

Teaching Plan

Teaching Plan Semester wise (CCFUP)

TEACHING PLAN(GENERAL COURSE) CCFUP, 2023

SEMESTER-I				
Name of the Teacher	PAPER MAJOR A1/B1	PAPER MINOR 1/C1	PAPER SEC-1	PAPER MDC-01
TAPAN KUMAR PATRA	UNIT I&II	UNIT I&II	TOPIC-1	UNIT-I
ARNAB TRIPATHY	UNIT III&IV	UNIT III &IV	TOPIC -2	UNIT-I

Syllabus Distribution Semester wise (CCFUP)

Name of the Teacher	Semester	Assigned Parts for the Syllabus	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN	I	MAJOR Major A1/B1T: Foundation and History of Physical Education and Sports.		16	
		Unit-I: Concept of Physical Education and Sports 1.1 Meaning, definitions and scope of Physical Education			

KUMAR PATRA	<p>and Sports</p> <p>1.2 Aims and objectives of Physical Education and Sports</p> <p>1.3 Misconceptions and modern concepts of Physical Education. Physical Education as an art of science</p> <p>1.4 Needs and importance of Physical Education and Sports in modern society</p> <p>Unit-II: Biological, Psychological and Sociological Foundation</p> <p>2.1 Biological Foundation -Meaning and definition of growth and development. Factors affecting growth and development. Difference between of growth and development. Principles of growth and development. Body types: Classification of Sheldon's Body type. Relationship of body type and sports performance</p> <p>2.2 Psychological Foundation - Concept of learning, Learning curve, Laws and theories of learning. Types of learning. Factors affecting learning.</p> <p>2.3 Role of Sports Psychology in the field of Physical Education and Sports. Emotion, Motivation, Anxiety & Personality traits in relation with Physical Education and Sports</p> <p>2.4 Sociological Foundation- Concept of socialization. Socialization through Physical Education and Sports. Role of games and sports in national and international integration. Sports Ethics</p>	2		LAST WEEK OF SEPTEMBER
16	LAST WEEK OF NOVEMBER			
ARNAB TRIPATHY	<p>Unit-III: Historical Development of Physical Education and Sports.</p> <p>3.1 Historical development of Physical Education and Sports in India: Pre-Independence period and Post-Independence period.</p> <p>3.2 National & State Sports Awards</p> <p>3.3 Physical Education Teachers' Training Institutions in West Bengal. Famous personalities in the field of Physical Education: Plato, Aristotle, James Buchanan and P.M.Joseph</p> <p>3.4 Professional preparation in Physical Education and Sports: YMCA, LNIPE, IGIPESS, SAI</p> <p>Unit-IV: Olympic Movement, Commonwealth and Asian Games</p> <p>4.1 Ancient Olympic Games</p> <p>4.2 Modern Olympic Games: History, Objectives, Motto, Flag, Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony</p> <p>4.3 Historical background of Commonwealth and Asian Games</p> <p>4.4 Analysis of Indian Sports performance: Olympic, Commonwealth and Asian Games</p>	1	8	LAST WEEK OF SEPTEMBER
8	LAST WEEK OF NOVEMBER			
TAPAN KUMAR PATRA & ARNAB	<p>Major A1/B1P: Field Practical</p> <p>I. Marching:</p> <p>Command, Stand at Ease, Stand Easy, Attention, Turning: Right Turn, Left Turn, About Turn, Half Right Turn, Half Left Turn. Fall-in a Single Line, Fall-in Three Ranks. By the</p>	While teaching the theory the practical are well explained and presented. After the completion of the entire syllabus we conduct those practical through few classes		

