**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

**Class: B.A.1st (1st SEM) Name of the Teacher: Dr. Ram Niwas Yadav**

**Subject: Physical Education Period: 2nd**

**Paper: Room No: 109**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Meaning and concept of education |
| Week 2 | 13-01-2020 to 18-01-2020 | Meaning and definition of Physical Education, its aim and objectives |
| Week 3 | 20-01-2020 to 25-01-2020 | Ancient Olympic Games. |
| Week 4 | 27-01-2020 to 01-02-2020 | Modern Olympic Games. |
| Week 5 | 03-02-2020 to 08-02-2020 | History of the game. |
| Week 6 | 10-02-2020 to 15-02-2020 | Basic fundamentals. |
| Week 7 | 17-02-2020 to 22-02-2020 | Equipment and specification. |
| Week 8 | 24-02-2020 to 29-02-2020 | Marking /layout of court. |
| Week 9 | 02-03-2020 to 05-03-2020 | Rules and regulations (number of players, |
| Week 10 | 09-01-2020 to 11-01-2020 | Duration of games, number of officials required and general rules of play.) |
| Week 11 | 13-01-2020 to 18-01-2020 | Major tournament and Arjun awardees of the game. |
| Mid Semester Exams | | |  | Need and importance of Physical Education in Modern society and its relationship with other subjects. |
| Week 12 | 14-03-2020, 16-03-2020 to 21-03-2020 | Asian Games. |
| Week 13 | 24-03-2020 to 28-03-2020 | Common Wealth Games. |
| Week 14 | 30-03-2020 to 04-04-2020 | Raj Kumari Amrit Kaur Coaching Scheme. |
| Week 15 | 07-04-2020 to 11-04-2020 | Netaji Subash National Institute of Sports, Patiala. |
| Week 16 | 15-04-2020 to 18-04-2020 | Sports Authority of Indi |
| Week 17 | 20-04-2020 to 24-04-2020 | Indian Olympic Association. |
| Week 18 | 27-04-2020 to 02-05-2020 | International Olympic Committee. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

**Class: B.A.II (3RD SEM) Name of the Teacher: Dr. Anju & Dr. Parveen**

**Subject: Physical Education Period: 2nd & 5th**

**Paper: Room No: 108**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Meaning of Psychology, Sports Psychology. |
| Week 2 | 13-01-2020 to 18-01-2020 | Meaning and Learning. |
| Week 3 | 20-01-2020 to 25-01-2020 | Learning curve its types, characteristics |
| Week 4 | 27-01-2020 to 01-02-2020 | Implications in Physical education and sports. Psychological characteristics |
| Week 5 | 03-02-2020 to 08-02-2020 | Problems of an adolescent |
| Week 6 | 10-02-2020 to 15-02-2020 | Psychology factors effecting Physical Performance. |
| Week 7 | 17-02-2020 to 22-02-2020 | Meaning definitions type and methods of motivation. |
| Week 8 | 24-02-2020 to 29-02-2020 | Importance of Motivations in Physical Educations and sports. |
| Week 9 | 02-03-2020 to 05-03-2020 | Meaning, definitions of transfer of training. |
| Week 10 | 09-01-2020 to 11-01-2020 | type of transfer of training |
| Week 11 | 13-01-2020 to 18-01-2020 | Meaning, definitions, characteristics, dimensions and traits of personality. |
| Mid Semester Exams | | |  | Factors affecting development of personality (Heredity and Environment). |
| Week 12 | 14-03-2020, 16-03-2020 to 21-03-2020 | The role of Physical activates in Personality Development. Meaning and definitions of socializations through sports. |
| Week 13 | 24-03-2020 to 28-03-2020 | Role of politics and economy in the promotion of games and sports. |
| Week 14 | 30-03-2020 to 04-04-2020 | Role of media in promotions of sports. |
| Week 15 | 07-04-2020 to 11-04-2020 | Causes of deterioration and suggestions for the improvement of sports performance |
| Week 16 | 15-04-2020 to 18-04-2020 | Softball |
| Week 17 | 20-04-2020 to 24-04-2020 | Meaning and definitions of socializations through sports. |
| Week 18 | 27-04-2020 to 02-05-2020 | Meaning and definitions of socializations through sports. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

