

## ANNUAL TEACHING PLAN

(Academic Year: 2019-2020)

**Mr. Arun Pandurang Bhosale**  
Associate Professor,  
Department of Physical Education

Class: B. A. Part- I, II, & III

| Month   | Class   | Paper No. | Units to be completed   |
|---|---|-----------|---|
| From<br>12 <sup>th</sup><br>June-<br>July<br>2019 | B. A. I<br>(Introduction<br>of Physical<br>Education &<br>Sports) | I         | Unit 1 :The meaning of Phy. Education and Sports<br>A) Meaning, Definition and concept of Phy. Edu.<br>B) Changing concept of Phy. Education<br>a) Exercise b) Physical Training                      |
|   | B. A. II<br>(History of the<br>Physical<br>Education)             | III       | Unit-1 : Physical Education in Ancient Times –<br>a) Elements of Physical Education in Primitive Societies<br>with reference to<br>Aims, Promotions, Programmes and methods of Physical<br>Education. |
|   | B. A. III<br>( Health<br>Education)                               | VII       | Unit I) Introduction :<br>a) Meaning, definitions of Health Education.<br>b) Nature and scope of Health Education.  |
|   | B. A. III<br>("Yoga")   | IX        | Unit -I) Aim & Objectives and Scope of Yoga in Human<br>Life.   |
|   | B. A. III<br>(Detics and<br>Hygiene )                             | XI        | Unit-I : आहार घटक प्रोटीन, कार्बोहाइड्रेट, चरबी युक्त पदार्थ  |
|   | B. A. III<br>(Practical)  |           | Introduction to Experiments, 1. Reaction Time, 2. Serial<br>Position Effect in Learning - Demonstration   |

| Month                   | Class   | Paper No. | Units to be completed   |
|-------------------------|---|-----------|---|
| July-<br>August<br>2019 | B. A. I<br>(Introduction<br>of Physical<br>Education &<br>Sports) | I         | Unit 1 :The meaning of Phy. Education and Sports<br>B) Changing concept of Phy. Education<br>c) Gymnastics d) Recreation e) Games & Sports<br>f) Health & Phy. Education  |
|                         | B. A. II<br>(Physical<br>Education &<br>Yoga Studies)             | III       | b) Physical Education in Ancient India -<br>Periods :-<br>i. Advent of Aryans 2000 B.C. (Early Period)<br>ii. Epic Age 1500 B.C. to 500 B.C.<br>iii. Buddhist Period.<br>With reference to the following activities :<br>Archery, Wrestling, Stick-fighting, Yogic exercises. |
|                         | B. A. III<br>( Health<br>Education)                               | VII       | Unit II) Personal Health<br>a) I) Factor's of Personal Health – I) Physical II)<br>Mental III) Social   |

|  |                                    |    |   |
|--|------------------------------------|----|---|
|  |                                    |    | II)Factor's influencing on Health<br>a) Heredity 2) Atmospear 3) Habits 4) Exercise   |
|  | B. A. III<br>(“Yoga”)              | IX | Unit-II) Yoga and Physical Health : Promotives, Preventive and Curative aspects of Physical Health tackled through Yogic practices. |
|  | B. A. III<br>(Detics and Hygiene ) | XI | जीवनस्त्वे, क्षाररयुक्त पदार्थ व पाणी   |

| Month                 | Class  | Paper No. | Units to be completed   |
|-----------------------|--|-----------|---|
| August-September 2019 | B. A. I<br>(Introduction of Physical Education & Sports) | I         | Unit 2 : Aim and Objectives of Phy. Education<br>A) General Aim B) Objectives a) Organic Power<br>b) Phy. Skills c) Mental and Emotional Development<br>d) Social Development e) Professional Development<br>f) National integration  |
|                       | B. A. II<br>(Physical Education & Yoga Studies)          | III       | Unit-2 : a) Ancient Olympic Games (Aim & Nature) :-<br>Legendary origin, significance of the games, rules of the games and eligibility, conduct of events, awards, decline of ancient Olympics.<br>b) Modern Olympic Games (Aim & Nature) :- Revival of the Olympic games, controlling body, rules of eligibility for competition, organization and conduct of the games, venues, events, opening ceremony, awards, closing of ceremony, Olympic flag, Olympic torch etc.<br>c) Asian games |
|                       | B. A. III<br>( Health Education)                         | VII       | b) Social Health a) Problems of social Health<br>b) Role of Government in social Health c) ommunicable diseases Causes & Prevention (Malaria, Dengu, Chikan Gunia, Sawine Flue)   |
|                       | B. A. III<br>(“Yoga”)                                    | IX        | Unit- III) Yoga and Mental Health : Nature of problems in Mental health. Promotive,   |
|                       | B. A. III<br>(Detics and Hygiene )                       | XI        | समतोल आहार  |

| Month                  | Class   | Paper No. | Units to be completed  |
|------------------------|---|-----------|--|
| September-October 2019 | B. A. I<br>(Introduction of Physical Education & Sports)<br>Practical | I         | I) Athletics<br>1. Sprint – 100 M a) The candidates running 100 Mtrs. Performanc For Technique & Modern Style<br>2. Shot-put - Performance, For Technique & Modern Style<br>II) Indian Game : Kabaddi<br>a) Fundamental skills b) Knowledge of rules and regulations |
|                        | B. A. II<br>(Physical Education &                                     | III       | Athletics<br>a) Discus Throw , Performance , For Techniques & modern Styles<br>b)Middle Distance Run, 800 M. Running, For  |

|  |                                 |     |  |
|--|---------------------------------|-----|--|
|  | Yoga Studies)                   |     | Knowledge of Rules & Regulations<br><br>Indian Game<br>Kho kho -Fundamental Skills, Knowledge of Rules & Regulations<br><br>Indian Exercise<br>A) Suryanamskar<br>b) Yogasans- Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.<br>Gymnastics - Frrunt Roll, Backroll, Cartwheel |
|  | B. A. III (Health Education)    | VII | Unit III) Health of the Community<br>a) Health problems in family, Community, School and Colleges. b) Communicable diseases<br>c) Role of Government in community health.  |
|  | B. A. III ("Yoga")              | IX  | Preventive and Curative aspects of Mental health through Yogic practices.  |
|  | B. A. III (Detics and Hygiene ) | XI  | समतोल आहार   |

|                       |                        |
|-----------------------|------------------------|
| October-November 2019 | University Examination |
|-----------------------|------------------------|

| Month                  | Class   | Paper No. | Units to be completed  |
|------------------------|---|-----------|--|
| November-December 2019 | B. A. I (Introduction of Physical Education & Sports) | II        | Unit 3 : Foundation of Phy. Education<br>A) Body Posture<br>a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture<br>B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc.   |
|                        | B. A. II (History Physical Education)                 | V         | Unit-I : a) Development of Physical Education in India<br>1. Mongal Period. 2. British Period. 3. Post Independence Period.<br>b) Development of Physical Education in Maharashtra.<br>i. Maratha Period : 1600 A. D. onwards, ii British Period : 1800 A. D. onwards, Period of Nationalism : 1920 onwards, Modern Period : 1937 onwards. |
|                        | B. A. III (Health Education)                          | XII       | Unit I) Health Programme :<br>a) Importance of exercises in health and fitness.<br>b) Drugs, Alcohol and Tobacco-Adverse effect on performance.  |
|                        | B. A. III ("Yoga")                                    | XIV       | Relationship of Yoga with Emotional Health.  |
|                        | B. A. III (Dietics and Hygiene )                      | XVI       | Unit-I आहाराचा परिणाम 1. नैसर्गिक आहार 2. भेसळयुक्त आहार   |

| Month                        | Class   | Paper No. | Units to be completed  |
|------------------------------|---|-----------|--|
| December-<br>January<br>2020 | B. A. I<br>(Introduction<br>of Physical<br>Education &<br>Sports) | II        | Unit 4 : A) Physical fitness and Health<br>a) Physical Fitness b) Factors of Phy. Fitness.<br>c) Balance Diet. d) Bad Habits with Special reference<br>to Phy. Fitness Alcohol and Tobacco. e) Walking-<br>Meaning, Need and Importance                                  |
|                              | B. A. II<br>(History<br>Physical<br>Education)                    | V         | Unit-II : Different Institutions for training in Physical<br>Education in India.<br>a) SNIPES - i) NSNIS, II) LNIPE (Deemed<br>University) b) Sports Authority of India – Inceptions<br>and Functions  |
|                              | B. A. III<br>(Health<br>Education)                                | XII       | Unit II) Meaning & Scope of Population Education<br>Aims & objectives of population education in adult<br>education programme,<br>Historical development of Population – Education<br>Programme in India, Role of<br>Health Education in Population Education Programme. |
|                              | B. A. III<br>(“Yoga”)   | XIV       | Unit-II) Yoga and Personal Efficiency – General<br>Introduction, characteristics according to-individual<br>needs-Different methods of improving efficiency-<br>importance of yogic practices for improving efficiency.  |
|                              | B. A. III<br>(Dietics and<br>Hygiene )                            | XVI       | 3. प्रक्रियायुक्त आहार 4. उत्तेजक पदार्थ   |

| Month                        | Class  | Paper No. | Units to be completed   |
|------------------------------|--|-----------|---|
| January-<br>February<br>2020 | B. A. I<br>(Introduction<br>of Physical<br>Education &<br>Sports)<br>Practical | II        | B) Play –<br>a) Meaning, Definitions, Concepts b) Work and Play<br>c) Theories of play i) surplus energy ii) Anticipatory<br>Theory iii) Recapulatory Theory d) Importance of Play.                               |
|                              | B. A. II<br>(History<br>Physical<br>Education)                                 | V         | Sports Awards in India<br>National Level<br>i. Arjun Awards ii. Dronacharya Awards iii. Rajiv<br>Gandhi Khel Ratna Awards.<br>State Level in Maharashtra –<br>i. Dadoji Kondadev Award ii. Shiv Chatrapati Award. |
|                              | B. A. III<br>(Health<br>Education)   | XII       | Unit III) World Health Organization –<br>a) Constitution, Aims & Objectives, Plans of Operations,<br>Assistance, functions and importance.  |
|                              | B. A. III<br>(“Yoga”)  | XIV       | Unit-III) Yoga and Sports : Psychophysical basis of<br>promoting sports career.   |
|                              | B. A. III<br>(Dietics and<br>Hygiene )   | XVI       | 4. उत्तेजक पदार्थ   |

**ANNUAL TEACHING PLAN**

(Academic Year: 2019-2020)

**Mr. Bhausaheb Shamrao Patil, Associate Professor, Department of Physical Education**

**Class: B. A. Part- I, II, & III**

| Month  | Class  | Paper No.  | Units to be completed  |
|--|--|--|--|
| From<br>12th<br>June-<br>July 2019   | B. A. I (Introduction of Physical Education & Sports)                        | I  | Unit 1 :The meaning of Phy. Education and Sports A) Meaning, Definition and concept of Phy. Edu. B) Changing concept of Phy. Education a) Exercise b) Physical Training                                |
|  | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | I a) Nature of administration and management –i) Meaning, Definition and Concept of Organization and Administration ii) Need and Importance of Organization and Administration                         |
|  |  |  | b) Philosophy of organization and administration -i) Principles of Organization in Physical Education and Sports. ii) Principles of Administration in Physical Education and Sports.                   |
|  | B. A. III (Recreation In Physical Education)                                 | VIII   | Unit I Introduction: a) Meaning .Concept, Definitions, of Rhythm b) Need & Importance of Rhythmic exercise.  |
|  | B. A. III Anatomy And Physiology   | X  | Unit I) Introduction:a) Anatomy, Physiology -Meaning. definition and importance.b) The cell and its parts.   |
| B. A. III (Dietetics And Nutrition)  | XI   | Unit I) Diet components Carbohydrates, Proteins, Fats, vitamins. Mineral Fibers and water (need & importance)  |  |
| July-<br>August<br>2019  | B. A. I (Introduction of Physical Education & Sports)                        | I  | Unit 1 :The meaning of Phy. Education and Sports B) Changing concept of Phy. Education c) Gymnastics d) Recreation e) Games & Sports f) Health & Phy. Education  |
|  | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | II a) Competitions of Shivaji University –i) Inter-collegiate / Zonal Competitions of Shivaji University.ii) Inter-Zonal Competitions of Shivaji University.iii) Inter university sports competitions. |
|  |  |  | B) Human resources for administration and management of competitions.i) Organization body.ii) Finance committee iii) Officials and committees.   |
|  | B. A. III (Recreation In Physical Education)                                 | VIII   | Unit II a) Meaning, Definitions & Concept of Recreation b) Aim & Objectives of recreation  |
|  | B. A. III Anatomy And Physiology   | X  | Unit-II) Skeletal and Muscular System  |
|  |  |  | a) Types of Bones and names of various bones of the body.  |
| b) Various types of joints and major movements around them.                                  |  |  |  |
| c) Structural classification of skeletal muscle, structure and functions of skeletal muscle. |  |  |  |
| B. A. III(Dietetics And Nutrition)   | XI   | Unit II) Balance Diet:-Meaning. Definition and sources.  |  |
| B. A. I (Introduction of Physical Education & Sports)  | I  | Unit 2 : Aim and Objectives of Phy. Education  |  |
|  |  | A) General Aim B) Objectives a) Organic Power b) Phy. Skills c) Mental and Emotional Development d) Social Development e) Professional Development f) National integration |  |
| B. A. II (Organization And   |  | III a) Definition of Physical Education  |  |