TRIPATHY	Right Number, Right Dress, Mark Time, Open Order March, Close Order March, Forward March/Quick March, Right Turn at the March, Left Turn at the March. About Turn at the March, Slow March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss II. Callisthenics: Atleast 06 exercises with 16 counts III. Aerobics: Atleast any 06 exercises				
Name of the Teacher	Semester I	Assigned Parts for the Syllabus Minor MI-1/ C1T: Historical background of Physical Education and Sports	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN KUMAR PATRA	Unit-I: Concept of Physical Education and Sports 1.1 Meaning, definitions and scope of Physical Education and Sports 1.2 Aims and objectives of Physical Education and Sports 1.3 Misconceptions and modern concepts of Physical Education. Physical Education as an art of science 1.4 Needs and importance of Physical Education and Sports in modern society Unit-II: Biological, Psychological and Sociological Foundation 2.1 Biological Foundation -Meaning and definition of growth and development. Factors affecting growth and development. Difference between of growth and development. Principles of growth and development. Body types: Classification of Sheldon's Body type. Relationship of body type and sports performance 2.2 Psychological Foundation - Concept of learning, Learning curve, Laws and theories of learning. Types of learning. Factors affecting learning. 2.3 Role of Sports Psychology in the field of Physical Education and Sports. Emotion, Motivation, Anxiety & Personality traits in relation with Physical Education and Sports 2.4 Sociological Foundation- Concept of socialization. Socialization through Physical Education and Sports. Role of games and sports in national and international integration. Sports Ethics		1	8	LAST WEEK OF SEPTEMBER
				8	LAST WEEK OF NOVEMBER
ARNAB TRIPATHY	Unit-III: Historical Development of Physical Education and Sports. 3.1 Historical development of Physical Education and Sports in India: Pre-Independence period and Post-Independence period. 3.2 National & State Sports Awards 3.3 Physical Education Teachers' Training Institutions in West Bengal. Famous personalities in the field of Physical Education: Plato, Aristotle, James Buchanan and P.M. Joseph 3.4 Professional preparation in Physical Education and Sports:		2	16	LAST WEEK OF SEPTEMBER

	YMCA, LNIPE, SAI Unit-IV: Olympic Movement, Commonwealth and Asian Games 4.1 Ancient Olympic Games 4.2 Modern Olympic Games: History, Objectives, Motto, Flag. Emblem, Torch, Oath, Olympic Village, Opening, Victory and Closing Ceremony 4.3 Historical background of Commonwealth and Asian Games 4.4 Analysis of Indian Sports performance: Olympic, Commonwealth and Asian Games		16	LAST WEEK OF NOVEMBER	
TAPAN KUMAR PATRA & ARNAB TRIPATHY	MINOR 1/C1P: Field Practical I. Marching: Command, Stand at Ease, Stand Easy, Attention, Turning: Right Turn, Left Turn, About Turn, Half Right Turn, Half Left Turn. Fall-in a Single Line, Fall-in Three Ranks. By the Right Number, Right Dress, Mark Time, Open Order March, Close Order March, Forward March/Quick March, Right Turn at the March, Left Turn at the March. About Turn at the March, Slow March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss II. Callisthenics: Atleast 06 exercises with 16 counts III. Aerobics: Atleast any 06 exercises	While teaching the theory the practical are well explained and presented. After the completion of the entire syllabus we conduct those practical through few classes			
Name of the Teacher	Semester	Assigned Parts for the Syllabus	Classes Per Week	No of Lectures	Tentative Date of Completion
	I	Multidisciplinary Course (MDC)- 01 MDC-01T: Sports and fitness			
TAPAN KUMAR PATRA	Unit -1: Introduction to Sports 1. Concept of Play, Games and Sports.. 1. Objectives and importance of Play, Games and Sports. 2. Fundamental movements of Sports in relation to joints. 3. Warming up and Limbering down a) General warm up exercises b) Specific warm up exercises		2	32	LAST WEEK OF NOVEMBER
ARNAB TRIPATHY	Unit-2: Health and Performance Related Physical Fitness 1. Meaning and Definition of Fitness and Physical Fitness 2. Components of Health and Performance Related Physical Fitness 3. Importance of Physical Fitness in present society 4. Assessment of Health and Performance Related Physical Fitness		1	16	LAST WEEK OF NOVEMBER
TAPAN KUMAR PATRA &	MDC- O1 P: Field Practical 1. Callisthenics: 16 counts calisthenics exercises without/with light weight apparatus atleast 6 set of exercise 2. Marching: Command, Stand at Ease, Stand Easy, Attention, Turning: Right Turn, Left Turn, About Turn, Half Right Turn, Half Left Turn. Fall-in a Single Line, Fall-in Three Ranks. By the Right Number, Right Dress, Mark Time, Open Order March, Close Order March, Forward March/Quick March, Right Turn at the March, Left	This practical part is is a new addition to the syllabus and comes much later, so after completion of the theory class, this practical is completed through some classes.			