**Class: B.A.III (5th Sem) Name of the Teacher: Dr. Shafali**

**Subject: Physical Education Period: 3rd**

**Paper: Room No: 108**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Meaning and Definition of play. |
| Week 2 | 13-01-2020 to 18-01-2020 | Various theories of play and their significance in Physical education and sports. |
| Week 3 | 20-01-2020 to 25-01-2020 | Meaning, definition, characteristics, aim, objectives and types of recreation and recreational activities. |
| Week 4 | 27-01-2020 to 01-02-2020 | Significance of recreation in modern society. |
| Week 5 | 03-02-2020 to 08-02-2020 | Recreation providing agencies. |
| Week 6 | 10-02-2020 to 15-02-2020 | Meaning, importance and conduct of intramural and extramural competitions. |
| Week 7 | 17-02-2020 to 22-02-2020 | Meaning and types of tournament and their merits and demerits. |
| Week 8 | 24-02-2020 to 29-02-2020 | Draw of fixtures of various tournaments |
| Week 9 | 02-03-2020 to 05-03-2020 | Meaning, aim and objectives of the camp. |
| Week 10 | 09-01-2020 to 11-01-2020 | Advantages of camping/outdoor education. Types and agencies promoting camping. Organization of camps and factors affecting its organization Educative values of a camp. |
| Week 11 | 13-01-2020 to 18-01-2020 | Organization of an athletic meet.  Importance /significance of an athletic meet. |
| Mid Semester Exams | | |
| Week 12 | 14-03-2020, 16-03-2020 to 21-03-2020 | Meaning, types and importance of a good posture. Causes, preventive and (Kyphosis, Lordosis, Scolosis and Flat foot), |
| Week 13 | 24-03-2020 to 28-03-2020 | Their causes, preventive and remedial measures.  PHYSICAL ACTIVITES AND THEIR EFFECTS ON VARIOUS PHYSICAL PARAMETERS: |
| Week 14 | 30-03-2020 to 04-04-2020 | Physical activities/training and their effects on aging, body composition, and obesity. General problems of obesity. |
| Week 15 | 07-04-2020 to 11-04-2020 | Health related risk factors of obesity. Obesity and physical activity. Causes, preventive and remedial measures of obesity |
| Week 16 | 15-04-2020 to 18-04-2020 | Breif history of massage. Meaning and definition of massage. Principles/guidelines for massage.Types of massage and their benefits. Effects of massage on skin, blood circulation, nervous system and muscles. |
| Week 17 | 20-04-2020 to 24-04-2020 | Types of massage and their benefits. Effects of massage on skin, blood circulation, nervous system and muscles. History of the game, basic fundamentals, Equipment and specifications, Marking /layout of field, Rules and regulations(number of players, duration of game, number of officials required and general rules of play) |
| Week 18 | 27-04-2020 to 02-05-2020 | Major tournaments and Arjuna awardees of game. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

**Class: B.P.ED I Name of the Teacher: Dr. Parveen**

**Subject: ORGANIZATION AND ADMINISTRATION**

**Period: 3rd**  **Paper: I (CC-101) Room No: 329**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Meaning and importance of Organization and Administration in physical education.  Qualification and Responsibilities of Physical Education teacher and pupil leader |
| Week 2 | 13-01-2020 to 18-01-2020 | Planning and their basic principles, |
| Week 3 | 20-01-2020 to 25-01-2020 | Program planning: Meaning, Importance, Principles of program planning in physical education. |
| Week 4 | 27-01-2020 to 01-02-2020 | Functions of Management: Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating. |
| Week 5 | 03-02-2020 to 08-02-2020 | Office Management: Meaning, definition, functions and kinds of office management |
| Week 6 | 10-02-2020 to 15-02-2020 | Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record. |
| Week 7 | 17-02-2020 to 22-02-2020 | Budget: Meaning, Importance of Budget making, |
| Week 8 | 24-02-2020 to 29-02-2020 | Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget. |
| Week 9 | 02-03-2020 to 05-03-2020 | Meaning and importance of Organization and Administration in physical education.  Qualification and Responsibilities of Physical Education teacher and pupil leader |
| Week 10 | 09-01-2020 to 11-01-2020 | Planning and their basic principles, |
| Week 11 | 13-01-2020 to 18-01-2020 | Program planning: Meaning, Importance, Principles of program planning in physical education. |
| Mid Semester Exams | | |
| Week 12 | 14-03-2020, 16-03-2020 to 21-03-2020 | Facilities and equipment management: Types of facilities; Infrastructure-indoor, out door. |
| Week 13 | 24-03-2020 to 28-03-2020 | Playfields: Area, Location, layout and care |
| Week 14 | 30-03-2020 to 04-04-2020 | Equipment: Need, importance, purchase, care and maintenance |
| Week 15 | 07-04-2020 to 11-04-2020 | Time Table Management: Meaning, Need, Importance and Factor affecting time table. |
| Week 16 | 15-04-2020 to 18-04-2020 | Tournament and its importance. |
| Week 17 | 20-04-2020 to 24-04-2020 | Types of Tournament and its organization structure - Knock-out Tournaments, League |
| Week 18 | 27-04-2020 to 02-05-2020 | Round Robin Tournaments, Combination Tournament, consolation tournaments and challenge Tournament. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

