Ball: History of the Game.	Athletics : History
	Physical Education : Aim & Objectives	Demand & Requirement of Physical Education.	Volley-Ball : Dimensions of the Court	Athletics : Events of the Track
	Physical Education : Career Opportunities	Physical Education : Its Foundation	Volley-Ball: Marking of the Court	Athletics : Events of the Track
	Physical Education : Career Opportunities	Physical Education : Institutes in India	Volley-Ball: General Rules of the Game.	Athletics : Types of the Track
	Group Discussion : All Topics	Group Discussion : All Topics	Group Discussion : All Topics	Group Discussion : All Topics
	Group Discussion : Questions & Answer	Group Discussion : Questions & Answer	Group Discussion : Questions & Answer	Group Discussion : Questions & Answer
February	Historical Development of Olympic	Biological Basis of Physical Activities - I	Types of Human Body	Sports Awards in India
	India : In Modern Olympic	Biological Basis of Physical Activities - II	Growth of Physical Education in India.	Arjun Award
	Historical Development of National Games in India	Types of Physical Exercises	LNPIE: It's Role in Development of Physical Education in India.	Dronacharya Award
	Group Discussion : All Topics	Growth & Physical Exercises	SAI: It's Role in Development of Physical Education in India.	Khel Ratna Award
	Group Discussion : Questions & Answer	Group Discussion : All Topics	IOA: It's Role in Development of Physical Education in India.	Bhim Award
	Class - Test	Group Discussion : Questions & Answer	YMCA: Its Role in Development of Physical Education in India.	Maulana Abdul Kalam Azad Trophy
March	Modern Olympic : Revival & Progress	Athletics : Marking of the Track-I	Athletics : Marking of field for the Jumping Events	Revision of I & II Unit
	Modern Olympic : Performance of Indian Sportsmen	Athletics : Marking of the Track-II	Athletics : Marking of field for the Throwing Events	Class - Test
	Asian Games : Performance of Indian Sportsmen	Athletics : Marking of the Track-III	Athletics : Marking of the Staggers & Hurdles	Revision of III & IV Unit
	Group Discussion : All Topics	Athletics : Marking of the Track-IV	Athletics : Dimensions of Running Equipments	Class - Test
	Group Discussion : Questions & Answer	Group Discussion : All Topics	Athletics : Dimensions of Throwing Equipments	Revision of & Team - Game
	Class - Test	Group Discussion : Questions & Answer	Athletics : Group Discussion	Class - Test

Teacher Signature: Lt. VIMAL PARKASH GOUTAM

## TEACHING PLAN 2023-24 (EVEN SEMESTER)

Name: Vimal Parkash Goutam

Department: Physical Education

Class: B.A. 4<sup>th</sup> (Semester)

Month	1st Week	2nd Week	3rd Week	4th Week
January	Health : Concept & Meaning	WHO & UNICEF : Role & Importance	Badminton: History of the Game.	Athletics : History
	Health & Health Education : Definition	Dimensions of Health.	Badminton : Dimensions of the Court	Athletics : Events of the Track
	Health & Health Education : Aim & Objectives	Role of Physical Activities Towards Dimensions of Health	Badminton: Marking of the Court	Athletics : Events of the Track
	Health & Physical Fitness	Group Discussion : All Topics	Badminton: General Rules of the Game.	Athletics : Types of the Track
	Group Discussion : All Topics	Group Discussion : Questions & Answer	Group Discussion : All Topics	Group Discussion : All Topics
	Group Discussion : Questions & Answer	Class - Test	Group Discussion : Questions & Answer	Class - Test
February	Balance Diet : Definition & Importance	Posture : Importance & Definition of Good Posture	First-Aid : Definition & Importance	Athletics : Marking of field for the Throwing Events
	BMI : Role & Importance	Cause of Poor Posture	First-Aid : Box & Items	Athletics : Marking of the Staggers & Hurdles
	Factors Affecting Diet	Types of Posture Deformities	First-Aid : For Common Injuries	Athletics : Dimensions of Running Equipments
	Elements of Balance Diet	Precautions & Remedy From Poor Posture	First-Aid : For Snake-Biting, Choking & Drowning	Athletics : Dimensions of Throwing Equipments
	Nutritional Tips : Vegetarian & Non-Vegetarian	Group Discussion : Questions & Answer	First-Aid : For Fainting, Fracture & Burns	Group Discussion : Questions & Answer
	Group Discussion & Questions & Answer	Class - Test	Group Discussion : Questions & Answer	Class - Test
March	Physical Exercise : Importance in Daily Life-Style	Exercise & Heart Disease	Revision of Unit-I	Revision of Team - Game
	Obesity : Definition	Exercise & Diabetes	Class - Test	Class - Test
	Exercise & Obesity	Exercise & Stress Management	Revision of Unit-II	Revision of Unit-IV
	Intake Energy Balance & Obesity	Happy Life With Exercise	Class - Test	Class - Test
	Obesity & Modern Life Style	Group Discussion, Questions & Answer	Revision of Unit-III	Revision of Athletics
	Group Discussion Questions & Answer	Class - Test	Class - Test	Class - Test

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## TEACHING PLAN 2023-24 (EVEN SEMESTER)

Name: Vimal Parkash Goutam

Department: Physical Education

Class: B.A. 6<sup>th</sup> (Semester)

Month	1st Week	2nd Week	3rd Week	4th Week
January	Learning : Importance of Psycho-Physical Activities Learning	Sports : A Medium of Socialization	Kabaddi : History of the Game.	Athletics : Types of Starts & Run
	Law of Learning : Learning of Sports Activities	Sports and Society : Behavior Related to Sports & Sportsmen	Kabaddi : Dimensions of the Court	Athletics : Shuttle - Run
	Theory of Play & Individual Difference	Behavior : Crowd & Society	Kabaddi : Marking of the Court	Athletics : Grip of Shot & Technique of Throw
	Adjustment & Motivation	Sports and Economy	Kabaddi : General Rules of the Game.	Athletics : Standing Broad Jump
	Group Discussion : All Topics	Group Discussion : Questions & Answer	Group Discussion : About the Game and Related Sportsmen	Group Discussion : All Topics
	Group Discussion : Questions & Answer	Class - Test	Group Discussion : Questions & Answer	Class - Test
February	Conditioning : Definition & Importance	Conditioning : Weight Training	Doping : History	Group Discussion : Questions & Answer
	Conditioning : Need & Requirement	Group Discussion : All Topics	Doping : Types & Prevention	Class - Test
	Conditioning : Methods	Group Discussion : Questions & Answer	Hazards of Smoking & Drinking	Athletics : Relay Races
	Conditioning : Circuit Training	Class - Test	Prevention of Smoking & Drinking	Athletics : Mix Events
	Conditioning : Interval Training	Group Discussion : Questions & Answer	Quitting Techniques From of Smoking & Drinking	Group Discussion
	Conditioning : Fart-lek Training	Doping : Definition and its meaning	Rehabilitation Programme	Ground - Work
March	Class Test	Exercise & Heart Disease	Revision of Unit-I	Revision of Team - Game
	Obesity : Definition	Exercise & Diabetes	Class - Test	Class - Test (Games)
	Exercise & Obesity	Exercise & Stress Management	Revision of Unit-II	Revision of Unit-IV
	Intake Energy Balance & Obesity	Happy Life With Exercise	Class - Test	Class - Test (Overall)
	Obesity & Modern Life Style	Group Discussion, Questions & Answer	Revision of Unit-III	Revision of Athletics
	Group Discussion Questions & Answer	Class - Test	Class - Test	Class - Test

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