ARNAB TRIPATHY	Turn at the March. About Turn at the March, Slow March, Saluting to the Front, Salute to the Right, Eye Right & Eye Front, Fall Out, Dismiss 3. Aerobics: Atleast any 04 exercises
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Teaching Plan Semester wise (CBCS) (II, IV AND VI Sem.)

TEACHING PLAN(GENERAL COURSE)

	SEMESTER-II	SEMESTER-IV		SEMESTER-VI		
Name of the	PAPER DSC-1B	PAPER DSC-1D	PAPER SEC-2	PAPER DSE-2	PAPER SEC-4	PAPER GE-2
Teacher	(CC-2)	(CC4)	FIELD PRACTICAL	THEORY+PRACTICAL	FIELD PRACTICAL	THEORY+PRACTICAL
	THEORY+PRACTICAL	THEORY+PRACTICAL				
TAPAN KUMAR PATRA	UNIT- I&IV	UNIT-I&III	TOPIC-A&B	UNIT-I&IV	TOPIC-1	UNIT-I&II
ARNAB TRIPATHY	UNIT-II&III	UNIT-II&IV	TOPIC-B&C	UNIT-II&III	TOPIC-2	UNIT-III&IV

Syllabus Distribution Semester wise (CBCS) (II, IV AND VI Sem):

Name of the Teacher	Semester	Assigned Parts for the Syllabus	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN KUMAR PATRA	II	DSC DSC1BT: Management Of Physical Education And Sports			
		Unit- I: Introduction 1.1. Concept and definition of Sports Management. 1.2. Purpose of Sports Management, Importance of Sports Management, 1.3. Principles of Sports Management. 1.4. Sports Manager and his duties. Unit- IV: Leadership 4.1 Meaning and definition of leadership. 4.2 Qualities of good leader in Physical Education. 4.3 Types of Leadership. 4.4 Principles of leadership activities	3	24	LAST WEEK OF MARCH
				24	LAST WEEK OF MAY
ARNAB TRIPATHY		Unit- II: Tournaments 2.1. Tournaments: Meaning and definition, and types of tournaments (Knock-out, League, Combination, Challenge). 2.2. Procedure of drawing fixture. 2.3. Method of organizing Annual Athletic Meet and Play Day. 2.4. Method of organizing of Intramural and Extramural competition. Unit- III: Facilities and Equipments 3.1 Method of calculation of Standard Athletic Track marking. 3.2 Care and maintenance of play ground and gymnasium. 3.3 Importance, care and maintenance of sports equipment. 3.4 Time Table: Meaning, importance and factors affecting school Physical Education Time Table.	2	16	LAST WEEK OF MARCH
				16	LAST WEEK OF MAY
TAPAN KUMAR PATRA & ARNAB TRIPATHY		DSC1BP: Practical 1. Lay out knowledge and Officiating ability of Track and field events 2. Lay out knowledge and Officiating ability of Games: Football, Kabaddi, Kho-Kho, Volleyball, Hand Ball, Net Ball, Throw Ball, Badminton and Table Tennis. 3. Gymnastic and Yoga Scoring			While teaching the theory the practical are well explained and presented. After the completion of the entire syllabus we conduct those practical through few classes