|                                     |  |  |   |
|-------------------------------------|--|--|---|
| August-September 2019               | Administration In Physical Education And Sports.)                            | VI   | b) Benefits of a Quality Physical Education Program<br>c) Essential Components of Physical Education  |
|                                     | B. A. III (Recreation In Physical Education)                                 | VIII   | Unit III Recent trends in recreation a) Hiking b) Trekking<br>c) Sports camps and Competitions d) Aerobics and Zumba  |
|                                     | B. A. III Anatomy And Physiology   | X  | Unit III) Respiratory System: a) The nose, pharynx, larynx, trachea, bronchioles, lungs - structure and functions.  |
|                                     | B. A. III (Dietetics And Nutrition)  | XI   | Unit III) Malnutrition a) Under weight-causes, sign and symptoms.   |
|                                     | B. A. III (Practical)  |  | Athletics - Triple Jump, Jave line Throw, Different Style , Long Distance run 5000/3000 Meters Techniques & performance Badminton OR Table Tennis   |
| September-October 2019              | B. A. I (Introduction of Physical Education & Sports) Practical              | I  | I) Athletics 1. Sprint – 100 M a) The candidates running 100 Mtrs. 2. Shot-put - Performance, For Technique & Modern Style<br>II) Indian Game : Kabaddi a) Fundamental skills b) Knowledge of rules and regulations   |
|                                     | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | Athletics a) Discus Throw , Performance , For Techniques & modern Styles b) Middle Distance Run, 800 M. Running, For Knowledge of Rules & Regulations   |
|                                     |  |  | Indian Game - Kho kho -Fundamental Skills, Knowledge of Rules & Regulations   |
|                                     |  |  | Indian Exercise - A) Suryanamskar b) Yogasans-Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.  |
|                                     |  |  | Gymnastics - Frunt Roll, Backroll, Cartwheel  |
|                                     | B. A. III Anatomy And Physiology   | X  | b) Vital capacity, Second wind.c) Effect of exercise on respiratory system  |
| B. A. III (Dietetics And Nutrition) | XI   | b) Obesity - causes, types, Signs and symptoms.  |   |
| B. A. III (Practical)               |  | First Aid A) First Aid - Meaning, Objectives, Important rules B) Material in the First Aid Box C) Fracture - Types, Signs and Symptoms - Use of Sling and Splint D) Bleeding - Types, Signs and Symptoms - Use of Sling and Splint E) Artificial Respiration - Meaning and Method of Artificial respiration F) Bandage, Meaning, Types, Way of applying sling, simple dressing , Recreational Game |   |
| October-November 2019               |  | University Examination   |   |
| November-December 2019              | B. A. I (Introduction of Physical Education & Sports)                        | II   | Unit 3 : Foundation of Phy. Education<br>A) Body Posture a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture<br>B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc. |
|                                     |  |  | B. A. II (Organization And Administration In Physical Education And Sports.)  |


|  |  |   |   |
|--|--|---|---|
|  | B. A. III (Research In Physical Education)                                   | XIII  | Unit I) Research – Concept, Meaning and Definition  |
|  | B. A. III Anatomy And Physiology Of Exercise)                                | XV  | Unit-I) Circulatory System:<br>A) Blood - Its constituents and functions, Heart - its structure and function.<br>B) Blood pressure, Pulse, Blood groups, Oxygen debt.   |
|  | B. A. III (Dietics and Hygiene )   | XVI   | Unit I) Food sources and their effect<br>a) Natural food b) Impure food c) Processed food d) Stimulants   |
| December -January 2020   | B. A. I (Introduction of Physical Education & Sports)                        | II  | Unit 4 : A) Physical fitness and Health<br>a) Physical Fitness b) Factors of Phy. Fitness.<br>c) Balance Diet. d) Bad Habits with Special reference to Phy. Fitness Alcohol and Tobacco. e) Walking-Meaning, Need and Importance                |
|  | B. A. II (Organization And Administration In Physical Education And Sports.) | VI  | II Play ground Standards and Facilities<br>a) Preparation and Maintenance of Playgrounds.<br>b) Gymnasium: Standards, Facilities and Maintenances.<br>c) Lay-out of Play fields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, Basket Ball. |
|  | B. A. III (Research In Physical Education)                                   | XIII  | Unit II) Types of research  |
|  | B. A. III Anatomy And Physiology Of Exercise)                                | XV  | Unit-II) Digestive System:<br>A) Organ of digestive system - Mouth, teeth, salivary glands, pharynx, oesophagus, stomach, small and large intestine, pancreas, liver, structure and function - in brief.  |
|  | B. A. III (Dietics and Hygiene )   | XVI   | Unit II) Athlete Diet Meaning .Need and importance.   |
|  | January-February 2020  | B. A. I (Introduction of Physical Education & Sports) Practical | II  |
| B. A. II (Organization And Administration In Physical Education And Sports.) |  | VI  | III Sport Equipments a) Policies of purchases of Sports Equipments. b) Care and Maintenance of Sports Equip   |
| B. A. III (Research In Physical Education)                                   |  | XIII  | Unit III) Research Process, Stages in research process  |
| B. A. III Anatomy And Physiology Of Exercise)                                |  | XV  | B) Excretory System: Kidney and skin - its Structure and function   |
| B. A. III (Dietics and Hygiene )   |  | XVI   | Unit III) Immunity a) Personal hygiene - desirable hygiene habits   |
| B. A. III (Practical)  |  |   | Athletics – 110 Meters Hurdles (MEN),<br>100 Meters Hurdles (WOMEN), Relay (4 X 100 Meters )  |
|  | B. A. I (Introduction of Physical Education & Sports) Practical              | II  | III) Ball Game : Volley ball a) Fundamental skills b) Knowledge of rules and regulations<br>IV) Indian Exercises : A. Suryanamaskar B. Asanas Record Book   |
|  | B. A. II (Organization And Administration In Physical                        | VI  | Athletics A) High Jump – Performance, For Techniques & modern Style B) Middle Distance Running 1500 M. Running, For Knowledge of Rules & Regulations  |

|                            |  |                        |  |
|----------------------------|--|------------------------|--|
| February<br>-March<br>2020 | ADMINISTRATION IN PHYSICAL<br>Education And Sports.) | V I                    | 2) Ball Game - Hand Ball/ Basket Ball.( Fundamental Skills, Knowledge of Rules & Regulations) 3) Ground Marking - Kho-kho/ Hand Ball/ Basket Ball (Any One) 4) Record Book |
|                            | B. A. III (Research In Physical Education)           | XIII                   | Unit III) Research Process, Stages in research process   |
|                            | B. A. III Anatomy And Physiology Of Exercise)        | XV                     | Unit-III) Nervous System: Structure of brain and spinal cord, Reflex action..  |
|                            | B. A. III (Dietics and Hygiene)                      | XVI                    | b) School Health programme – service, supervision.   |
|                            | B. A. III (Practical)                                |                        | Marking & Track ,Record Book/Project, Educational Tour and Report  |
| March-April 2020           |  | University Examination |  |

  
 • The Head  
 Department Of Physical Education  
 P.V.P.College,Kavathe Mahankal,  
 Dist - Sangli

| Month               | Class   | Paper No. | Units to be completed   |
|---------------------|---|-----------|---|
| February-March 2020 | B. A. I<br>(Introduction of Physical Education & Sports)<br>Practical | II        | III) Ball Game : Volley ball<br>a) Fundamental skills b) Knowledge of rules and regulations<br>IV) Indian Exercises :<br>A. Suryanamaskar B. Asnas<br>Record Book   |
|                     | B. A. II<br>(History Physical Education)                              | V         | Athletics A) High Jump – Performance, For Techniques & modern Style<br>B) Middle Distance Running 1500 M. Running, For Knowledge of Rules & Regulations<br>2) Ball Game<br>Hand Ball/ Basket Ball.( Fundamental Skills, Knowledge of Rules & Regulations)<br>3) Ground Marking<br>Kho-kho/ Hand Ball/ Basket Ball (Any One)<br>4) Record Book |
|                     | B. A. III<br>(Health Education)                                       | XII       | b) Importance and need of family planning and Sex Education in India (In Brief)<br>c) What is meant by Aids, causes, symptoms & prevention of Aids.   |
|                     | B. A. III<br>("Yoga")   | XIV       | Contribution of yogic practices for the development of Sports performances.   |
|                     | B. A. III<br>(Dietics and Hygiene )                                   | XVI       | अथलेटिक्स आहार घटक  |

| Month            | Class | Paper No. | Units to be completed  |
|------------------|-------|-----------|------------------------|
| March-April 2020 |       |           | University Examination |
|                  |       |           | University Examination |
|                  |       |           | University Examination |

  
 - The Head  
 Department Of Physical Education  
 P.V.P.College,Kavathe Mahankal,  
 Dist - Sangli

# ANNUAL TEACHING PLAN

(Academic Year: 2020-2021)

Mr.Arun Pandurang Bhosale  
Associate Professor,  
Department of Physical Education

Class: B. A. Part- I, II, & III

| Month            | Class   | Paper No. | Units to be completed   |
|------------------|---|-----------|---|
| From<br>Oct.2020 | B. A. I<br>(Introduction of Physical<br>Education & Sports) | I         | Unit 1 :The meaning of Phy. Education and Sports<br>A) Meaning, Definition and concept of Phy. Edu.<br>B) Changing concept of Phy. Education a) Exercise b) Physical Training                   |
|                  | B. A. II<br>(Physical Education<br>History)                 | III       | Unit-1 : Physical Education in Ancient Times –<br>a) Elements of Physical Education in Primitive Societies with reference to<br>Aims, Promotions, Programmes and methods of Physical Education. |
|                  | B. A. III<br>(Health Education)                             | VII       | Unit I) Introduction :<br>a) Meaning, definitions of Health Education.<br>b) Nature and scope of Health Education.  |
|                  | B. A. III<br>(“Yoga”)                                       | IX        | Unit -I) Aim & Objectives and Scope of Yoga in Human Life.  |
|                  | B. A. III<br>(Detics and Hygiene )                          | XI        | Unit-I : आहार घटक प्रोटीन, कार्बोहाइड्रेड, चरबी युक्त पदार्थ  |

  
**The Head**  
 Department Of Physical Education  
 P.V.P.College, Ankaj,  
 Dist - Solapur

| Month    | Class  | Paper No. | Units to be completed  |
|----------|--|-----------|--|
| Nov.2020 | B. A. I<br>(Introduction of Physical Education & Sports) | I         | Unit 1 :The meaning of Phy. Education and Sports<br>B) Changing concept of Phy. Education c) Gymnastics d) Recreation<br>e) Games & Sports f) Health & Phy. Education  |
|          | B. A. II<br>(Physical Education & Yoga Studies)          | III       | b) Physical Education in Ancient India -<br>Periods :- i. Advent of Aryans 2000 B.C. (Early Period)<br>ii. Epic Age 1500 B.C. to 500 B.C. iii. Buddist Period.<br>With reference to the following activities :<br>Archery, Wrestling, Stick-fighting, Yogic exercises. |
|          | B. A. III<br>(Health Education)                          | VII       | Unit II) Personal Health<br>a) I) Factor's of Personal Health – I) Physical II) Mental III) Social<br>II)Factor's influencing on Health a) Heredity 2) Atmospear 3) Habits<br>4) Exercise  |
|          | B. A. III<br>("Yoga")                                    | IX        | Unit-II) Yoga and Physical Health : Promotives, Preventive and Curative<br>aspects of Physical Health tackled through Yogic practices.   |
|          | B. A. III<br>(Detics and Hygiene )                       | XI        | जीवनस्त्वे, क्षाररयुक्त पदार्थ व पाणी  |

| Month        | Class  | Paper No. | Units to be completed   |
|--------------|--|-----------|---|
| Dec.20<br>20 | B. A. I<br>(Introduction of Physical Education & Sports) | I         | Unit 2 : Aim and Objectives of Phy. Education<br>A) General Aim B) Objectives a) Organic Power<br>b) Phy. Skills c) Mental and Emotional Development d) Social Development<br>e) Professional Development f) National integration |

