

ACADEMIC CALENDAR 2020-2021, DEPARTMENT OF PHYSICAL EDUCATION
PART-A
SEMESTER-1
(Unit-1)

TOPIC	CLASSES	JULY AUGUST	SEPTEMBER OCTOBER	NOVEMBER DECEMBER
Meaning and definition of Physical Education	4	2	1	1
Aim and objectives of Physical Education	6	2	2	2
Modern concept and changing concepts of Physical Education	5	1	2	2
Importance, Nature and scope of Physical Education	8	2	3	3

SEMESTER-1 (Unit-2)

TOPIC	CLASSES	JULY AUGUST	SEPTEMBER OCTOBER	NOVEMBER DECEMBER
Biological Foundation- Meaning and definition of growth and development.	8	1	4	3
Factors affecting growth and development	8	2	3	3
Differences of growth and development	5	1	3	1
Principles of growth and development, Age- Chronological age, anatomical age, physiological age and mental age.	10	2	5	3
Sociological Foundation- Meaning and definition of Sociology, Society and Socialization	6	1	2	3
Role of games and sports in National and International integration, Introduction of philosophies –	7	1	4	2

naturalism, pragmatism, realism, idealism				
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SEMESTER-1 (Unit-3)

TOPIC	CLASSES	JULY AUGUST	SEPTEMBER OCTOBER	NOVEMBER DECEMBER
Biological Foundation- Meaning and definition of growth and development.	5	1	3	1
Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period,	4	2	1	1
Olympic Movement- Ancient Olympic Games and Modern Olympic Games, Brief historical background of Asian Games and Commonwealth Games	6	3	2	1
Modern and Ancient Historical perspectives: USA, UK, Greece, Rome, and India	5	1	3	1

SEMESTER-1 (Unit-4)

TOPIC	CLASSES	JULY AUGUST	SEPTEMBER OCTOBER	NOVEMBER DECEMBER
Meaning and definition of the term Yoga,	2	0	1	1
types, aim, objectives and important of Yoga	5	1	3	1
History of Yoga, Astanga Yoga, Hatha	6	2	2	2

Yoga.				
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PART-A
SEMESTER-2 (Unit1)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
Concept and definition of Sports Management	3	2	1	0
Important of Sports Management	3	1	1	1
Purpose of Sports Management	2	2	0	0
Principles of Sports anagement	2	1	1	0

SEMESTER-2 (Unit-2)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, Challenge)	10	4	4	2
Procedure of drawing fixture (Knock-out, League, Combination)	6	2	2	2
Method of organising Annual Athletic Meet and Play Day	4	1	2	1
Method of organising of Intramural and Extramural competition.	3	1	1	1

SEMESTER-2 (Unit-3)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
Method of calculation of Standard Athletic Track and Field marking	15	5	6	4
Care and maintenance of Playground and gymnasium	4	1	2	1
Importance, care and maintenance of sports equipment	3	1	1	1

Lay- out of Play-Field and Basic Rules: Football, Kabaddi, Kho-Kho, Badminton and Volleyball	5	1	2	2
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SEMESTER-2 (Unit-4)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
Meaning and definition of leadership	2	1	1	0
Qualities of good leader in Physical Education	2	1	1	0
Principles of leadership activities	3	1	1	1
Hierarchy of Leadership in School	1	0	1	0
College and University level	1	1	0	0
Time Table: Meaning, importance and factors affecting Time Table.	2	1	1	0

PART-A

SEMESTER-4 (Unit-1)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
Concept and definition and dimension of health	5	3	2	0
Definition, aim, objectives and principles of health education	5	3	1	1
World health organization, united nations educational	4	2	1	1
School health program - Health service health supervision	4	2	1	1

SEMESTER-4 (Unit-2)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
Malaria, chicken pox and dengue	4	2	1	1
Non communicable disease - obesity, diabetes, and Aids	4	2	1	1

Nutrition - balance diet health disorders due to deficiencies	5	2	2	1
Postural deformities - Lordosis , knock knees and flat food	5	2	2	1

SEMESTER-4 (Unit-3)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
Physical fitness-Meaning, definition and importance of physical fitness	4	2	1	1
Components of physical fitness-health and performance related physical fitness	4	2	1	1
Relationship between physical activities and wellness	2	1	1	0
Ageing-physical activities and its importance	2	1	1	0

SEMESTER-4 (Unit-4)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
First aid-meaning, definition, importance and golden rules of first aid	3	2	1	0
Concept of sports injuries-Sprain, Strain, Factors	3	1	1	1
Management of sports injuries through the application of hydro-therapy and Thermo-therapy	3	1	1	1
Management of sports injuries	3	2	1	0

**PART-A
SEMESTER-6 (Unit-1)**

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
Concept, definition and dimension of Health, Definition, aim, objectives and principles of Health Education	9	4	4	1

Health Agencies- World Health Organization (WHO)	9	4	4	1
United Nations Educational Scientific and Cultural Organization (UNESCO),	6	3	2	1
Nutrition- Nutritional requirements for daily living. Balance Diet.	6	3	2	1

SEMESTER-4 (Unit-2)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
First aid- Meaning, definition, importance and golden rules of First- aid	8	3	3	2
Concept of sports injuries- Sprain, Strain, Fracture and Dislocation,	8	3	3	2
Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis,	8	4	3	1
Hypo-kinetic Diseases and Physical Activities- Obesity and Diabetes.	6	3	2	1

SEMESTER-6 (Unit-3)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
Body Mass Index (BMI)- Concept and method of measurement	6	3	2	1
Body Fat- Concept and method of measurement	6	3	2	1
Lean Body Mass (LBM)- Concept and method of measurement	4	2	2	0
Somatotype- Concept and method of Assessment.	4	2	2	0

SEMESTER-6 (Unit-4)

TOPIC	CLASSES	JANUARY FEBRUARY	MARCH APRIL	MAY JUNE
Kraus-Weber Muscular Strength Test	3	2	1	0

AAHPER Youth Fitness Test	3	1	1	1
Queens College Step Test	2	1	1	0
Harvard Step Test	2	1	1	0