**Class: B.P.ED SEMESTER-II Name of the Teacher: Mr. Ram Niwas**

**Subject: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION,**

**FITNESS AND WELLNESS**

**Paper: VIII (EC-201) Period: 5th Room No: 329**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Definition, Aims and Objectives of Physical Education, fitness and Wellness |
| Week 2 | 13-01-2020 to 18-01-2020 | Importance and Scope of fitness and wellness |
| Week 3 | 20-01-2020 to 25-01-2020 | Modern concept of Physical fitness and Wellness |
| Week 4 | 27-01-2020 to 01-02-2020 | Physical Education and its Relevance in Inter Disciplinary Context |
| Week 5 | 03-02-2020 to 08-02-2020 | Fitness Types of Fitness and Components of Fitness  Understanding of Wellness |
| Week 6 | 10-02-2020 to 15-02-2020 | Modern Lifestyle and Hypo kinetic Diseases Prevention and Management |
| Week 7 | 17-02-2020 to 22-02-2020 | Physical Activity and Health Benefits |
| Week 8 | 24-02-2020 to 29-02-2020 | Means of Fitness |
| Week 9 | 02-03-2020 to 05-03-2020 | Definition, Aims and Objectives of Physical Education, fitness and Wellness |
| Mid Semester Exams (06-03-2020 to 13-03-2020) | | |
| Week 11 | 14-03-2020, 16-03-2020 to 21-03-2020 | development aerobic and anaerobic exercises |
| Week 12 | 24-03-2020 to 28-03-2020 | Exercises and Heart rate |
| Week 13 | 30-03-2020 to 04-04-2020 | Zones for various aerobic exercise intensities |
| Week 14 | 07-04-2020 to 11-04-2020 | Concept of free weight Vs Machine, Sets and Repetition etc |
| Week 15 | 15-04-2020 to 18-04-2020 | Concept of designing different fitness |
| Week 16 | 20-04-2020 to 24-04-2020 | Training program for different age group. |
| Week 17 | 27-04-2020 to 02-05-2020 | Health and Safety in Daily Life |
| Week 18 | 04-05-2020 | First Aid and Emergency Care Common Injuries and their Management |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

**Class: B.P.E.D I SEM II**   **Name of the Teacher: Dr. Shafali**

**Subject: HEALTH EDUCATION AND ENVIRONMENT STUDIES Period: 4th**

**Paper: VI (CC-202) Room No: 329**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Concept, Dimensions, Spectrum and Determinants of Health |
| Week 2 | 13-01-2020 to 18-01-2020 | Definition of Health, Health Education, Health Instruction, Health Supervision |
| Week 3 | 20-01-2020 to 25-01-2020 | Aim, objective and Principles of Health Education |
| Week 4 | 27-01-2020 to 01-02-2020 | Health Service and guidance instruction in personal hygiene |
| Week 5 | 03-02-2020 to 08-02-2020 | Communicable and Non Communicable Diseases |
| Week 6 | 10-02-2020 to 15-02-2020 | Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, |
| Week 7 | 17-02-2020 to 22-02-2020 | Personal and Environmental Hygiene for schools |
| Week 8 | 24-02-2020 to 29-02-2020 | Objective of school health service, |
| Week 9 | 02-03-2020 to 05-03-2020 | Role of health education in schools |
| Mid Semester Exams (06-03-2020 to 13-03-2020) | | |
| Week 11 | 14-03-2020, 16-03-2020 to 21-03-2020 | Health Services Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, |
| Week 12 | 24-03-2020 to 28-03-2020 | Health record, Healthful school environment, first- aid and emergency care etc. |
| Week 13 | 30-03-2020 to 04-04-2020 | Definition, Scope, Need and Importance of environmental studies |
| Week 14 | 07-04-2020 to 11-04-2020 | Concept of environmental education, Historical background of environmental education, |
| Week 15 | 15-04-2020 to 18-04-2020 | Celebration of various days in relation with environment |
| Week 16 | 20-04-2020 to 24-04-2020 | Plastic recycling & probation of plastic bag / cover. |
| Week 17 | 27-04-2020 to 02-05-2020 | Role of school in environmental conservation and sustainable development. |
| Week 18 | 04-05-2020 | Water resources, food resources and Land resources o Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution |
|  |  | Management of environment and Govt. policies, Role of pollution control board. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