|                      |  |                  |   |
|----------------------|--|------------------|---|
|                      | <b>B. A. II<br/>(Physical Education &amp; Yoga<br/>Studies)</b>                    | <b>III</b>       | Unit-2 : a) Ancient Olympic Games (Aim & Nature) :- Legendary origin, significance of the games, rules of the games and eligibility, conduct of events, awards, decline of ancient Olympics.<br>b) Modern Olympic Games (Aim & Nature) :- Revival of the Olympic games, controlling body, rules of eligibility for competition, organization and conduct of the games, venues, events, opening ceremony, awards, closing of ceremony, Olympic flag, Olympic torch etc. c) Asian games |
|                      | <b>B. A. III<br/>(Health Education)</b>  | <b>VII</b>       | b) Social Health a) Problems of social Health<br>b) Role of Government in social Health c) Communicable diseases Causes & Prevention (Malaria, Dengu, Chikungunya, Swine Flu)   |
|                      | <b>B. A. III<br/>("Yoga")</b>  | <b>IX</b>        | Unit- III) Yoga and Mental Health : Nature of problems in Mental health. Promotive,   |
|                      | <b>B. A. III<br/>(Dietics and Hygiene )</b>  | <b>XI</b>        | समतोल आहार  |
|                      | <b>B. A. III (Practical)</b>   |                  | Athletics - Triple Jump, Javelin Throw, Different Style , Long Distance run<br>5000/3000 Meters Techniques & performance<br>Badminton OR Table Tennis   |
| <b>Month</b>         | <b>Class</b>   | <b>Paper No.</b> | <b>Units to be completed</b>  |
| <b>Jan.20<br/>21</b> | <b>B. A. I<br/>(Introduction of Physical Education<br/>&amp; Sports) Practical</b> | <b>I</b>         | I) Athletics 1. Sprint – 100 M a) The candidates running 100 Mtrs. 2. Shot-put - Performance, For Technique & Modern Style<br>II) Indian Game : Kabaddi a) Fundamental skills b) Knowledge of rules and regulations   |

|   |                                  |  |
|---|----------------------------------|--|
| <p align="center"><b>B. A. II<br/>(Physical Education &amp; Yoga<br/>Studies)</b></p> | <p align="center"><b>III</b></p> | <p>Athletics a) Discus Throw , Performance , For Techniques &amp; modern Styles<br/>b) Middle Distance Run, 800 M. Running, For Knowledge of Rules &amp; Regulations<br/>Indian Game - Kho kho -Fundamental Skills, Knowledge of Rules &amp; Regulations<br/>Indian Exercise - A) Suryanamskar b) Yogasans- Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.<br/>Gymnastics - Frrunt Roll, Backroll, Cartwheel</p> |
| <p align="center"><b>B. A. III<br/>( Health Education)</b></p>                        | <p align="center"><b>VII</b></p> | <p>Unit III) Health of the Community<br/>a) Health problems in family, Community, School and Colleges. b) Communicable diseases c) Role of Government in community health.</p>   |
| <p align="center"><b>B. A. III<br/>("Yoga")</b></p>                                   | <p align="center"><b>IX</b></p>  | <p>Preventive and Curative aspects of Mental health through Yogic practices.</p>   |
| <p align="center"><b>B. A. III<br/>(Detics and Hygiene )</b></p>                      | <p align="center"><b>XI</b></p>  | <p>समतोल आहार</p>  |
| <p align="center"><b>B. A. III (Practical)</b></p>                                    |                                  | <p>First Aid A) First Aid - Meaning, Objectives, Important rules B) Material in the First Aid Box C) Fracture - Types, Signs and Symptoms - Use of Sling and Splint D) Bleeding - Types, Signs and Symptoms - Use of Sling and Splint E) Artificial Respiration - Meaning and Method of Artificial respiration (Any Two) F) Bandage, Meaning, Types, Way of applying sling, simple dressing , Recreational Game</p>  |
| <p align="center"><b>Feb.2021</b></p>   |                                  | <p align="center"><b>University Examination</b></p>  |

| Month      | Class  | Paper No. | Units to be completed  |
|------------|--|-----------|--|
| March 2021 | B. A. I<br>(Introduction of Physical Education & Sports) | II        | Unit 3 : Foundation of Phy. Education<br>A) Body Posture a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture<br>B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc.  |
|            | B. A. II<br>(History Physical Education)                 | V         | Unit-I : a) Development of Physical Education in India<br>1. Mongal Period. 2. British Period. 3. Post Independence Period.<br>b) Development of Physical Education in Maharashtra.<br>i. Maratha Period : 1600 A. D. onwards, ii British Period : 1800 A. D. onwards, Period of Nationalism : 1920 onwards, Modern Period : 1937 onwards. |
|            | B. A. III<br>(Health Education)                          | XII       | Unit I) Health Programme : a) Importance of exercises in health and fitness.<br>b) Drugs, Alcohol and Tobacco-Adverse effect on performance.   |
|            | B. A. III<br>("Yoga")                                    | XIV       | Relationship of Yoga with Emotional Health.  |
|            | B. A. III<br>(Dietics and Hygiene )                      | XVI       | Unit-I आहाराचा परिणाम 1. नैसर्गिक आहार 2. भेसळयुक्त आहार   |

| Month      | Class   | Paper No. | Units to be completed   |
|------------|---|-----------|---|
| April 2021 | B. A. I (Introduction of Physical Education & Sports) | II        | Unit 4 : A) Physical fitness and Health<br>a) Physical Fitness b) Factors of Phy. Fitness.<br>c) Balance Diet. d) Bad Habits with Special reference to Phy. Fitnessess Alcohol and Tobaco. e) Walking- Meaning, Need and Importance |

|  |  |            |  |
|--|--|------------|--|
|  | <b>B. A. II (History Physical Education)</b> | <b>V</b>   | Unit-II : Different Institutions for training in Physical Education in India.<br>a) SNIPES - i) NSNIS, II) LNIPE (Deemed University) b) Sports Authority of India – Inceptions and Functions   |
|  | <b>B. A. III (Health Education)</b>          | <b>XII</b> | Unit II) Meaning & Scope of Population Education<br>Aims & objectives of population education in adult education programme, Historical development of Population – Education Programme in India, Role of Health Education in Population Education Programme. |
|  | <b>B. A. III (“Yoga”)</b>                    | <b>XIV</b> | Unit-II) Yoga and Personal Efficiency – General Introduction, characteristics according to individual needs-Different methods of improving efficiency-importance of yogic practices for improving efficiency.  |
|  | <b>B. A. III (Dietics and Hygiene )</b>      | <b>XVI</b> | 3. प्रक्रियायुक्त आहार 4. उत्तेजक पदार्थ   |

| <b>Month</b>    | <b>Class</b>   | <b>Paper No.</b> | <b>Units to be completed</b>  |
|-----------------|--|------------------|---|
| <b>May 2021</b> | <b>B. A. I (Introduction of Physical Education &amp; Sports) Practical</b> | <b>II</b>        | B) Play – a) Meaning, Definitions, Concepts b) Work and Play<br>c) Theories of play i) surplus energy ii) Anticipatory Theory iii) Recapulatory Theory d) Importance of Play.                               |
|                 | <b>B. A. II (History Physical Education)</b>                               | <b>V</b>         | Sports Awards in India<br>National Level<br>i. Arjun Awards ii. Dronacharya Awards iii. Rajiv Gandhi Khel Ratna Awards.<br>State Level in Maharashtra – i. Dadoji Kondadev Award ii. Shiv Chatrapati Award. |

|  |   |            |   |
|--|---|------------|---|
|  | <b>B. A. III<br/>(Health Education)</b>     | <b>XII</b> | Unit III) World Health Organization –<br>a) Constitution, Aims & Objectives, Plans of Operations, Assistance, functions and importance. |
|  | <b>B. A. III<br/>("Yoga")</b>               | <b>XIV</b> | Unit-III) Yoga and Sports : Psychophysical basis of promoting sports career.  |
|  | <b>B. A. III<br/>(Dietics and Hygiene )</b> | <b>XVI</b> | 4. उत्तेजक पदार्थ   |
|  | <b>B. A. III (Practical)</b>                |            | Athletics – 110 Meters Hurdles (MEN),<br>100 Meters Hurdles (WOMEN), Relay (4 X 100 Meters )  |

| <b>Month</b>    | <b>Class</b>   | <b>Paper No.</b> | <b>Units to be completed</b>   |
|-----------------|--|------------------|--|
| <b>June2021</b> | <b>B. A. I<br/>(Introduction of Physical Education &amp; Sports) Practical</b> | <b>II</b>        | III) Ball Game : Volley ball a) Fundamental skills b) Knowledge of rules and regulations<br>IV) Indian Exercises : A. Suryanamaskar B. Asnas Record Book   |
|                 | <b>B. A. II<br/>(History Physical Education)</b>                               | <b>V</b>         | Athletics A) High Jump – Performance, For Techniques & modern Style B) Middle Distance Running 1500 M. Running, For Knowledge of Rules & Regulations<br>2) Ball Game - Hand Ball/ Basket Ball.( Fundamental Skills, Knowledge of Rules & Regulations)<br>3) Ground Marking - Kho-kho/ Hand Ball/ Basket Ball (Any One)<br>4) Record Book |
|                 | <b>B. A. III<br/>(Health Education)</b>  | <b>XII</b>       | b) Importance and need of family planning and Sex Education in India (In Brief)<br>c) What is meant by Aids, causes, symptoms & prevention of Aids.  |

|  |   |     |   |
|--|---|-----|---|
|  | <b>B. A. III<br/>("Yoga")</b>               | XIV | Contribution of yogic practices for the development of Sports performances. |
|  | <b>B. A. III<br/>(Dietics and Hygiene )</b> | XVI | अथलेटिक्स आहार घटक  |
|  | <b>B. A. III (Practical)</b>                |     | Marking & Track ,Record Book/Project, Educational Tour and Report           |

|                          |                              |
|--------------------------|------------------------------|
| <b>Month</b>             | <b>Units to be completed</b> |
| <b>July-Aug<br/>2021</b> | University Examination       |

# ANNUAL TEACHING PLAN

(Academic Year: 2020-2021)

Mr. Bhausaheb Shamrao Patil  
Associate Professor,  
Department of Physical Education

Class: B. A. Part- I, II, & III

| Month            | Class  | Paper No. | Units to be completed   |
|------------------|--|-----------|---|
| From<br>Oct.2020 | B. A. I<br>(Introduction of Physical<br>Education & Sports)                              | I         | Unit I :The meaning of Phy. Education and Sports<br>A) Meaning, Definition and concept of Phy. Edu.<br>B) Changing concept of Phy. Education a) Exercise b) Physical Training   |
|                  | B. A. II<br>(Organization And<br>Administration In Physical<br>Education And<br>Sports.) | VI        | I a) Nature of administration and management –<br>i) Meaning, Definition and Concept of Organization and Administration<br>ii) Need and Importance of Organization and Administration<br>b) Philosophy of organization and administration -i) Principles of Organization<br>in Physical Education and Sports. ii) Principles of Administration in Physical<br>Education and Sports. |
|                  | B. A. III<br>(Recreation In Physical<br>Education)                                       | VIII      | Unit I Introduction: a) Meaning .Concept, Definitions, of Rhythm<br>b) Need & Importance of Rhythmic exercise.  |
|                  | B. A. III<br>Anatomy And Physiology  | X         | Unit I) Introduction:a) Anatomy, Physiology -Meaning. definition and<br>importance.b) The cell and its parts.   |
|                  | B. A. III<br>(Dietetics And Nutrition)   | XI        | Unit I) Diet components Carbohydrates, Proteins, Fats, vitamins. Mineral<br>Fibers and water (need & importance)  |