Name of the Teacher	Semester	Assigned Parts for the Syllabus	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN KUMAR PATRA	IV	DSC DSC1DT: Health Education, Physical Fitness and Wellness	3	24	LAST WEEK OF MARCH
		Unit- I: Introduction 1.1. Concept, definition and dimension of Health. 1.2. Definition, aims, objectives and principles of Health Education. 1.3. Activities of Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF) 1.4. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record Personal hygiene. Unit- III: Physical Fitness and Wellness 3.1 Physical Fitness- Meaning, definition and importance of Physical Fitness. 3.2 Components of Physical Fitness- Health and performance related Physical Fitness. 3.3 Concept of Wellness. Relationship between physical activities and wellness. 3.4 Ageing- Physical activities and its importance.		24	LAST WEEK OF MAY
ARNAB TRIPATHY		Unit- II: Health Problems in India- Prevention and Control 2.1. Communicable Diseases- Malaria, Dengue and Chicken Pox and Diarrhea 2.2. Non-Communicable Diseases- Obesity, Diabetes and Asthma. 2.3. Nutrition- Nutritional requirements for daily living. Preparation and Principles of Balance Diet. Health disorders due to deficiencies of Protein, Vitamins and Minerals. 2.4. Postural deformities- Causes and corrective exercises of Kyphosis, Lordosis, Scoliosis, Knock Knee, Flat Foot and Bow Legs.	2	16	LAST WEEK OF MARCH

		Unit- IV: Health and First-aid Management 4.1 First aid- Meaning, definition, importance and golden rules of First-aid. 4.2 Concept of sports injuries- Sprain, Strain, Fracture, Dislocation and Wound. 4.3 Management of sports injuries through the application of Hydro-therapy and Thermo-therapy. 4.4 Physiotherapy: Basic concept, types & principles. Management of sports injuries through the application of exercise and massage therapy		16	LAST WEEK OF MAY
TAPAN KUMAR PATRA & ARNAB TRIPATHY		DSC1DP: Practical 1. First aid - Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling), Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica. 2. Practical Knowledge of Hydro-therapy, Thermo-therapy and Cryo-therapy.			While teaching the theory the practical are well explained and presented. After the completion of the entire syllabus we conduct those practical through few classes
Name Of The Teacher	Semester IV	Assigned Parts for the Syllabus SEC SEC- 2: Ball Games (Practical)	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN KUMAR PATRA		A. FOOTBALL a. Fundamental Skills 1. Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick. 2. Trapping: Trapping- the Rolling ball, and the Bouncing ball with sole of the foot. 3. Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot. 4. Heading: In standing, running and jumping condition. 5. Throw-in: Standing throw-in and Running throw-in. 6. Feinting: With the lower limb and upper part of the body. 7. Tackling: Simple Tackling, Slide Tackling. 8. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting. 9. Game practice with application of Rules and Regulations. b. Rules and their interpretation and duties of officials. B. HANDBALL	2	32	LAST WEEK OF MAY

	a. Fundamental Skills 1. Catching, Throwing and Ball control, 2. Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot. 3. Dribbling: High and low. 4. Attack and counter attack, simple counter attack, counter attack from two wings and center. 5. Blocking, GoalKeeping and Defensive skills. 6. Game practice with application of Rules and Regulations. b. Rules and their interpretation and duties of officials.				
ARNAB TRIPATHY	B. BASKETBALL a. Fundamental Skills 1. Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass. 2. Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running. 3. Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble. 4. Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw. 5. Rebounding: Defensive rebound and Offensive rebound. 6. Individual Defence: Guarding the player with the ball and without the ball, Pivoting. 7. Game practice with application of Rules and Regulations. b. Rules and their interpretation and duties of officials. C. VOLLEYBALL a. Fundamental skills 1. Service: Under arm service, Side arm service, Tennis service, Floating service. 2. Pass: Under arm pass, Over head pass. 3. Spiking and Blocking. 4. Game practice with application of Rules and Regulations. b. Rules and their interpretation and duties of officials.		1	16	LAST WEEK OF MAY
Name of the Teacher	Semester VI	Assigned Parts for the Syllabus DSE DSE2T: Sports Training	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN KUMAR PATRA	Unit- I: Introduction 1.1. Meaning and definition of Sports Training 1.2. Aim and characteristics of Sports Training. 1.3. Principles of Sports Training. 1.4. Importance of Sports Training.		3	24	LAST WEEK OF MARCH