**Class: B.P.ED I SEM IV Name of the Teacher:**

**Subject: YOGA EDUCATION Period: 4th**

**Paper: V (CC-201) Room No: 329**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Meaning and Definition of Yoga  Aims and Objectives of Yoga |
| Week 2 | 13-01-2020 to 18-01-2020 | Yoga in Early Upanishads |
| Week 3 | 20-01-2020 to 25-01-2020 | The Yoga Sutra: General Consideration |
| Week 4 | 27-01-2020 to 01-02-2020 | Need and Importance of Yoga in Physical Education and Sports |
| Week 5 | 03-02-2020 to 08-02-2020 | The Astanga Yoga: Yama, Niyama, Asana, Pranayama, |
| Week 6 | 10-02-2020 to 15-02-2020 | Pratyahara, Dharana, Dhyana and Samadhi |
| Week 7 | 17-02-2020 to 22-02-2020 | Yoga in the Bhagavadgita - Karma Yoga, |
| Week 8 | 24-02-2020 to 29-02-2020 | Raja Yoga, Jnana Yoga |
| Week 9 | 02-03-2020 to 05-03-2020 | Bhakti Yoga |
| Mid Semester Exams (06-03-2020 to 13-03-2020) | | |
| Week 11 | 14-03-2020, 16-03-2020 to 21-03-2020 | Effect of Asanas and Pranayama on various system of the body |
| Week 12 | 24-03-2020 to 28-03-2020 | Classification of asanas with special reference to physical education and sports |
| Week 13 | 30-03-2020 to 04-04-2020 | Influences of relative, meditative posture on various system of the body |
| Week 14 | 07-04-2020 to 11-04-2020 | Types of Bandhas and mudras |
| Week 15 | 15-04-2020 to 18-04-2020 | Type of kriyas |
| Week 16 | 20-04-2020 to 24-04-2020 | Basic, applied and action research in Yoga |
| Week 17 | 27-04-2020 to 02-05-2020 | Difference between yogic practices and physical exercises |
| Week 18 | 04-05-2020 | Yoga education centers in India and abroad |
|  |  | Competitions in Yogasanas |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.P.ED SEMESTER-IV Name of the Teacher: Dr. Ram Niwas Yadav**

**Subject: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION Period: 5th**

**Paper: XIII (CC-401) Room No: 330**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Meaning of Test & Measurement & Evaluation in Physical Education |
| Week 2 | 13-01-2020 to 18-01-2020 | Need & Importance of Test |
| Week 3 | 20-01-2020 to 25-01-2020 | Measurement & Evaluation in Physical Education |
| Week 4 | 27-01-2020 to 01-02-2020 | Principles of Evaluation |
| Week 5 | 03-02-2020 to 08-02-2020 | Criteria of good Test |
| Week 6 | 10-02-2020 to 15-02-2020 | Criteria of tests, |
| Week 7 | 17-02-2020 to 22-02-2020 | scientific authenticity (reliability, objectivity, validity and availability of norms) |
| Week 8 | 24-02-2020 to 29-02-2020 | Type and classification of Test |
| Week 9 | 02-03-2020 to 05-03-2020 | Meaning of Test & Measurement & Evaluation in Physical Education |
| Week 10 | 09-01-2020 to 11-01-2020 | Need & Importance of Test |
| Week 11 | 13-01-2020 to 18-01-2020 | Measurement & Evaluation in Physical Education |
| Mid Semester Exams | | |
| Week 12 | 14-03-2020, 16-03-2020 to 21-03-2020 | Administration of test |
| Week 13 | 24-03-2020 to 28-03-2020 | AAHPER youth fitness test |
| Week 14 | 30-03-2020 to 04-04-2020 | National physical Fitness Test |
| Week 15 | 07-04-2020 to 11-04-2020 | Indiana Motor Fitness Test |
| Week 16 | 15-04-2020 to 18-04-2020 | JCR test |
| Week 17 | 20-04-2020 to 24-04-2020 | Lockhart and McPherson badminton test |
| Week 18 | 27-04-2020 to 02-05-2020 | Johnson basketball test |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.P.ED II SEM IV Name of the Teacher:**