  
 Department of Physical Education  
 Sangli College of Education  
 Sangli, Dist. Sangli  
 Maharashtra

| Month    | Class   | Paper No.   | Units to be completed   |
|----------|---|-------------|---|
| Nov.2020 | <b>B. A. I<br/>(Introduction of Physical Education &amp; Sports)</b>                    | <b>I</b>    | Unit 1 :The meaning of Phy. Education and Sports<br>B) Changing concept of Phy. Education c) Gymnastics d) Recreation<br>e) Games & Sports f) Health & Phy. Education   |
|          | <b>B. A. II<br/>(Organization And Administration In Physical Education And Sports.)</b> | <b>VI</b>   | II a) Competitions of Shivaji University –<br>i) Inter-collegiate / Zonal Competitions of Shivaji University.<br>ii) Inter-Zonal Competitions of Shivaji University.iii) Inter university sports competitions.<br>B) Human resources for administration and management of competitions.i) Organization body.ii) Finance committee<br>iii) Officials and committees. |
|          | <b>B. A. III<br/>(Recreation In Physical Education)</b>                                 | <b>VIII</b> | Unit II a) Meaning, Definitions & Concept of Recreation<br>b) Aim & Objectives of recreation  |
|          | <b>B. A. III<br/>Anatomy And Physiology</b>   | <b>X</b>    | Unit-II) Skeletal and Muscular System<br>a) Types of Bones and names of various bones of the body.<br>b) Various types of joints and major movements around them.<br>c) Structural classification of skeletal muscle, structure and functions of skeletal muscle.   |
|          | <b>B. A. III<br/>(Dietetics And Nutrition)</b>  | <b>XI</b>   | Unit II) Balance Diet:-<br>Meaning. Definition and sources.   |

| Month        | Class   | Paper No.   | Units to be completed   |
|--------------|---|-------------|---|
| Dec.20<br>20 | <b>B. A. I<br/>(Introduction of Physical Education &amp; Sports)</b>                    | <b>I</b>    | Unit 2 : Aim and Objectives of Phy. Education<br>A) General Aim B) Objectives a) Organic Power<br>b) Phy. Skills c) Mental and Emotional Development d) Social Development<br>e) Professional Development f) National integration |
|              | <b>B. A. II<br/>(Organization And Administration In Physical Education And Sports.)</b> | <b>VI</b>   | III a) Definition of Physical Education<br>b) Benefits of a Quality Physical Education Program<br>c) Essential Components of Physical Education   |
|              | <b>B. A. III<br/>(Recreation In Physical Education)</b>                                 | <b>VIII</b> | Unit III Recent trends in recreation<br>a) Hiking b) Trekking c) Sports camps and Competitions d) Aerobics and Zumba  |
|              | <b>B. A. III<br/>Anatomy And Physiology</b>   | <b>X</b>    | Unit III) Respiratory System:<br>a) The nose, pharynx, larynx, trachea, bronchioles, lungs - structure and functions.   |
|              | <b>B. A. III<br/>(Dietetics And Nutrition)</b>  | <b>XI</b>   | Unit III) Malnutrition<br>a) Under weight-causes, sign and symptoms.  |
|              | <b>B. A. III (Practical)</b>  |             | Athletics - Tripple Jump, Jave line Throw, Different Style , Long Distance run 5000/3000 Meters Techniques & performance<br>Badminton OR Table Tennice  |
|              |   |             |   |

| Month        | Class   | Paper No. | Units to be completed   |
|--------------|---|-----------|---|
| Jan.20<br>21 | <b>B. A. I<br/>(Introduction of Physical Education<br/>&amp; Sports) Practical</b>              | <b>I</b>  | I) Athletics 1. Sprint – 100 M a) The candidates running 100 Mtrs. 2. Shot-put - Performance, For Technique & Modern Style<br>II) Indian Game : Kabaddi a) Fundamental skills b) Knowledge of rules and regulations   |
|              | <b>B. A. II<br/>(Organization And Administration<br/>In Physical Education And<br/>Sports.)</b> | <b>VI</b> | Athletics a) Discus Throw , Performance , For Techniques & modern Styles b) Middle Distance Run, 800 M. Running, For Knowledge of Rules & Regulations<br>Indian Game - Kho kho -Fundamental Skills, Knowledge of Rules & Regulations<br>Indian Exerscise - A) Suryanamskar b) Yogasans- Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.<br>Gymnastics - Frrunt Roll, Backroll, Cartwheel |
|              | <b>B. A. III<br/>Anatomy And Physiology</b>   | <b>X</b>  | b) Vital capacity, Second wind.<br>c) Effect of exercise on respiratory system  |
|              | <b>B. A. III<br/>(Dietetics And Nutrition)</b>  | <b>XI</b> | b) Obesity - causes, types, Signs and symptoms.   |
|              | <b>B. A. III (Practical)</b>  |           | First Aid A) First Aid - Meaning, Objectives, Important rules B) Material in the First Aid Box C) Fracture - Types, Signs and Symptoms - Use of Sling and Splint D) Bleeding - Types, Signs and Symptoms -  |

|          |  |  |
|----------|--|--|
|          |  | Use of Sling and Splint<br>E) Artificial Respiration - Meaning and Method of Artificial respiration<br>(Any Two) F) Bandage, Meaning, Types, Way of applying sling, simple<br>drossing , Recreational Game |
| Feb.2021 |  | University Examination   |

| Month         | Class  | Paper No. | Units to be completed   |
|---------------|--|-----------|---|
| March<br>2021 | B. A. I<br>(Introduction of Physical<br>Education & Sports)                              | II        | Unit 3 : Foundation of Phy. Education<br>A) Body Posture a) Meaning, Definition, Kinds of body Posture ,<br>Characteristics of good body posture<br>B) Physical Differences between two sexes with reference to Phy.<br>performance-strength, speed, endurance, Agility, Flexibility etc.               |
|               | B. A. II<br>(Organization And<br>Administration In Physical<br>Education And<br>Sports.) | VI        | I Meets and Tournaments a) Importance of meets and tournaments.<br>b) Types of Tournaments – i) Knock-out system ii) League system<br>iii) Combination system. (To draw the lots, their merits and demerits)<br>c) Athletic Meet : Officials, various Committees, Opening ceremony,<br>closing ceremony |
|               | B. A. III<br>(Research In Physical Education)  | XIII      | Unit I) Research – Concept, Meaning and Definition  |
|               | B. A. III<br>Anatomy And Physiology Of<br>Exercise)                                      | XV        | Unit-I) CirculatorySystem:<br>A) Blood - Its constituents and functions, Heart - its structure and  |

|  |   |     |   |
|--|---|-----|---|
|  |   |     | function.<br>B) Blood pressure, Pulse, Blood groups, Oxygen debt.                                       |
|  | <b>B. A. III<br/>(Dietics and Hygiene )</b> | XVI | Unit I) Food sources and their effect<br>a) Natural food b) Impure food c) Processed food d) Stimulants |

| Month      | Class   | Paper No. | Units to be completed   |
|------------|---|-----------|---|
| April 2021 | <b>B. A. I (Introduction of Physical Education &amp; Sports)</b>                        | II        | Unit 4 : A) Physical fitness and Health<br>a) Physical Fitness b) Factors of Phy. Fitness.<br>c) Balance Diet. d) Bad Habits with Special reference to Phy. Fitness<br>Alcohol and Tobacco. e) Walking- Meaning, Need and Importance            |
|            | <b>B. A. II<br/>(Organization And Administration In Physical Education And Sports.)</b> | VI        | II Play ground Standards and Facilities<br>a) Preparation and Maintenance of Playgrounds.<br>b) Gymnasium: Standards, Facilities and Maintenances.<br>c) Lay-out of Play fields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, Basket Ball. |
|            | <b>B. A. III<br/>(Research In Physical Education)</b>                                   | XIII      | Unit II) Types of research  |
|            | <b>B. A. III<br/>Anatomy And Physiology Of Exercise)</b>                                | XV        | Unit-II) Digestive System:<br>A) Organ of digestive system - Mouth, teeth, salivary glands, pharynx, oesophagus, stomach, small and large intestine, pancreas, liver, structure and function - in brief.  |

|  |   |     |  |
|--|---|-----|--|
|  | <b>B. A. III<br/>(Dietics and Hygiene )</b> | XVI | Unit II) Athlete Diet<br>Meaning .Need and importance. |
|--|---|-----|--|

| Month       | Class   | Paper No. | Units to be completed   |
|-------------|---|-----------|---|
| May<br>2021 | <b>B. A. I<br/>(Introduction of Physical Education &amp; Sports) Practical</b>          | II        | B) Play – a) Meaning, Definitions, Concepts b) Work and Play<br>c) Theories of play i) surplus energy ii) Anticipatory Theory iii) Recapulatory Theory d) Importance of Play. |
|             | <b>B. A. II<br/>(Organization And Administration In Physical Education And Sports.)</b> | VI        | III Sport Equipments<br>a) Policies of purchases of Sports Equipments.<br>b) Care and Maintenance of Sports Equip   |
|             | <b>B. A. III<br/>(Research In Physical Education)</b>                                   | XIII      | Unit III) Research Process, Stages in research process  |
|             | <b>B. A. III<br/>Anatomy And Physiology Of Exercise)</b>                                | XV        | B) Excretory System:<br>Kidney and skin - it's Structure and function   |
|             | <b>B. A. III<br/>(Dietics and Hygiene )</b>   | XVI       | Unit III) Immunity a) Personal hygiene - desirable hygiene habits   |
|             | <b>B. A. III (Practical)</b>  |           | Athletics – 110 Meters Hurdles (MEN),<br>100 Meters Hurdles (WOMEN), Relay (4 X 100 Meters )  |

| Month    | Class  | Paper No. | Units to be completed  |
|----------|--|-----------|--|
| June2021 | <b>B. A. I<br/>(Introduction of Physical</b> | II        | III) Ball Game : Volley ball a) Fundamental skills b) Knowledge of |

|  |   |             |  |
|--|---|-------------|--|
|  | <b>Education &amp; Sports) Practical</b>  |             | rules and regulations<br>IV) Indian Exercises : A. Suryanamaskar B. Asnas Record Book  |
|  | <b>B. A. II<br/>(Organization And<br/>Administration In Physical<br/>Education And<br/>Sports.)</b> | <b>VI</b>   | Athletics A) High Jump – Performance, For Techniques & modern<br>Style B) Middle Distance Running 1500 M. Running, For Knowledge<br>of Rules & Regulations<br>2) Ball Game - Hand Ball/ Basket Ball.( Fundamental Skills, Knowledge<br>of Rules & Regulations) 3) Ground Marking - Kho-kho/ Hand Ball/<br>Basket Ball (Any One) 4) Record Book |
|  | <b>B. A. III<br/>(Research In Physical Education)</b>   | <b>XIII</b> | Unit III) Research Process, Stages in research process   |
|  | <b>B. A. III<br/>Anatomy And Physiology Of<br/>Exercise)</b>  | <b>XV</b>   | Unit-III) Nervous System: Structure of brain and spinal cord, Reflex<br>action..   |
|  | <b>B. A. III<br/>(Dietics and Hygiene )</b>   | <b>XVI</b>  | b) School Health programme – service, supervision.   |
|  | <b>B. A. III (Practical)</b>  |             | Marking & Track ,Record Book/Project, Educational Tour and Report  |

|                          |                              |
|--------------------------|------------------------------|
| <b>Month</b>             | <b>Units to be completed</b> |
| <b>July-Aug<br/>2021</b> | University Examination       |

# ANNUAL TEACHING PLAN

(Academic Year: 2021-2022)

Mr. Arun Pandurang Bhosale, Associate Professor, Department of Physical Education

Class: B. A. Part- I, II, & III

| Month                | Class   | Paper No. | Units to be completed  |
|----------------------|---|-----------|--|
| From Oct. – Nov 2021 | B. A. I (Introduction of Physical Education & Sports) | I         | Unit 1 :The meaning of Phy. Education and Sports<br>A) Meaning, Definition and concept of Phy. Edu.<br>B) Changing concept of Phy. Education a) Exercise b) Physical Training c) Gymnastics d) Recreation e) Games & Sports f) Health & Phy. Education   |
|                      | B. A. II (Physical Education History)                 | III       | Unit-1 : Physical Education in Ancient Times –<br>a) Elements of Physical Education in Primitive Societies with reference to Aims, Promotions, Programmes and methods of Physical Education.<br>b) Physical Education in Ancient India - Periods :- i. Advent of Aryans 2000 B.C. (Early Period) ii. Epic Age 1500 B.C. to 500 B.C. iii. Buddhist Period. With reference to the following activities :Archery, Wrestling, Stick-fighting, Yogic exercises.                               |
|                      | B. A. III (Health Education)                          | VII       | <b>Unit I) Health Education</b><br>a) Meaning, definitions of Health Education.<br>b) Nature and scope of Health Education.  |
|                      | B. A. III (ANATOMY AND PHYSIOLOGY)                    | X         | <b>Unit I) Introduction:</b><br>a) Anatomy, Physiology -Meaning, definition and importance.<br>b) The cell and its parts.  |
|                      | B. A. III DIETETICS AND NUTRITION                     | XI        | <b>Unit I) Diet components</b><br>Carbohydrates, Proteins, Fats, vitamins. Mineral Fibers and water (need & importance)  |
| Nov.- Dec.2021       | B. A. I (Introduction of Physical Education & Sports) | I         | Unit 2 : Aim and Objectives of Phy. Education<br>A) General Aim B) Objectives a) Organic Power<br>b) Phy. Skills c) Mental and Emotional Development d) Social Development e) Professional Development f) National integration   |
|                      | B. A. II (Physical Education & Yoga Studies)          | III       | Unit-2 : a) Ancient Olympic Games (Aim & Nature) :- Legendary origin, significance of the games, rules of the games and eligibility, conduct of events, awards, decline of ancient Olympics.<br>b) Modern Olympic Games (Aim & Nature) :- Revival of the Olympic games, controlling body, rules of eligibility for competition, organization and conduct of the games, venues, events, opening ceremony, awards, closing of ceremony, Olympic flag, Olympic torch etc.<br>c) Asian games |
|                      | B. A. III ( Health Education)                         | VII       | Unit II) Health care<br>a) Personal Health<br>1) Factor's of Personal Health -I) Physical II) Mental<br>2) Factors influencing on Health I) Heredity II) environment II) Habits IV) Exercise   |
|                      | B. A. III Anatomy And Physiology                      | X         | <b>Unit-II) Skeletal and Muscular System</b><br>a) Types of Bones and names of various bones of the body.<br>b) Various types of joints and major movements around them.<br>c) Structural classification of skeletal muscle, structure and functions of skeletal muscle.   |
|                      | B. A. III Dietetics And Nutrition                     | XI        | <b>Unit II) Balance Diet:-</b> Meaning, Definition and sources.  |