	Unit- IV: Training Techniques 4.1 Strength - Means, types and methods of strength development. 4.2 Speed - Means, types and methods of speed development. 4.3 Endurance - Means, types and methods of endurance development. 4.4 Flexibility - Means, types and methods of flexibility development.			24	LAST WEEK OF MAY
ARNAB TRIPATHY	Unit- II: Principle of Training and Conditioning 2.1. Warming up and cooling down- Meaning, types and methods. 2.2. Conditioning - Concept of Conditioning and its principles. 2.3. Training Methods- Circuit Training, Interval Training, Weight Training. 2.4. Periodisation- Meaning, types, aim and contents of different periods. Unit- III: Training Load and Adaptation 3.1 Training Load - Meaning, definition, types and factors of training load. 3.2 Components of training load. 3.3 Over Load - Meaning, causes, symptoms and tackling of over load. 3.4 Adaptation - Meaning and conditions of adaptation.		2	16	LAST WEEK OF MARCH
				16	LAST WEEK OF MAY
TAPAN KUMAR PATRA & ARNAB TRIPATHY	DSE2P: PRACTICAL 1. Practical Experience of Weight Training and Circuit Training. 2. Measurement of Speed, Strength (Grip/Leg), Explosive Strength (Leg) and Flexibility.		While teaching the theory the practical are well explained and presented. After the completion of the entire syllabus we conduct those practical through few classes		
Name of the Teacher	Semester VI	Assigned Parts for the Syllabus GE GE2T: Anatomy, Physiology and Exercise Physiology	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN KUMAR PATRA	Unit- I: Introduction 1.1. Meaning and definition of Human Anatomy, Physiology and Exercise Physiology. 1.2. Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education. 1.3. Human Cell- Structure and function. 1.4. Tissue- Types and functions. Unit- II: Musculo-skeletal System 2.1. Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female. 2.2. Muscular System- Type, location, function and structure of muscle.		2	16	LAST WEEK OF MARCH
				16	LAST WEEK

	2.3. Types of muscular contraction. 2.4. Effect of exercise and training on muscular system.			OF MAY	
ARNAB TRIPATHY	Unit- III: Circulatory System 3.1 Blood- Composition and function. 3.2 Heart- Structure and functions. Mechanism of blood circulation through heart. 3.3 Blood Pressure, Athletic Heart and Bradycardia. 3.4 Effect of exercise and training on circulatory system. Unit- IV: Respiratory System 4.1 Structure and function of Respiratory organs. 4.2 Mechanism of Respiration. 4.3 Vital Capacity, O ₂ Debt and Second Wind. 4.4 Effect of exercise and training on respiratory system.		8	LAST WEEK OF MARCH	
		1	8	LAST WEEK OF MAY	
TAPAN KUMAR PATRA & ARNAB TRIPATHY	GE2P: Practical 1. Assessment of BMI, and WHR. 2. Measurement of Blood pressure, Vital capacity, Respiratory rate, Heart rate, Limb length, PEI, and Pick flow Rate.	While teaching the theory the practical are well explained and presented. After the completion of the entire syllabus we conduct those practical through few classes			
Name of the Teacher	Semester VI	Assigned Parts for the Syllabus SEC-4 Track and Field	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN KUMAR PATRA	1. Track Events 1.1. Starting Techniques: Standing start and Crouch start (its variations) use of Block. 1.2. Acceleration with proper running techniques. 1.3. Finishing technique: Run Through, Forward Lunging and Shoulder Shrug. 1.4. Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing		2	32	LAST WEEK OF MAY

