

GOUR MOHAN SACHIN MANDAL MAHAVIDYALAYA

Department : Physical Education

Year : 1st Year

Session : 2015-2016

Teacher Name : Uma Sankar Pradhan

Unit Name (Topic)	Sub Unit Name	Paper	Month	No. Of Classes
Principals and History of Physical Education	1. Nature and scope of physical Education (a) Education (b) Physical Education (c) Physical Training (d) Sports (e) Sport Training.	1 st	July	10
Do	2. Aim and objectives of physical Education (a) Physical development, (b) Mental development (c) Social and Motor development objective (d) Changing concepts of Physical Education	1 st	August	10
Do	3. Development of Physical Education and Sports in India (a) Pre-Independence (b) post-Independence	1	April	4
Do	4. Olympic Movement (a) Ancient and Modern Olympic Games.	1	May	8
Do	5. Sports Scheme in India	1	July	8
Do	6. Thyroid and Adrenal	1	August	4
Psycho-Social Aspects of sports	1. Introduction – Psychophysical Unity of Man.	1	Sept	8
Do	2. Heredity and environment	1	Oct	2
Do	3. Instinct, Emotion, Interest and Motivation – Role in Sports.	1	Nove	10
Do	4. Physical Education as a Socialising force.	1	Dece	8
Do	5. Social value of sports.	1	January	8
Anatomy and Physiology	1. Cell structure and Function	1	March	8

Unit Name (Topic)	Sub Unit Name	Paper	Month	No. Of Classes
Anatomy and physiology	2. Skeletal system and skeletal deformities (a) Type of bones, name of various bones of the body, type of joints postural defect, kyphosis, brodosis, flat foot, nature, games and correction.	1	April	12
Do	3. Circulatory system – heart and its strueture, blood circulation, type of bold resseles, blood pressure, effect of exercise	1	May	16
Do	4. Respiratory system – organs of the system mechanism of respiration, vital eapacity, oxygen debt, effect of exercise	1	August	16
Do	5. Nervous system – part of brain and their structure, spinal cord, reflex action, all or none law	1	Septem ber	10
Do	6. Endocrine system – Meaning of endocrine Gland, Function, location of pituitary, adrenal glands	1	October	10
Dietetics and Hygiene	1. Basic Nutrients – protein, fat, vitamin, mineral, water	1	Nove	4
Do	2Need Nutrients – Growth and Repair, Vitality and Fitness, Producation, of Calories for energy and warming	1	Dece	8
Do	3. Quality of Food – How and when to eat, siets for Different ahe groups, souree of good	1	January	8
Do	4. Balance Diet, Athaleties siets, standard diets.	1	Feb	4
Do	5. Mid day mil and millk programme	1	March	4
Do	6. Drinking water, Tea, Coffee, Alcoholo, Etc	1	April	4
Do	Important of Hygienic living, personal Hygienic, care of skin, hair, eye, mose, etc, fatigue, habits.	1	May	8

GOUR MOHAN SACHIN MANDAL MAHAVIDYALAYA

Department : Physical Education

Year : 2st Year

Session : 2015-2016

Teacher Name : Uma Sankar Pradhan

Unit Name (Topic)	Sub Unit Name	Paper	Month	No. Of Classes
Management of physical education and sports. Track and Field Events.	1. Management of sports and games in school, college and University. 2. <u>Track and Field</u> → 100m, 200m, 400m, 800m, Run, shot put, Discus, throw, javelin throw, hang and high jump, triple jump	2 nd and 3 rd	Aug	16
Do	3. <u>Type of Tournaments</u> (i) Knockout, league, combination system	2	Sept	8
Do	<u>Layout of play field and Basic Rules</u> (i) kabaddi (ii) kho-kho (iii) volley ball (iv) football (v) Cricket (vi) Hockey Etc.	2	Oct	8
Do	5. Care and maintenance of sports equipments.	2	Nov	4
Do	1. Meaning of sports Training, conditioning, warming-up, and cooling down. 2. Forward roll, Backward roll, dive roll, cart wheel.	2 And 3	Dec	16
Do	3. Components of physical Fitness, speed strength, agility, flexibility, 4. T-balance, Handstand, Meek-spring.	2 And 3	Janu	16
Do	5. Normal load, crest load, Over load, principles of over loading.	2	Feb	8
Do	6. Mechanical principles applied to sports, law of motion, lever and types, force and its types. Yogasana – Shabasana, Halasana, Padmasana, Bakrasana, Etc.	2 And 3	Mar	16