**Subject: KINESIOLOGY AND BIOMECHANICS Period: 4th**

**Paper : XIV (CC-402) Room No : 329**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Meaning and Definition of Kinesiology and Sports Biomechanics |
| Week 2 | 29-07-2019 to 03-08-2019 | Importance of Kinesiology and Sports |
| Week 3 | 05-08-2019 to 10-08-2019 | Biomechanics to Physical Education Teacher, Athletes and Sports Coaches. |
| Week 4 | 13-08-2019 to 17-08-2019 | Terminology of Fundamental Movements |
| Week 5 | 19-08-2019 to 24-08-2019 | Fundamental concepts of following terms Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity |
| Week 6 | 26-08-2019 to 31-08-2019 | Classification of Joints and Muscles |
| Week 7 | 02-09-2019 to 07-09-2019 | Types of Muscle Contractions |
| Week 8 | 09-09-2019to 14-09-2019 | Posture Meaning, Types and Importance of good posture |
| Week 9 | 16-09-2019 to 21-09-2019 | Meaning and Definition of Kinesiology and Sports Biomechanics |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Importance of Kinesiology and Sports |
| Week 11 | 30-09-2019 to 05-10-2019 | Biomechanics to Physical Education Teacher, Athletes and Sports Coaches. |
| Mid Semester Exams | | |
| Week 12 | 14-03-2020, 16-03-2020 to 21-03-2020 | Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation |
| Week 13 | 24-03-2020 to 28-03-2020 | Force - Meaning, definition, types and its application to sports activities |
| Week 14 | 30-03-2020 to 04-04-2020 | Lever - Meaning, definition, types and its application to human body. |
| Week 15 | 07-04-2020 to 11-04-2020 | Newtons Laws of Motion Meaning, definition and its application to sports activities |
| Week 16 | 15-04-2020 to 18-04-2020 | Projectile Factors influencing projectile trajectory |
| Week 17 | 20-04-2020 to 24-04-2020 | Linear Kinematics Distance and Displacement, speed and velocity, Acceleration |
| Week 18 | 27-04-2020 to 02-05-2020 | Angular kinematics Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration. |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

**Class: B.P.ED II SEM IV**  **Name of the Teacher: DR. PARVEEN GAHLAWT**

**Subject: Research and Statistics in Physical Education Period:**

**Paper: EC-102** **Room No: 330**

|  |  |  |
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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Definition of Research |
| Week 2 | 29-07-2019 to 03-08-2019 | Need and importance of Research in Physical Education and Sports |
| Week 3 | 05-08-2019 to 10-08-2019 | Scope of Research in Physical Education & Sports. |
| Week 4 | 13-08-2019 to 17-08-2019 | Classification of Research |
| Week 5 | 19-08-2019 to 24-08-2019 | Research Problem, Meaning of the term, Location and criteria of Selection of Problem  Formulation of a Research Problem, Limitations and Delimitations |
| Week 6 | 26-08-2019 to 31-08-2019 | Need for surveying related literature. |
| Week 7 | 02-09-2019 to 07-09-2019 | Literature Sources, Library Reading |
| Week 8 | 09-09-2019to 14-09-2019 | Research Proposal, Meaning and Significance of Research Proposal. |
| Week 9 | 16-09-2019 to 21-09-2019 | Definition of Research |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Need and importance of Research in Physical Education and Sports |
| Week 11 | 30-09-2019 to 05-10-2019 | Scope of Research in Physical Education & Sports. |
| Mid Semester Exams | | |
| Week 12 | 14-03-2020, 16-03-2020 to 21-03-2020 | Preparation of Research proposal / project. |
| Week 13 | 24-03-2020 to 28-03-2020 | Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school . |
| Week 14 | 30-03-2020 to 04-04-2020 | Facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution. |
| Week 15 | 07-04-2020 to 11-04-2020 | Statistics: Meaning, Definition, Nature and Importance |
| Week 16 | 15-04-2020 to 18-04-2020 | Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables |
| Week 17 | 20-04-2020 to 24-04-2020 | Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency  Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram |
| Week 18 | 27-04-2020 to 02-05-2020 | Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data |
|  |  | Measures of Variability: Meaning, importance, computing from group and ungroup data |
|  |  | Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Even Semester) Session (2019-2020)**