|                                    |   |   |   |   |  |
|------------------------------------|---|---|---|---|--|
| Dec. –Jan,<br>2021                 | B. A. I (Introduction of Physical Education & Sports) Practical | I   | I) Athletics 1. Sprint – 100 M a) The candidates running 100 Mtrs. 2. Shot-put - Performance, For Technique & Modern Style<br>II) Indian Game : Kabaddi a) Fundamental skills b) Knowledge of rules and regulations   |   |  |
|                                    | B. A. II (Physical Education & Yoga Studies) Practical          | III   | Athletics a) Discus Throw , Performance , For Techniques & modern Styles<br>b) Middle Distance Run, 800 M. Running, For Knowledge of Rules & Regulations  |   |  |
|                                    |   |   | Indian Game - Kho kho -Fundamental Skills, Knowledge of Rules & Regulations   |   |  |
|                                    |   |   | Indian Exercise - A) Suryanamskar b) Yogasans- Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.   |   |  |
|                                    |   |   | Gymnastics - Frrunt Roll, Backroll, Cartwheel   |   |  |
|                                    | B. A. III ( Health Education)                                   | VII   | b) Social Health<br>a) Communicable diseases Causes & Prevention (HIV /AIDS, Malaria, Dengue, Chikungunya, Swine Flu, Corona etc.)  |   |  |
|                                    |   |   | Unit III) Health of the Communit a) Health problems in family, Community, School and Colleges.  |   |  |
| B. A. III (Anatomy And Physiology) | X   | Unit III) Respiratory System:<br>a) The nose, pharynx, larynx, trachea, bronchioles, lungs - structure and functions.b) Vital capacity, Second wind.c) Effect of exercise on respiratory system |   |   |  |
| B. A. III DIETETICS AND NUTRITION  | XI  | Unit III) Malnutrition<br>a) Under weight-causes, sign and symptoms.<br>b) Obesity - causes, types, Signs and symptoms.   |   |   |  |
|                                    |   | Athletics - Tripple Jump, Jave line Throw, Different Style , Long Distance run 5000/3000 Meters Techniques & performance Badminton OR Table Tennice   |   |   |  |
| Jan.- Feb.2022                     | <b>University Examination</b>                                   |   |   |   |  |
| Feb.-<br>March<br>2022             | B. A. I (Introduction of Physical Education & Sports)           | II  | Unit 1 : Foundation of Phy. Education<br>A) Body Posture a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture<br>B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc. |   |  |
|                                    |   |   | Unit 2 : A) Physical fitness and Health<br>a) Physical Fitness b) Factors of Phy. Fitness. c) Balance Diet. d) Bad Habits with Special reference to Phy. Fitnessess Alcohol and Tobacco. e) Walking- Meaning, Need and Importance   |   |  |
|                                    |   |   | B. A. II (History Physical Education)   | V | Unit-I : a) Development of Physical Education in India 1. Mongal Period. 2. British Period. 3. Post Independence Period.<br>b) Development of Physical Education in Maharashtra. i. Maratha Period : 1600 A. D. onwards, ii British Period : 1800 A. D. onwards, Period of Nationalism : 1920 onwards, Modern Period : 1937 onwards. |
|                                    |   |   |   |   | Unit-II : Different Institutions for training in Physical Education in India. a) SNIPES - i) NSNIS, II) LNIPE (Deemed University) b) Sports Authority of India – Inceptions and Functions  |
|                                    | B. A. III Health Education Program                              | XII   | Unit I) Health Programme<br>a) Importance of exercises in health and fitness.<br>b) Drugs, Alcohol and Tobacco-Adverse effect on performance.   |   |  |
|                                    |   |   | Unit-I) Circulatory System:   |   |  |

|   |                        |  |
|---|------------------------|--|
| B. A. III Anatomy And<br>Physiology Of Exercise | XV                     | A) Blood - Its constituents and functions, Heart - its structure and function. |
|   |                        | B) Blood pressure, Pulse, Blood groups, Oxygen debt.                           |
| B. A. III (Dietics and<br>Hygiene )             | XVI                    | Unit-I आहाराचा परिणाम 1. नैसर्गिक आहार 2. भेसळयुक्त आहार                       |
| July-Aug 2022                                   | University Examination |  |



**The Head**  
**Department Of Physical Education**  
 P.V.P.College, Kavathe Mahankel,  
 Dist- Sangli

**ANNUAL TEACHING PLAN**

(Academic Year: 2021-2022)


**Mr.Machindra Namdev Mane, Assistant Professor(CHB), Department of Physical Education**

**Class: B. A. Part- I, II, & III**

| Month  | Class  | Paper No.  | Units to be completed  |
|--|--|--|--|
| From Oct.2021  | B. A. I (Introduction of Physical Education & Sports)                        | I  | Unit 1 :The meaning of Phy. Education and Sports A) Meaning, Definition and concept of Phy. Edu. B) Changing concept of Phy. Education a) Exercise b) Physical Training                                |
|  | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | I a) Nature of administration and management -i) Meaning, Definition and Concept of Organization and Administration ii) Need and Importance of Organization and Administration                         |
|  |  |  | b) Philosophy of organization and administration -i) Principles of Organization in Physical Education and Sports. ii) Principles of Administration in Physical Education and Sports.                   |
|  | B. A. III (Recreation In Physical Education)                                 | VIII   | Unit I Introduction: a) Meaning .Concept, Definitions, of Rhythm b) Need & Importance of Rhythmic exercise.  |
|  | B. A. III Anatomy And Physiology   | X  | Unit I) Introduction:a) Anatomy, Physiology -Meaning. definition and importance.b) The cell and its parts.   |
| B. A. III (Dietetics And Nutrition)  | XI   | Unit I) Diet components Carbohydrates, Proteins, Fats, vitamins. Mineral Fibers and water (need & importance)      |  |
| Nov.2021   | B. A. I (Introduction of Physical Education & Sports)                        | I  | Unit 1 :The meaning of Phy. Education and Sports B) Changing concept of Phy. Education c) Gymnastics d) Recreation e) Games & Sports f) Health & Phy. Education  |
|  | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | II a) Competitions of Shivaji University -i) Inter-collegiate / Zonal Competitions of Shivaji University.ii) Inter-Zonal Competitions of Shivaji University.iii) Inter university sports competitions. |
|  |  |  | B) Human resources for administration and management of competitions.i) Organization body.ii) Finance committee iii) Officials and committees.   |
|  | B. A. III (Recreation In Physical Education)                                 | VIII   | Unit II a) Meaning, Definitions & Concept of Recreation b) Aim & Objectives of recreation  |
|  | B. A. III Anatomy And Physiology   | X  | Unit-II) Skeletal and Muscular System  |
| a) Types of Bones and names of various bones of the body.<br>b) Various types of joints and major movements around them.<br>c) Structural classification of skeletal muscle, structure and functions of skeletal muscle. |  |  |  |
| B. A. III(Dietetics And Nutrition)   | XI   | Unit II) Balance Diet:-Meaning. Definition and sources.  |  |
| Dec. 2021  | B. A. I (Introduction of Physical Education & Sports)                        | I  | Unit 2 : Aim and Objectives of Phy. Education  |
|  |  |  | A) General Aim B) Objectives a) Organic Power  |
|  |  |  | b) Phy. Skills c) Mental and Emotional Development d) Social Development<br>e) Professional Development f) National integration  |
|  | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | III a) Definition of Physical Education  |
|  |  |  | b) Benefits of a Quality Physical Education Program<br>c) Essential Components of Physical Education   |
| B. A. III (Recreation In Physical Education)   | VIII   | Unit IIIRecent trends in recreation a)Hiking b) Trekking c) Sports camps and Competitions d) Aerobics and Zumba    |  |
| B. A. III Anatomy And Physiology   | X  | Unit III) Respiratory System: a) The nose, pharynx, larynx, trachea, bronchioles, lungs - structure and functions. |  |
| B. A. III (Dietetics And Nutrition)  | XI   | UnitIII) Malnutrition a) Under weight-causes, sign and symptoms.   |  |

|   |  |  |   |
|---|--|--|---|
|   | B. A. III (Practical)  |  | Athletics - Tripple Jump, Jave line Throw, Different Style , Long Distance run 5000/3000 Meters Techniques & performance Badminton OR Table Tennice   |
| Jan. 2022   | B. A. I (Introduction of Physical Education & Sports) Practical              | I  | I) Athletics 1. Sprint – 100 M a) The candidates running 100 Mtrs. 2. Shot-put - Performance, For Technique & Modern Style                            |
|   |  |  | II) Indian Game : Kabaddi a) Fundamental skills b) Knowledge of rules and regulations   |
|   | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | Athletics a) Discus Throw , Performance , For Techniques & modern Styles b) Middle Distance Run, 800 M. Running, For Knowledge of Rules & Regulations |
|   |  |  | Indian Game - Kho kho -Fundamental Skills, Knowledge of Rules & Regulations   |
|   |  |  | Indian Exercscise - A) Suryanamskar b) Yogasans- Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.             |
|   |  |  | Gymnastics - Frrunt Roll, Backroll, Cartwheel   |
|   | B. A. III Anatomy And Physiology   | X  | b) Vital capacity, Second wind.c) Effect of exercise on respiratory system  |
| B. A. III (Dietetics And Nutrition)                   | XI   | b) Obesity - causes, types, Signs and symptoms.  |   |
| B. A. III (Practical)                                 |  | First Aid A) First Aid - Meaning, Objectives, Important rules B) Material in the First Aid Box C) Fracture - Types, Signs and Symptoms - Use of Sling and Splint D) Bleeding - Types, Signs and Symptoms - Use of Sling and Splint E) Artificial Respiration - Meaning and Method of Artificial respiration F) Bandage, Meaning, Types, Way of applling sling, simple dressing , Recreational Game |   |
| Feb.2022  |  | University Examination   |   |
| Mar-22  | B. A. I (Introduction of Physical Education & Sports)                        | II   | Unit 3 : Foundation of Phy. Education   |
|   |  |  | A) Body Posture a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture  |
|   | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc.                    |
|   |  |  | I Meets and Tournaments a) Importance of meets and tournaments.   |
|   |  |  | b) Types of Tournaments – i) Knock-out system ii) League system iii) Combination system. (To draw the lots, their merits and demerits)                |
|   | B. A. III (Research In Physical Education)                                   | XIII   | c) Athletic Meet : Officials, various Committees, Opening ceremony, closing ceremony  |
| B. A. III Anatomy And Physiology Of Exercise)         | XV   | Unit I) Research – Concept, Meaning and Definition   |   |
|   |  | Unit-I) CirculatorySystem:   |   |
| B. A. III (Dietics and Hygiene )                      | XVI  | A) Blood - Its constituents and functions, Heart - its structure and function.   |   |
|   |  | B) Blood pressure, Pulse, Blood groups, Oxygen debt.   |   |
| B. A. I (Introduction of Physical Education & Sports) | II   | Unit I) Food sources and the their effect  |   |
|   |  | a) Natural foodb) Impure foodc) Processed foodd) Stimulants  |   |
|   |  |  | Unit 4 : A) Physical fitness and Health   |
|   |  |  | a) Physical Fitness b) Factors of Phy. Fitness.   |
|   |  |  | c) Balance Diet. d) Bad Habits with Special reference to Phy. Fitnessess Alcohol and Tobacco. e) Walking- Meaning, Need and Importance                |

|        |  |      |  |
|--------|--|------|--|
| Apr-22 | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | II Play ground Standards and Facilities<br>a) Preparation and Maintenance of Playgrounds.<br>b) Gymnasium: Standards, Facilities and Maintenances.<br>c) Lay-out of Play fields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, Basket Ball.  |
|        | B. A. III (Research In Physical Education)                                   | XIII | Unit II)Types of research  |
|        | B. A. III Anatomy And Physiology Of Exercise)                                | XV   | Unit-II) DigestiveSystem:<br>A) Organ of digestive system - Mouth, teeth, salivary glands, pharynx, oesophages, stomach, small and large intestine, pancreas, liver, structure and function - in brief.  |
|        | B. A. III (Dietics and Hygiene )   | XVI  | Unit II) Athlete Diet Meaning .Need and importance.  |
| May-22 | B. A. I (Introduction of Physical Education & Sports) Practical              | II   | B) Play – a) Meaning, Definitions, Concepts b) Work and Play c) Theories of play i) surplus energy ii) Anticipatory Theory iii) Recapulatory Theory d) Importance of Play.   |
|        | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | III Sport Equipments a) Policies of purchases of Sports Equipments.b) Care and Maintenance of Sports Equip   |
|        | B. A. III (Research In Physical Education)                                   | XIII | Unit III) Research Process, Stages in research process   |
|        | B. A. III Anatomy And Physiology Of Exercise)                                | XV   | B) Excretory System: Kidney and skin - it's Structure and function   |
|        | B. A. III (Dietics and Hygiene )   | XVI  | Unit III) Immunity a) Personal hygiene - desirable hygiene habits  |
|        | B. A. III (Practical)  |      | Athletics – 110 Meters Hurdles (MEN),<br>100 Meters Hurdles (WOMEN), Relay (4 X 100 Meters )   |
| Jun-22 | B. A. I (Introduction of Physical Education & Sports) Practical              | II   | III) Ball Game : Volley ball a) Fundamental skills b) Knowledge of rules and regulations<br>IV) Indian Exercises : A. Suryanamaskar B. Asnas Record Book   |
|        | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | Athletics A) High Jump – Performance, For Techniques & modern Style B) Middle Distance Running 1500 M. Running, For Knowledge of Rules & Regulations<br>2) Ball Game - Hand Ball/ Basket Ball.( Fundamental Skills, Knowledge of Rules & Regulations) 3) Ground Marking - Kho-kho/ Hand Ball/ Basket Ball (Any One) 4) Record Book |
|        | B. A. III (Research In Physical Education)                                   | XIII | Unit III) Research Process, Stages in research process   |
|        | B. A. III Anatomy And Physiology Of Exercise)                                | XV   | Unit-III) Nervous System: Structure of brain and spinal cord, Reflex action..  |
|        | B. A. III (Dietics and Hygiene)  | XVI  | b) School Health programme – service, supervision.   |
|        | B. A. III (Practical)  |      | Marking & Track ,Record Book/Project, Educational Tour and Report  |
|        | July-Aug 2022  |      | University Examination   |