ARNAB TRIPATHY	2. Field events 2.1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing. 2.2. High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing. 2.3. Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique). 2.4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle). 2.5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).	1	16	LAST WEEK OF MAY
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Teaching Plan (I, III and V Sem.):

TEACHING PLAN(GENERAL COURSE)

	SEMESTER-I	SEMESTER-III	SEMESTER-V			
Name of the Teacher	PAPER DSC-1A (CC-1)	PAPER DSC-1C (CC-3)	PAPER SEC-1 FIELD PRACTICAL	PAPER DSE-1 THEORY+PRACTICAL	PAPER SEC-3 FIELD PRACTICAL	PAPER GE-1 THEORY+PRACTICAL
TAPAN KUMAR PATRA	UNIT- I&II	UNIT-I&II	TOPIC- A&B	UNIT-I&IV	TOPIC- 1&2	UNIT-I&II
ARNAB TRIPATHY	UNIT-III&IV	UNIT-III&IV	TOPIC- B&C	UNIT-II&III	TOPIC- 2&3	UNIT- III&IV

Syllabus Distribution (I, III AND V Sem):

Name of the Teacher	Semester	Assigned Parts for the Syllabus DSC	Classes Per Week	No of Lectures	Tentative Date of Completion
	I	DSC1AT: Foundation and History of Physical Education			
TAPAN KUMAR PATRA		<p>Unit- I: Introduction</p> <p>1.1. Meaning, definition and scope of Physical Education. 1.2. Aims and objectives of Physical Education. 1.3. Misconception and modern concept of Physical Education. 1.4. Needs and importance of Physical Education in modern society.</p> <p>Unit- II: Biological and Sociological Foundations of Physical Education</p> <p>2.1. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development. 2.2. Age- Chronological age, anatomical age, physiological age and mental age. 2.3. Sociological Foundation- Meaning and definition of Sociology, Society, Socialization in Physical Education and Sports, Sports Ethics. 2.4. Role of games and sports in National and International integration</p>	3	24	LAST WEEK OF SEPTEMBER
				24	LAST WEEK OF NOVEMBER
ARNAB TRIPATHY		<p>Unit- III: History of Physical Education</p> <p>3.1 Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period. 3.2 Olympic Movement- Ancient Olympic Games and Modern Olympic Games. 3.3 Brief historical background of Asian Games and Commonwealth Games. 3.4 National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award.</p> <p>Unit- IV: Yoga Education</p> <p>4.1 Meaning and definition of the term Yoga, types, aims, objectives and importance of Yoga. 4.2 History of Yoga. 4.3 Astanga Yoga 4.4 Hatha Yoga</p>	2	16	LAST WEEK OF SEPTEMBER
				16	LAST WEEK OF NOVEMBER