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Unit Name (Topic)	Sub Unit Name	Paper	Month	No. Of Classes
<u>Exercise</u> <u>Physiology</u> <u>Indian</u> <u>Games</u>	1. <u>Muscular System</u> - Various Types of Muscles, Structure, Effect of exercise, Muscular contraction, motor unit, Isometric, Isotonic, Exercise.	2	April	16
Do	2. Indian Game – Kabaddi, kho-kho.	3	May	8
Do	3. Effect of exercise on circulatory system, blood pressure.	2	August	8
Do	4. Effect of exercise on respiratory system, vital capacity, oxygen debt.	2	Sept	12
<u>Health Education</u> <u>and First Aid Ball</u> <u>Games</u>	1. Meaning of health Education, Major areas of health Education. 2. Football, volley ball, crickets, Hockey, Badminton, Rules and regulation,	2 And 3	Oct	8
Do	1. Health service daily health inspection, medical inspection and follow up, Medical examination form, Medical clinic.	2	Nov	8
Do	2. Health full – Environment Healthful Environment in Education institute, office, playground, water supply, water disposal.	2	Dec	8
Do	3. Environmental pollution – Air, water Etc, and prevention.	2	Janu	4
Do	4. Safety Education – Home, School, Collage, Playground Etc.	2	Feb	2
Do	5. Prevention and control of communicable diseases.	2	May	6

Do	6. Mental Health	2	April	2
Do	7. First Aid – Sprain, Mucle Pull, Cramps Etc.	2	May	5

GOUR MOHAN SACHIN MANDAL MAHAVIDYALAYA

Department : Physical Education

Year : 3st Year

Session : 2015-2016

Teacher Name : Uma Sankar Pradhan

Unit Name (Topic)	Sub Unit Name	Paper	Month	No. Of Classes
Therapeutic Aspects of Physical Activates.	1. <u>Exercise and chronic Diseases</u> → Osteoporosis, obesity, hypertension, diabetes.	4A	July	9
Do	2. <u>Exercise and chronic Diseases</u> → Corrective, Isotonic, Isometric, and Resistance, Yogasana as a Therapy, Massage Therapy.	4A	Aug	5
Do	3. Electro Therapy, Hydro Therapy, Cryotherapy.	4A	Sept	8
Do	4. <u>Basic principal of Rehabilitation</u> Modalities and Relaxation Thechniques.	4A	Oct	4
Participation in regular Fitness programme	To be Tested	4B	Nov	9
Administration of Fitness Testing Procedures	1. <u>Strength</u> 2. Medicine ball put. 3. Standing brad Jump.	4B	Dec	8
Do	1. Vertical Jump 2. Push up 3. pull up	4B	Jan	4
Do	1. Endurance - Muscular setup, squat thrust	4B	January	4

Do	1. Harrard step test	4B	Feb	4
Do	1. Speed – Somt sprint	4B	Feb	4

Unit Name (Topic)	Sub Unit Name	Paper	Month	No. Of Classes
Officiating	1. Athletics - (a) Running	4B	March	4
Do	1. Jumping, and Throwing Event	4B	March	5
Indian Game	Kabaddi	4B	August	5
Do	Khokho	4A	Sept	9
Ball Games	Foot ball, cricket	4B	Oct	2
Do	Volley ball, Badminton	4B	Nov	8
Specific Exercise Programmming	1. Regional injuries including yoga Therapy	4B	Dec	7
Do	Shoulder, Knee, Hip	4B	January	4
Do	Trunk, Nek, Ankle injuries	4B	Feb	4
Participation in Social service programmes	Blood donation camp. Scouts and Guildes	4B	August	5
Do	Level Tournament, record book	4B	Sept	4
Physical Activities and Life Style	1. Physical Activity, Healthand wellness – Modern concets,	4B	Dec	4

	2. Helth and Fitness Activity life style			
Do	Physical Activity and childhood growth and development	4A	January	3

Unit Name (Topic)	Sub Unit Name	Paper	Month	No. Of Classes
Do	Physical Activity for the age → exercise and physiology of Again, loss of function, reserve with age.	4A	Feb	2
Do	Physical Activity for the disable → Type of disability, programme for the disabled.	4A	March	3