  
 - The Head  
 Department Of Physical Education  
 P.V.P.College, Kavathe Mahankal,  
 Dist - Sangli

# ANNUAL TEACHING PLAN

(Academic Year: 2022-2023)

Mr. Arun Pandurang Bhosale, Associate Professor, Department of Physical Education

Class: B. A. Part- I, II, & III

| Month                         | Class   | Paper No. | Units to be completed  |
|-------------------------------|---|-----------|--|
| From<br>August –<br>Oct. 2022 | B. A. I (Introduction of Physical Education & Sports) | I         | Unit 1 :The meaning of Phy. Education and Sports<br>A) Meaning, Definition and concept of Phy. Edu.<br>B) Changing concept of Phy. Education a) Exercise b) Physical Training c) Gymnastics d) Recreation e) Games & Sports f) Health & Phy. Education   |
|                               | B. A. II (Physical Education History)                 | III       | Unit-1 : Physical Education in Ancient Times –<br>a) Elements of Physical Education in Primitive Societies with reference to Aims, Promotions, Programmes and methods of Physical Education.<br>b) Physical Education in Ancient India - Periods :- i. Advent of Aryans 2000 B.C. (Early Period) ii. Epic Age 1500 B.C. to 500 B.C. iii. Buddhist Period. With reference to the following activities :Archery, Wrestling, Stick-fighting, Yogic exercises.                               |
|                               | B. A. III (Health Education)                          | VII       | <b>Unit I) Health Education</b><br>a) Meaning, definitions of Health Education.<br>b) Nature and scope of Health Education.  |
|                               | B. A. III (ANATOMY AND PHYSIOLOGY)                    | X         | <b>Unit I) Introduction:</b><br>a) Anatomy, Physiology -Meaning. definition and importance.<br>b) The cell and its parts.  |
|                               | B. A. III DIETETICS AND NUTRITION                     | XI        | <b>Unit I) Diet components</b><br>Carbohydrates, Proteins, Fats, vitamins. Mineral Fibers and water (need & importance)  |
| Oct.-<br>Nov.2022             | B. A. I (Introduction of Physical Education & Sports) | I         | Unit 2 : Aim and Objectives of Phy. Education<br>A) General Aim B) Objectives a) Organic Power<br>b) Phy. Skills c) Mental and Emotional Development d) Social Development e) Professional Development f) National integration   |
|                               | B. A. II (Physical Education & Yoga Studies)          | III       | Unit-2 : a) Ancient Olympic Games (Aim & Nature) :- Legendary origin, significance of the games, rules of the games and eligibility, conduct of events, awards, decline of ancient Olympics.<br>b) Modern Olympic Games (Aim & Nature) :- Revival of the Olympic games, controlling body, rules of eligibility for competition, organization and conduct of the games, venues, events, opening ceremony, awards, closing of ceremony, Olympic flag, Olympic torch etc.<br>c) Asian games |
|                               | B. A. III ( Health Education)                         | VII       | Unit II) Health care<br>a) Personal Health<br>1) Factor's of Personal Health -I) Physical II) Mental<br>2) Factors influencing on Health I) Heredity II) environment II) Habits<br>IV) Exercise  |
|                               | B. A. III Anatomy And Physiology                      | X         | <b>Unit-II) Skeletal and Muscular System</b><br>a) Types of Bones and names of various bones of the body.<br>b) Various types of joints and major movements around them.<br>c) Structural classification of skeletal muscle, structure and functions of skeletal muscle.   |

|                                    |   |   |  |
|------------------------------------|---|---|--|
|                                    | B. A. III Dietetics And Nutrition                               | XI  | Unit II) Balance Diet:- Meaning. Definition and sources.   |
| Nov. -<br>Dec. 2022                | B. A. I (Introduction of Physical Education & Sports) Practical | I   | I) Athletics 1. Sprint – 100 M a) The candidates running 100 Mtrs. 2. Shot-put - Performance, For Technique & Modern Style   |
|                                    |   |   | II) Indian Game : Kabaddi a) Fundamental skills b) Knowledge of rules and regulations  |
|                                    | B. A. II (Physical Education & Yoga Studies) Practical          | III   | Athletics a) Discus Throw , Performance , For Techniques & modern Styles   |
|                                    |   |   | b) Middle Distance Run, 800 M. Running, For Knowledge of Rules & Regulations   |
|                                    |   |   | Indian Game - Kho kho -Fundamental Skills, Knowledge of Rules & Regulations  |
|                                    |   |   | Indian Exercise - A) Suryanamskar b) Yogasans- Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.  |
|                                    |   |   |  |
| B. A. III ( Health Education)      | VII   | b) Social Health  |  |
|                                    |   | a) Communicable diseases Causes & Prevention (HIV /AIDS, Malaria, Dengue, Chikungunya, Swine Flu, Corona etc.)  |  |
| B. A. III (Anatomy And Physiology) | X   | Unit III) Health of the Communit a) Health problems in family, Community, School and Colleges.  |  |
|                                    |   | Unit III) Respiratory System:<br>a) The nose, pharynx, larynx, trachea, bronchioles, lungs - structure and functions.b) Vital capacity, Second wind.c) Effect of exercise on respiratory system |  |
| B. A. III DIETETICS AND NUTRITION  | XI  | Unit III) Malnutrition  |  |
|                                    |   | a) Under weight-causes, sign and symptoms.<br>b) Obesity - causes, types, Signs and symptoms.   |  |
| B. A. III (Practical)              |   | Athletics - Tripple Jump, Jave line Throw, Different Style , Long Distance run 5000/3000 Meters Techniques & performance Badminton OR Table Tennis  |  |
| Jan.- Feb.2023                     |   | <b>University Examination</b>   |  |
| Feb.-May<br>2023                   | B. A. I (Introduction of Physical Education & Sports)           | II  | Unit 1 : Foundation of Phy. Education  |
|                                    |   |   | A) Body Posture a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture   |
|                                    |   |   | B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc.   |
|                                    | B. A. II (History Physical Education)                           | V   | Unit 2 : A) Physical fitness and Health  |
|                                    |   |   | a) Physical Fitness b) Factors of Phy. Fitness. c) Balance Diet. d) Bad Habits with Special reference to Phy. Fitnessess Alcohol and Tobaco. e) Walking- Meaning, Need and Importance                    |
|                                    |   |   | Unit-I : a) Development of Physical Education in India 1. Mongal Period. 2. British Period. 3. Post Independence Period.   |
|                                    |   |   | b) Development of Physical Education in Maharashtra. i. Maratha Period : 1600 A. D. onwards, ii British Period : 1800 A. D. onwards, Period of Nationalism : 1920 onwards, Modern Period : 1937 onwards. |
|                                    |   |   | Unit-II : Different Institutions for training in Physical Education in India. a) SNIPES - i) NSNIS, II) LNIPE (Deemed University) b) Sports Authority of India – Inceptions and Functions                |
|                                    | B. A. III Health  |   | Unit I) Health Programme   |

|   |                               |   |
|---|-------------------------------|---|
| <b>Education Program</b>                            | XII                           | a) Importance of exercises in health and fitness.<br>b) Drugs, Alcohol and Tobacco-Adverse effect on performance.   |
| <b>B. A. III Anatomy And Physiology Of Exercise</b> | XV                            | Unit-I) Circulatory System:<br>A) Blood - Its constituents and functions, Heart - its structure and function.<br>B) Blood pressure, Pulse, Blood groups, Oxygen debt. |
| <b>B. A. III (Dietics and Hygiene )</b>             | XVI                           | Unit-I आहाराचा परिणाम 1. नैसर्गिक आहार 2. भैसळयुक्त आहार  |
| <b>May -June 2023</b>                               | <b>University Examination</b> |   |



The Head  
 Department Of Physical Education  
 P.V.College, Kavathe Mahankel,  
 Dist - Sangli

**ANNUAL TEACHING PLAN**

(Academic Year: 2022-2023)

**Mr.Machindra Namdev Mane, Assistant Professor(CHB), Department of Physical Education**

**Class: B. A. Part- I, II, & III**

| Month  | Class  | Paper No.  | Units to be completed  |
|--|--|--|--|
| From Oct.2022  | B. A. I (Introduction of Physical Education & Sports)                        | I  | Unit 1 :The meaning of Phy. Education and Sports A) Meaning, Definition and concept of Phy. Edu. B) Changing concept of Phy. Education a) Exercise b) Physical Training                                |
|  | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | I a) Nature of administration and management –i) Meaning, Definition and Concept of Organization and Administration ii) Need and Importance of Organization and Administration                         |
|  |  |  | b) Philosophy of organization and administration -i) Principles of Organization in Physical Education and Sports. ii) Principles of Administration in Physical Education and Sports.                   |
|  | B. A. III (Recreation In Physical Education)                                 | VIII   | Unit I Introduction: a) Meaning .Concept, Definitions, of Rhythm b) Need & Importance of Rhythmic exercise.  |
|  | B. A. III Anatomy And Physiology   | X  | Unit I) Introduction:a) Anatomy, Physiology -Meaning. definition and importance.b) The cell and its parts.   |
| B. A. III (Dietetics And Nutrition)  | XI   | Unit I) Diet components Carbohydrates, Proteins, Fats, vitamins. Mineral Fibers and water (need & importance)      |  |
| Nov.2022   | B. A. I (Introduction of Physical Education & Sports)                        | I  | Unit 1 :The meaning of Phy. Education and Sports B) Changing concept of Phy. Education c) Gymnastics d) Recreation e) Games & Sports f) Health & Phy. Education  |
|  | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | II a) Competitions of Shivaji University –i) Inter-collegiate / Zonal Competitions of Shivaji University.ii) Inter-Zonal Competitions of Shivaji University.iii) Inter university sports competitions. |
|  |  |  | B) Human resources for administration and management of competitions.i) Organization body.ii) Finance committee iii) Officials and committees.   |
|  | B. A. III (Recreation In Physical Education)                                 | VIII   | Unit II a) Meaning, Definitions & Concept of Recreation b) Aim & Objectives of recreation  |
|  | B. A. III Anatomy And Physiology   | X  | Unit-II) Skeletal and Muscular System  |
| a) Types of Bones and names of various bones of the body.<br>b) Various types of joints and major movements around them.<br>c) Structural classification of skeletal muscle, structure and functions of skeletal muscle. |  |  |  |
| B. A. III(Dietetics And Nutrition)   | XI   | Unit II) Balance Diet:-Meaning. Definition and sources.  |  |
| Dec. 2022  | B. A. I (Introduction of Physical Education & Sports)                        | I  | Unit 2 : Aim and Objectives of Phy. Education  |
|  |  |  | A) General Aim B) Objectives a) Organic Power  |
|  |  |  | b) Phy. Skills c) Mental and Emotional Development d) Social Development<br>e) Professional Development f) National integration  |
|  | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | III a) Definition of Physical Education  |
|  |  |  | b) Benefits of a Quality Physical Education Program<br>c) Essential Components of Physical Education   |
| B. A. III (Recreation In Physical Education)   | VIII   | Unit IIIRecent trends in recreation a)Hiking b) Trekking c) Sports camps and Competitions d) Aerobics and Zumba    |  |
| B. A. III Anatomy And Physiology   | X  | Unit III) Respiratory System: a) The nose, pharynx, larynx, trachea, bronchioles, lungs - structure and functions. |  |
| B. A. III (Dietetics And Nutrition)  | XI   | UnitIII) Malnutrition a) Under weight-causes, sign and symptoms.   |  |