TAPAN KUMAR PATRA & ARNAB TRIPATHY	DSCIAP: Field Practical 1. Marching- fall in attention, Stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward Mark 2. Learn and demonstrate the technique of Suryanamaskar. 3. Development of physical fitness through Callisthenics and Aerobic activities.		While teaching the theory the practical are well explained and presented. After the completion of the entire syllabus we conduct those practical through few classes		
Name of the Teacher	Semester III	Assigned Parts for the Syllabus DSC DSCICT: Anatomy, Physiology and Exercise Physiology	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN KUMAR PATRA	Unit- I: Introduction 1.1. Meaning and definition of Human Anatomy, Physiology and Exercise Physiology. 1.2. Importance of Human Anatomy, Physiology and Exercise Physiology in Physical Education. 1.3. Cell- Structure and function. 1.4. Tissue- Types and functions. Unit- II: Musculo-skeletal System 2.1. Skeletal System- Structure of Skeletal System. Classification and locations of bones and joints. Anatomical differences between male and female. 2.2. Muscular System- Type, location, function and structure of muscle. 2.3. Types of muscular contraction. 2.4. Effect of exercise and training on muscular system		3	24	LAST WEEK OF SEPTEMBER
				24	LAST WEEK OF NOVEMBER
ARNAB TRIPATHY	Unit- III: Circulatory System 3.1 Blood- Composition and function. 3.2 Heart- Structure and functions. Mechanism of blood circulation through heart. 3.3 Blood Pressure, Athletic Heart and Bradycardia 3.4 Effect of exercise and training on circulatory system. Unit- IV: Respiratory System 4.1 Structure and function of Respiratory organs. 4.2 Mechanism of Respiration. 4.3 Vital Capacity, O ₂ Debt and Second Wind. 4.4 Effect of exercise and training on respiratory system.		2	16	LAST WEEK OF SEPTEMBER
				16	LAST WEEK OF NOVEMBER
TAPAN KUMAR PATRA & ARNAB TRIPATHY	DSCICP: Practical 1. Assessment of BMI, and WHR. 2. Measurement of Blood Pressure, Vital Capacity, Respiratory rate, Heart Rate, Limb length, PEI, and Pick flow Rate		While teaching the theory the practical are well explained and presented. After the completion of the entire syllabus we conduct those practical through few classes		

Name of the Teacher	Semester	Assigned Parts for the Syllabus	Classes Per Week	No of Lectures	Tentative Date of Completion
	III	SEC SEC- 1: Indian Games and Racket Sports (Practical)			
TAPAN KUMAR PATRA		B. KHO-KHO a. Fundamental skills 1. Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul. 2. Skills in running: Chain Play, Ring play and Chain & Ring mixed play. 3. Game practice with application of Rules and Regulations			
ARNAB TRIPATHY		A. KABADDI a. Fundamental skills 1. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line. 2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. 3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defence. 4. Game practice with application of Rules and Regulations. b. Rules and their interpretations, and duties of the officials	3	48	LAST WEEK OF NOVEMBER
TAPAN KUMAR PATRA & ARNAB TRIPATHY		C. BADMINTON a. Fundamental skills 1. Basic Knowledge: Various parts of the Racket and Grip. 2. Service: Short service, Long service, Long-high service. 3. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash. 4. Game practice with application of Rules and Regulations. b. Rules and their interpretations and duties of the officials.			
Name of the Teacher	Semester	Assigned Parts for the Syllabus	Classes Per Week	No of Lectures	Tentative Date of Completion
	V	DSE DSE1T: Tests, Measurements and Evaluation in Physical Education			
TAPAN KUMAR PATRA		Unit- I: Introduction 1.1. Concept of test, measurement & evaluation. 1.2. Criteria of good test 1.3. Principles of evaluation. 1.4. Importance of Test, Measurement and Evaluation in		24	LAST WEEK OF SEPTEMBER

	Physical Education and Sports. Unit- IV: Sports Skill Test 4.1 Lockhart and McPherson Badminton Skill Test 4.2 Johnson Basketball Test Battery 4.3 McDonald Soccer Test 4.4 Brady Volleyball Test	3	24	LAST WEEK OF NOVEMBER
ARNAB TRIPATHY	Unit- II: Measurements of Body Compositions and Somatotype Assessment 2.1 Body Mass Index (BMI) - Concept and method of measurement. 2.2. Body Fat - Concept and method of measurement. 2.3. Lean Body Mass (LBM) - Concept and method of measurement. 2.4. Somatotype- Concept and method of measurement. Unit- III: Fitness Test 3.1 Kraus-Weber Muscular Strength Test 3.2 AAHPER Youth Fitness Test 3.3 Queens College Step Test 3.4 Harvard Step Test	2	16	LAST WEEK OF SEPTEMBER
			16	LAST WEEK OF NOVEMBER
TAPAN KUMAR PATRA & ARNAB TRIPATHY	DSE1P: Practical 1. Assessment of somatotype and Body fat percentage (%) 2. Assessment of AAHPER Youth Fitness Test and Harvard Step Test.	While teaching the theory the practical are well explained and presented. After the completion of the entire syllabus we conduct those practical through few classes		