**Class : B.P.E.D II SEM IV Name of the Teacher:**

**Subject: Theory of Sports and Games** **Period:**

**Paper: XVI (EC-402) Room No: 329**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Athletics, Badminton, Basketball, Cricket, Football, |
| Week 2 | 13-01-2020 to 18-01-2020 | Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga. |
| Week 3 | 20-01-2020 to 25-01-2020 | History and development of the Game and Sports , Ethics of sports and sportsmanship |
| Week 4 | 27-01-2020 to 01-02-2020 | Ground preparation, dimensions and marking , Standard equipment and their specifications |
| Week 5 | 03-02-2020 to 08-02-2020 | Speed and its types |
| Week 6 | 10-02-2020 to 15-02-2020 | Strength and its types |
| Week 7 | 17-02-2020 to 22-02-2020 | Endurance and its types  (continuous method, interval method, circuit method, fartlek /speed play and weight training) |
| Week 8 | 24-02-2020 to 29-02-2020 | Flexibility and its types |
| Week 9 | 02-03-2020 to 05-03-2020 | Coordinative ability and its types |
| Mid Semester Exams (06-03-2020 to 13-03-2020) | | |
| Week 11 | 14-03-2020, 16-03-2020 to 21-03-2020 | Training methods: Development of components of physical fitness and motor fitness through following training methods |
| Week 12 | 24-03-2020 to 28-03-2020 | Leadership style and method |
| Week 13 | 30-03-2020 to 04-04-2020 | Flexibility and its types |
| Week 14 | 07-04-2020 to 11-04-2020 | Coordinative ability and its types |
| Week 15 | 15-04-2020 to 18-04-2020 | Training methods: Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training) |
| Week 16 | 20-04-2020 to 24-04-2020 | Concept of Conditioning and warming up.  Role of weight training in games and sports. |
| Week 17 | 27-04-2020 to 02-05-2020 | Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition). |
| Week 18 | 04-05-2020 | Recreational and Lead up games |
|  |  | Strategy Offence and defense, Principles of offence and defense |

**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (Odd Semester) Session (2019-2020)**

**Class: B.P.ED II SEM IV Name of the Teacher: DR. SHAFALI**

**Subject: SPORTS MANAGEMENT**

**Paper: CC-301 Period: 4th Room No: 330**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 09-01-2020 to 11-01-2020 | Nature and Concept of Sports Management.  Progressive concept of Sports management. |
| Week 2 | 13-01-2020 to 18-01-2020 | The purpose and scope of Sports Management.  Essential skills of Sports Management |
| Week 3 | 20-01-2020 to 25-01-2020 | Qualities and competencies required for the Sports Manager.  Event Management in physical education and sports |
| Week 4 | 27-01-2020 to 01-02-2020 | Meaning and Definition of leadership  Leadership style and method. |
| Week 5 | 03-02-2020 to 08-02-2020 | Elements of leadership.  Forms of Leadership |
| Week 6 | 10-02-2020 to 15-02-2020 | Autocratic  Laissez-faire  Democratic  Benevolent Dictator |
| Week 7 | 17-02-2020 to 22-02-2020 | Qualities of administrative leader.  Preparation of administrative leader |
| Week 8 | 24-02-2020 to 29-02-2020 | Leadership and Organizational performance |
| Week 9 | 02-03-2020 to 05-03-2020 | Sports Management in Schools, colleges and Universities.  Factors affecting planning o Planning a school or college sports programme. |
| Week 10 | 09-01-2020 to 11-01-2020 | Directing of school or college sports programme.  Controlling a school, college and university sports programme |
| Week 11 | 13-01-2020 to 18-01-2020 | Developing performance standard  Establishing a reporting system  Evaluation  The reward/punishment system |
| Mid Semester Exams | | |
| Week 12 | 14-03-2020, 16-03-2020 to 21-03-2020 | Financial management in Physical Education & |
| Week 13 | 24-03-2020 to 28-03-2020 | sports in schools, |
| Week 14 | 30-03-2020 to 04-04-2020 | Budget Importance, |
| Week 15 | 07-04-2020 to 11-04-2020 | Criteria of good budget |
| Week 16 | 15-04-2020 to 18-04-2020 | Colleges and Universities |
| Week 17 | 20-04-2020 to 24-04-2020 | Steps of Budget making |
| Week 18 | 27-04-2020 to 02-05-2020 | Principles of budgeting |