|   |  |  |  |
|---|--|--|--|
|   | B. A. III (Practical)  |  | Athletics - Tripple Jump, Jave line Throw, Different Style , Long Distance run 5000/3000 Meters Techniques & performance<br>Badminton OR Table Tennice   |
| Jan. 2023   | B. A. I (Introduction of Physical Education & Sports) Practical              | I  | I) Athletics 1. Sprint – 100 M a) The candidates running 100 Mtrs.<br>2. Shot-put - Performance, For Technique & Modern Style  |
|   |  |  | II) Indian Game : Kabaddi a) Fundamental skills b) Knowledge of rules and regulations  |
|   | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | Athletics a) Discus Throw , Performance , For Techniques & modern Styles b)Middle Distance Run, 800 M. Running, For Knowledge of Rules & Regulations   |
|   |  |  | Indian Game - Kho kho -Fundamental Skills, Knowledge of Rules & Regulations  |
|   |  |  | Indian Exerciscise - A) Suryanamskar b) Yogasans- Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.   |
|   |  |  | Gymnastics - Frunt Roll, Backroll, Cartwheel   |
| B. A. III Anatomy And Physiology  | X  | b) Vital capacity, Second wind.c) Effect of exercise on respiratory system   |  |
| B. A. III (Dietetics And Nutrition)   | XI   | b) Obesity - causes, types, Signs and symptoms.  |  |
|   | B. A. III (Practical)  |  | First Aid A) First Aid - Meaning, Objectives, Important rules B) Material in the First Aid Box C) Fracture - Types, Signs and Symptoms - Use of Sling and Splint D) Bleeding - Types, Signs and Symptoms - Use of Sling and Splint E) Artificial Respiration - Meaning and Method of Artificial respiration F) Bandage, Meaning, Types, Way of applying sling, simple dressing , Recreational Game |
| Feb.2023  |  | University Examination   |  |
| Mar-23  | B. A. I (Introduction of Physical Education & Sports)                        | II   | Unit 3 : Foundation of Phy. Education  |
|   |  |  | A) Body Posture a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture<br>B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc.   |
|   | B. A. II (Organization And Administration In Physical Education And Sports.) | VI   | I Meets and Tournaments a) Importance of meets and tournaments.  |
|   |  |  | b) Types of Tournaments – i) Knock-out system ii) League system iii) Combination system. (To draw the lots, their merits and demerits)   |
|   |  |  | c) Athletic Meet : Officials, various Committees, Opening ceremony, closing ceremony   |
|   | B. A. III (Research In Physical Education)                                   | XIII   | Unit I) Research – Concept, Meaning and Definition   |
| B. A. III Anatomy And Physiology Of Exercise)   | XV   | Unit-I) CirculatorySystem:   |  |
|   |  | A) Blood - Its constituents and functions, Heart - its structure and function.<br>B) Blood pressure, Pulse, Blood groups, Oxygen debt. |  |
| B. A. III (Dietics and Hygiene )  | XVI  | Unit I)Food sources and the their effect   |  |
|   |  | a) Natural foodb) Impure foodc) Processed foodd) Stimulants  |  |
|   | B. A. I (Introduction of Physical Education & Sports)                        | II   | Unit 4 : A) Physical fitness and Health  |
| a) Physical Fitness b) Factors of Phy. Fitness.<br>c) Balance Diet. d) Bad Habits with Special reference to Phy. Fitnessess Alcohol and Tobacco. e) Walking- Meaning, Need and Importance |  |  |  |

|               |  |                        |  |
|---------------|--|------------------------|--|
| Apr-23        | B. A. II (Organization And Administration In Physical Education And Sports.) | VI                     | II Play ground Standards and Facilities<br>a) Preparation and Maintenance of Playgrounds.<br>b) Gymnasium: Standards, Facilities and Maintenances.<br>c) Lay-out of Play fields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, Basket Ball.  |
|               | B. A. III (Research In Physical Education)                                   | XIII                   | Unit II)Types of research  |
|               | B. A. III Anatomy And Physiology Of Exercise)                                | XV                     | Unit-II) DigestiveSystem:<br>A) Organ of digestive system - Mouth, teeth, salivary glands, pharynx, oesphages, stomach, small and large intestine, pancreas, liver, structure and function - in brief.   |
|               | B. A. III (Dietics and Hygiene )   | XVI                    | Unit II) Athlete Diet Meaning .Need and importance.  |
| May-23        | B. A. I (Introduction of Physical Education & Sports) Practical              | II                     | B) Play – a) Meaning, Definitions, Concepts b) Work and Play c) Theories of play i) surplus energy ii) Anticipatory Theory iii) Recapulatory Theory d) Importance of Play.   |
|               | 1  | VI                     | III Sport Equipments<br>a) Policies of purchases of Sports Equipments.<br>b) Care and Maintenance of Sports Equip  |
|               | B. A. III (Research In Physical Education)                                   | XIII                   | Unit III) Research Process, Stages in research process   |
|               | B. A. III Anatomy And Physiology Of Exercise)                                | XV                     | B) Excretory System: Kidney and skin - it's Structure and function   |
|               | B. A. III (Dietics and Hygiene )   | XVI                    | Unit III) Immunity a) Personal hygiene - desirable hygiene habits  |
|               | B. A. III (Practical)  |                        | Athletics – 110 Meters Hurdles (MEN),<br>100 Meters Hurdles (WOMEN), Relay (4 X 100 Meters )   |
| Jun-23        | B. A. I (Introduction of Physical Education & Sports) Practical              | II                     | III) Ball Game : Volley ball a) Fundamental skills b) Knowledge of rules and regulations<br>IV) Indian Exercises : A. Suryanamaskar B. Asnas Record Book   |
|               | B. A. II (Organization And Administration In Physical Education And Sports.) | VI                     | Athletics A) High Jump – Performance, For Techniques & modern Style B) Middle Distance Running 1500 M. Running, For Knowledge of Rules & Regulations<br>2) Ball Game - Hand Ball/ Basket Ball.( Fundamental Skills, Knowledge of Rules & Regulations) 3) Ground Marking - Kho-kho/ Hand Ball/ Basket Ball (Any One) 4) Record Book |
|               | B. A. III (Research In Physical Education)                                   | XIII                   | Unit III) Research Process, Stages in research process   |
|               | B. A. III Anatomy And Physiology Of Exercise)                                | XV                     | Unit-III) Nervous System: Structure of brain and spinal cord, Reflex action..  |
|               | B. A. III (Dietics and Hygiene)  | XVI                    | b) School Health programme – service, supervision.   |
|               | B. A. III (Practical)  |                        | Marking & Track ,Record Book/Project, Educational Tour and Report  |
| July-Aug 2023 |  | University Examination |  |

  
 - The Head  
 Department Of Physical Education  
 N.V.R.College,Kavathe Mahankal,  
 Dist - Sangli

# ANNUAL TEACHING PLAN

(Academic Year: 2023-2024)

Mr.Arun Pandurang Bhosale, Associate Professor, Department of Physical Education

Class: B. A. Part- I, II, & III

| Month                              | Class   | Paper No.  | Units to be completed  |
|------------------------------------|---|--|--|
| From<br>July-<br>August –<br>2023  | B. A. I (Introduction of Physical Education & Sports) | I  | Unit 1 :The meaning of Phy. Education and Sports   |
|                                    |   |  | A) Meaning, Definition and concept of Phy. Edu.<br>B) Changing concept of Phy. Education a) Exercise b) Physical Training c) Gymnastics d) Recreation e) Games & Sports f) Health & Phy. Education   |
|                                    | B. A. II (Physical Education History)                 | III  | Unit-1 : Physical Education in Ancient Times –   |
|                                    |   |  | a) Elements of Physical Education in Primitive Societies with reference to Aims, Promotions, Programmes and methods of Physical Education.<br>b) Physical Education in Ancient India - Periods :- i. Advent of Aryans 2000 B.C. (Early Period) ii. Epic Age 1500 B.C. to 500 B.C. iii. Buddhist Period. With reference to the following activities :Archery, Wrestling, Stick-fighting, Yogic exercises.   |
|                                    | B. A. III (Health Education)                          | VII  | <b>Unit I) Health Education</b><br>a) Meaning, definitions of Health Education.<br>b) Nature and scope of Health Education.  |
| B. A. III (ANATOMY AND PHYSIOLOGY) | X   | <b>Unit I) Introduction:</b><br>a) Anatomy, Physiology -Meaning. definition and importance.<br>b) The cell and its parts.  |  |
| B. A. III DIETETICS AND NUTRITION  | XI  | <b>Unit I) Diet components</b><br>Carbohydrates, Proteins, Fats, vitamins. Mineral Fibers and water (need & importance)  |  |
| August -<br>Sept 2023              | B. A. I (Introduction of Physical Education & Sports) | I  | Unit 2 : Aim and Objectives of Phy. Education  |
|                                    |   |  | A) General Aim B) Objectives a) Organic Power<br>b) Phy. Skills c) Mental and Emotional Development d) Social Development e) Professional Development f) National integration  |
|                                    | B. A. II (Physical Education & Yoga Studies)          | III  | Unit-2 : a) Ancient Olympic Games (Aim & Nature) :- Legendary origin, significance of the games, rules of the games and eligibility, conduct of events, awards, decline of ancient Olympics.<br>b) Modern Olympic Games (Aim & Nature) :- Revival of the Olympic games, controlling body, rules of eligibility for competition, organization and conduct of the games, venues, events, opening ceremony, awards, closing of ceremony, Olympic flag, Olympic torch etc.<br>c) Asian games |
|                                    |   |  | Unit II) Health care<br>a) Personal Health<br>1) Factor's of Personal Health -I) Physical II) Mental<br>2) Factors influencing on Health I) Heredity II) environment II) Habits IV) Exercise   |
| B. A. III ( Health Education)      | VII   | Unit II) Health care<br>a) Personal Health<br>1) Factor's of Personal Health -I) Physical II) Mental<br>2) Factors influencing on Health I) Heredity II) environment II) Habits IV) Exercise   |  |
| B. A. III Anatomy And Physiology   | X   | <b>Unit-II) Skeletal and Muscular System</b><br>a) Types of Bones and names of various bones of the body.<br>b) Various types of joints and major movements around them.<br>c) Structural classification of skeletal muscle, structure and functions of skeletal muscle. |  |

|                             |  |            |  |
|-----------------------------|--|------------|--|
|                             | <b>B. A. III Dietetics And Nutrition</b>                                   | <b>XI</b>  | <b>Unit II) Balance Diet:-</b> Meaning. Definition and sources.  |
| <b>Sept.-<br/>Oct 2023</b>  | <b>B. A. I (Introduction of Physical Education &amp; Sports) Practical</b> | <b>I</b>   | I) Athletics 1. Sprint – 100 M a) The candidates running 100 Mtrs. 2. Shot-put - Performance, For Technique & Modern Style<br>II) Indian Game : Kabaddi a) Fundamental skills b) Knowledge of rules and regulations  |
|                             | <b>B. A. II (Physical Education &amp; Yoga Studies) Practical</b>          | <b>III</b> | Athletics a) Discus Throw , Performance , For Techniques & modern Styles<br>b)Middle Distance Run, 800 M. Running, For Knowledge of Rules & Regulations<br>Indian Game - Kho kho -Fundamental Skills, Knowledge of Rules & Regulations<br>Indian Exercise - A) Suryanamskar b) Yogasans- Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.<br>Gymnastics - Frrunt Roll, Backroll, Cartwheel |
|                             | <b>B. A. III ( Health Education)</b>                                       | <b>VII</b> | b) Social Health<br>a) Communicable diseases Causes & Prevention (HIV /AIDS, Malaria, Dengue, Chikungunya, Swine Flu, Corona etc.)<br>Unit III) Health of the Communit a) Health problems in family, Community, School and Colleges.   |
|                             | <b>B. A. III (Anatomy And Physiology)</b>                                  | <b>X</b>   | Unit III) Respiratory System:<br>a) The nose, pharynx, larynx, trachea, bronchioles, lungs - structure and functions.b) Vital capacity, Second wind.c) Effect of exercise on respiratory system  |
|                             | <b>B. A. III DIETETICS AND NUTRITION</b>                                   | <b>XI</b>  | Unit III) Malnutrition<br>a) Under weight-causes, sign and symptoms.<br>b) Obesity - causes, types, Signs and symptoms.  |
|                             | <b>B. A. III (Practical)</b>   |            | Athletics - Tripple Jump, Jave line Throw, Different Style , Long Distance run 5000/3000 Meters Techniques & performance Badminton OR Table Tennice  |
|                             | <b>Nov.- Dec. 2023</b>   |            | <b>University Examination</b>  |
| <b>Jan. -<br/>Feb. 2024</b> | <b>B. A. I (Introduction of Physical Education &amp; Sports)</b>           | <b>II</b>  | Unit 1 : Foundation of Phy. Education<br>A) Body Posture a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture<br>B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc.  |
|                             | <b>B. A. II (History Physical Education)</b>                               | <b>V</b>   | Unit-I : a) Development of Physical Education in India 1. Mongal Period. 2. British Period. 3. Post Independence Period.<br>b) Development of Physical Education in Maharashtra. i. Maratha Period : 1600 A. D. onwards, ii British Period : 1800 A. D. onwards, Period of Nationalism : 1920 onwards, Modern Period : 1937 onwards.   |
|                             | <b>B. A. III Health Education Program</b>                                  | <b>XII</b> | Unit I) Health Programme<br>a) Importance of exercises in health and fitness.  |
|                             | <b>B. A. III Anatomy And Physiology Of Exercise</b>                        | <b>XV</b>  | Unit-I) Circulatory System:<br>A) Blood - Its constituents and functions, Heart - its structure and function.  |
|                             | <b>B. A. III (Dietics and Hygiene )</b>                                    | <b>XVI</b> | Unit-I आहाराचा परिणाम 1. नैसर्गिक आहार 2. भेसळयुक्त आहार   |
|                             |  |            | Unit 2 : A) Physical fitness and Health  |