Name of the Teacher	Semester	Assigned Parts for the Syllabus GE GE1T: Foundation and History of Physical Education	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN KUMAR PATRA	V			16	LAST WEEK OF SEPTEMBER
		Unit- I: Introduction 1.1. Meaning, definition and scope of Physical Education. 1.2. Aim and objectives of Physical Education. 1.3. Misconception and Modern concept of Physical Education. 1.4. Need and Importance of Physical Education in modern society. Unit- II: Biological and Sociological Foundations of Physical Education 2.1. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development. 2.2. Age- Chronological age, anatomical age, physiological age and mental age. 2.3. Sociological Foundation- Meaning and definition of Sociology, Society, Socialization in Physical Education and	2	16	LAST WEEK OF NOVEMBER

	Sports, Sports Ethic. 2.4. Role of games and sports in National and International integration				
ARNAB TRIPATHY	Unit- III: History of Physical Education 3.1 Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period. 3.2 Olympic Movement- Ancient Olympic Games and Modern Olympic Games. 3.3 Brief historical background of Asian Games and Commonwealth Games. 3.4 National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, Dhyanchand Award. Unit- IV: Yoga Education 4.1 Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga. 4.2 History of Yoga. 4.3 Astanga Yoga 4.4 Hatha Yoga		1	8	LAST WEEK OF SEPTEMBER
				8	LAST WEEK OF NOVEMBER
TAPAN KUMAR PATRA & ARNAB TRIPATHY	DSCIAP: Practical 1. Marching- fall in attention, Stand at ease, stand easy, Eyes right, Eyes front, Right Turn, Left Turn, About Turn, Mark Time Mark, Forward Mark 2. Learn and demonstrate the technique of Suryanamaskar. 3. Development of physical fitness through Callisthenics and Aerobic activities.		While teaching the theory the practical are well explained and presented. After the completion of the entire syllabus we conduct those practical through few classes		
Name of the Teacher	Semester	Assigned Parts for the Syllabus	Classes Per Week	No of Lectures	Tentative Date of Completion
TAPAN KUMAR PATRA	V	SEC SEC- 3: Gymnastics and Yoga (Practical)	2	32	LAST WEEK OF NOVEMBER
	GYMNASTICS 1. Compulsory 1.1. Forward Roll 1.2. T-Balance 1.3. Forward Roll with Split leg 1.4. Backward Roll 1.5. Cart-Wheel [Note: Perform the above Gymnastic skills continuously in the same sequence] 2. Optional 2.1. Dive and Forward Roll 2.2. Hand Spring 2.3. Head Spring 2.4. Neck Spring 2.5. Hand Stand and Forward Roll 2.6. Summersault				

<p>ARNAB TRIPATHY</p>	<p>3. YOGA 3.1 Asanas 3.1.1 Ardhachandrasana 3.1.2. Brikshasana 3.1.3. Padahastasana 3.2. Sitting Position 3.2.1. Ardhakurmasana 3.2.2. Paschimottanasana 3.2.3. Gomukhasana 3.3. Supine Position 3.3.1. Setubandhasana 3.3.2. Halasana 3.3.3. Matsyasana 3.4 Prone Position 3.4.1 Bhujangasana 3.4.2 Salvasana 3.4.3 Dhanurasana 3.5 Inverted Position 3.5.1 Sarbangasana 3.5.2 Shirsasana 3.5.3 Bhagrasana [Note: One Asana is compulsory from each position] 4. Pranayama 4.1. Kapalbhati 4.2. Bhramri 4.3. Anulam Vilom.</p>	<p>1</p>	<p>16</p>	<p>LAST WEEK OF NOVEMBER</p>
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