|                         |   |                               |   |
|-------------------------|---|-------------------------------|---|
| Feb. -<br>March<br>2024 | B. A. I (Introduction of Physical Education & Sports) | II                            | a) Physical Fitness b) Factors of Phy. Fitness. c) Balance Diet. d) Bad Habits with Special reference to Phy. Fitnessess Alcohol and Tobaco. e) Walking- Meaning, Need and Importance     |
|                         | B. A. II (History Physical Education)                 | V                             | Unit-II : Different Institutions for training in Physical Education in India. a) SNIPES - i) NSNIS, II) LNIPE (Deemed University) b) Sports Authority of India – Inceptions and Functions |
|                         | B. A. III Health Education Program                    | XII                           | Unit I) Health Programme<br>b) Drugs, Alcohol and Tobacco-Adverse effect on performance.  |
|                         | B. A. III Anatomy And Physiology Of Exercise          | XV                            | Unit-I) Circulatory System:<br>B) Blood pressure, Pulse, Blood groups, Oxygen debt.   |
|                         | B. A. III (Dietics and Hygiene )                      | XVI                           | Unit-I आहाराचा परिणाम 1. नैसर्गिक आहार 2. भेसळयुक्त आहार  |
| March - April 2024      |   | <b>University Examination</b> |   |

  
 • The Head  
 Department Of Physical Education  
 P.V.P.College,Kavathe manankal,  
 Dist - Sangli

**ANNUAL TEACHING PLAN**

(Academic Year: 2023-2024)

**Mr.Machindra Namdev Mane, Assistant Professor(CHB), Department of Physical Education**

**Class: B. A. Part- I, II, & III**

| Month                   | Class  | Paper No. | Units to be completed  |
|-------------------------|--|-----------|--|
| From July-August – 2023 | B. A. I (Introduction of Physical Education & Sports)                        | I         | Unit 1 :The meaning of Phy. Education and Sports A) Meaning, Definition and concept of Phy. Edu. B) Changing concept of Phy. Education a) Exercise b) Physical Training  |
|                         | B. A. II (Organization And Administration In Physical Education And Sports.) | VI        | I a) Nature of administration and management –i) Meaning, Definition and Concept of Organization and Administration ii) Need and Importance of Organization and Administration<br>b) Philosophy of organization and administration -i) Principles of Organization in Physical Education and Sports. ii) Principles of Administration in Physical Education and Sports. |
|                         | B. A. III (Recreation In Physical Education)                                 | VIII      | Unit I Introduction: a) Meaning .Concept, Definitions, of Rhythm b) Need & Importance of Rhythmic exercise.  |
|                         | B. A. III Anatomy And Physiology   | X         | Unit I) Introduction:a) Anatomy, Physiology -Meaning. definition and importance.b) The cell and its parts.   |
|                         | B. A. III (Dietetics And Nutrition)  | XI        | Unit I) Diet components Carbohydrates, Proteins, Fats, vitamins. Mineral Fibers and water (need & importance)  |
| August - Sept 2023      | B. A. I (Introduction of Physical Education & Sports)                        | I         | Unit 1 :The meaning of Phy. Education and Sports B) Changing concept of Phy. Education c) Gymnastics d) Recreation e) Games & Sports f) Health & Phy. Education  |
|                         | B. A. II (Organization And Administration In Physical Education And Sports.) | VI        | II a) Competitions of Shivaji University –i) Inter-collegiate / Zonal Competitions of Shivaji University.ii) Inter-Zonal Competitions of Shivaji University.iii) Inter university sports competitions.<br>B) Human resources for administration and management of competitions.i) Organization body.ii) Finance committee iii) Officials and committees.               |
|                         | B. A. III (Recreation In Physical Education)                                 | VIII      | Unit II a) Meaning, Definitions & Concept of Recreation b) Aim & Objectives of recreation  |
|                         | B. A. III Anatomy And Physiology   | X         | Unit-II) Skeletal and Muscular System<br>a) Types of Bones and names of various bones of the body.<br>b) Various types of joints and major movements around them.<br>c) Structural classification of skeletal muscle, structure and functions of skeletal muscle.  |
|                         | B. A. III(Dietetics And Nutrition)   | XI        | Unit II) Balance Diet:-Meaning. Definition and sources.  |
| Sept.- Oct 2023         | B. A. I (Introduction of Physical Education & Sports)                        | I         | Unit 2 : Aim and Objectives of Phy. Education<br>A) General Aim B) Objectives a) Organic Power<br>b) Phy. Skills c) Mental and Emotional Development d) Social Development<br>e) Professional Development f) National integration  |
|                         | B. A. II (Organization And Administration In Physical Education And Sports.) | VI        | III a) Definition of Physical Education<br>b) Benefits of a Quality Physical Education Program<br>c) Essential Components of Physical Education  |
|                         | B. A. III (Recreation In Physical Education)                                 | VIII      | Unit IIIRecent trends in recreation a)Hiking b) Trekking c) Sports camps and Competitions d) Aerobics and Zumba  |
|                         | B. A. III Anatomy And Physiology   | X         | Unit III) Respiratory System: a) The nose, pharynx, larynx, trachea, bronchioles, lungs - structure and functions.   |
|                         | B. A. III (Dietetics And Nutrition)  | XI        | UnitIII) Malnutrition a) Under weight-causes, sign and symptoms.   |

|   |   |  |   |
|---|---|--|---|
|   | <b>B. A. III (Practical)</b>  |  | Athletics - Tripple Jump, Jave line Throw, Different Style , Long Distance run 5000/3000 Meters Techniques & performance Badminton OR Table Tennice   |
| Oct.-<br>Nov. 2023                        | <b>B. A. I (Introduction of Physical Education &amp; Sports) Practical</b>          | I  | I) Athletics 1. Sprint – 100 M a) The candidates running 100 Mtrs. 2. Shot-put - Performance, For Technique & Modern Style<br>II) Indian Game : Kabaddi a) Fundamental skills b) Knowledge of rules and regulations   |
|   | <b>B. A. II (Organization And Administration In Physical Education And Sports.)</b> | VI   | Athletics a) Discus Throw , Performance , For Techniques & modern Styles b) Middle Distance Run, 800 M. Running, For Knowledge of Rules & Regulations   |
|   |   |  | Indian Game - Kho kho -Fundamental Skills, Knowledge of Rules & Regulations   |
|   |   |  | Indian Exercisc - A) Suryanamskar b) Yogasans- Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.   |
|   | <b>B. A. III Anatomy And Physiology</b>   | X  | b) Vital capacity, Second wind.c) Effect of exercise on respiratory system  |
|   | <b>B. A. III (Dietetics And Nutrition)</b>  | XI   | b) Obesity - causes, types, Signs and symptoms.   |
| <b>B. A. III (Practical)</b>              |   | First Aid A) First Aid - Meaning, Objectives, Important rules B) Material in the First Aid Box C) Fracture - Types, Signs and Symptoms - Use of Sling and Splint D) Bleeding - Types, Signs and Symptoms - Use of Sling and Splint E) Artificial Respiration - Meaning and Method of Artificial respiration F) Bandage, Meaning, Types, Way of applying sling, simple dressing , Recreational Game |   |
| Nov.- Dec. 2023                           |   | <b>University Examination</b>  |   |
| Dec-<br>Jan.2024                          | <b>B. A. I (Introduction of Physical Education &amp; Sports)</b>                    | II   | Unit 3 : Foundation of Phy. Education<br>A) Body Posture a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture<br>B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc. |
|   | <b>B. A. II (Organization And Administration In Physical Education And Sports.)</b> | VI   | I Meets and Tournaments a) Importance of meets and tournaments.   |
|   |   |  | b) Types of Tournaments – i) Knock-out system ii) League system iii) Combination system. (To draw the lots, their merits and demerits)  |
|   |   |  | c) Athletic Meet : Officials, various Committees, Opening ceremony, closing ceremony  |
|   | <b>B. A. III (Research In Physical Education)</b>                                   | XIII   | Unit I) Research – Concept, Meaning and Definition  |
|   | <b>B. A. III Anatomy And Physiology Of Exercise)</b>                                | XV   | Unit-I) Circulatory System:<br>A) Blood - Its constituents and functions, Heart - its structure and function.<br>B) Blood pressure, Pulse, Blood groups, Oxygen debt.   |
| Unit I) Food sources and the their effect |   |  |   |
| <b>B. A. III (Dietics and Hygiene )</b>   | XVI   | a) Natural food b) Impure food c) Processed food d) Stimulants   |   |
|   | <b>B. A. I (Introduction of</b>   |  | Unit 4 : A) Physical fitness and Health<br>a) Physical Fitness b) Factors of Phy. Fitness.  |

|   |   |   |  |
|---|---|---|--|
| Jan- Feb.<br>2024                             | Physical Education & Sports)  | II  | c) Balance Diet. d) Bad Habits with Special reference to Phy. Fitnessess Alcohol and Tobacco. e) Walking- Meaning, Need and Importance                                     |
|   | B. A. II (Organization And Administration In Physical Education And Sports.)              | VI  | II Play ground Standards and Facilities  |
|   |   |   | a) Preparation and Maintenance of Playgrounds.   |
|   |   |   | b) Gymnasium: Standards, Facilities and Maintenances.  |
|   | c) Lay-out of Play fields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, Basket Ball. |   |  |
| B. A. III (Research In Physical Education)    | XIII  | Unit II)Types of research   |  |
| B. A. III Anatomy And Physiology Of Exercise) | XV  | Unit-II) DigestiveSystem:   |  |
|   |   | A) Organ of digestive system - Mouth, teeth, salivary glands, pharynx, oesphages, stomach, small and large intestine, pancreas, liver, structure and function - in brief. |  |
| B. A. III (Dietics and Hygiene )              | XVI   | Unit II) Athlete Diet Meaning .Need and importance.   |  |
| Feb. - March<br>2024                          | B. A. I (Introduction of Physical Education & Sports) Practical                           | II  | B) Play – a) Meaning, Definitions, Concepts b) Work and Play c) Theories of play i) surplus energy ii) Anticipatory Theory iii) Recapulatory Theory d) Importance of Play. |
|   | B. A. II (Organization And Administration In Physical Education And Sports.)              | VI  | III Sport Equipments   |
|   |   |   | a) Policies of purchases of Sports Equipments.   |
|   | b) Care and Maintenance of Sports Equip   |   |  |
|   | B. A. III (Research In Physical Education)  | XIII  | Unit III) Research Process, Stages in research process   |
|   | B. A. III Anatomy And Physiology Of Exercise)   | XV  | B) Excretory System: Kidney and skin - it's Structure and function   |
| B. A. III (Dietics and Hygiene )              | XVI   | Unit III) Immunity a) Personal hygiene - desirable hygiene habits   |  |
| March- April<br>2024                          | B. A. I (Introduction of Physical Education & Sports) Practical                           | II  | Athletics – 110 Meters Hurdles (MEN),<br>100 Meters Hurdles (WOMEN), Relay (4 X 100 Meters )   |
|   |   |   | III) Ball Game : Volley ball a) Fundamental skills b) Knowledge of rules and regulations   |
|   | B. A. II (Organization And Administration In Physical Education And Sports.)              | VI  | IV) Indian Exercises : A. Suryanamaskar B. Asnas Record Book   |
|   |   |   | Athletics A) High Jump – Performance, For Techniques & modern Style B) Middle Distance Running 1500 M. Running, For Knowledge of Rules & Regulations                       |
|   |   |   | 2) Ball Game - Hand Ball/ Basket Ball.( Fundamental Skills, Knowledge of Rules & Regulations) 3) Ground Marking - Kho-kho/ Hand Ball/ Basket Ball (Any One) 4) Record Book |
| B. A. III (Research In Physical Education)    | XIII  | Unit III) Research Process, Stages in research process  |  |
| B. A. III Anatomy And Physiology Of Exercise) | XV  | Unit-III) Nervous System: Structure of brain and spinal cord, Reflex action..   |  |
| B. A. III (Dietics and Hygiene )              | XVI   | b) School Health programme – service, supervision.  |  |
| B. A. III (Practical)                         |   | Marking & Track ,Record Book/Project, Educational Tour and Report   |  |
| April- May 2024                               | University Examination  |   |  |

- The Head  
Department Of Physical Education  
P.V.P.College,Kavali,  
Dist - Sangli