

**Subject : Physical Education DSC/GE Paper 1**  
**1st Semester July-December**  
**Topic: Foundation and History of Physical Education**

<b>Topic</b>	<b>No. Of Classes</b>	<b>July</b>	<b>Aug</b>	<b>Sep</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>
Meaning,Defination,Aim, Objectives of Physical Education	7	3	4				
Modern Concept,Chnaging Concept,Importance, Nature and scope of Physical Education	8	3	5				
Growth & Development	5		3	2			
Age	5		3	2			
Sociological Foundation	5		3	2			
Itroduction of Philosophies	5			5			
Sports in India,Olimpic, Asian Games, Commonwealth Games,Modern, Ancient Historical	15	2	2	6	2	3	
nersenectives Yoga Education	10				2	3	5
<b>PRACTICAL</b>							
Marching	25	2	8	10	2	3	
Callisthenics	15		1	3	2	3	6
Aerobic	20	5	5	2	1	1	6

**Subject : Physical Education DSC/GE Paper 1**  
**2nd Semester January-June**  
**Topic: Management of Physical Education and Sports**

Topic	No. Of Classes	Jan	Feb	March	April	May	June
Concept, Defination,Important,Purpose Principles, of Sports Management.	10	5	5				
Turnaments	20	5	5	5	5		
Facilities & Equipments	20	5	2	3	5	5	
Leadership	10				5	5	
<b>PRACTICAL</b>							
Track & Field	30	3	10	5	5	7	
Football, kabaddi, kho-kho, Badminton & Vollyball	30	5	5	10	5	5	

**Subject : Physical Education DSC/GE Paper 1**  
**3rd Semester July-December**  
**Topic: Anatomy, Physiology and Exercise Physiology**

Topic	No. Of Classes	July	Aug	Sep	Oct	Nov	Dec
Meaning, definition and Importance of Anatomy, Physiology & Exercise Physiology. Cell, Tissue	10		5	5			
Musculo-skeletal System	16			5	2	4	5
Circulatory and Respiratory System	24				5	4	10
Nervous and Endocrine System	10					5	5
<b>PRACTICAL</b>							
Assessment of, BMI, Heart rate, Blood Pressure, Etc.	30			10	5	10	5
Anthropometric Measurement.	30			5	10	5	10
<b>Paper 2 : 3rd Semester(Only SEC Student)</b>							
Track Events	15			5	5	5	
Field Events	45		5	15	10	10	5

**Subject : Physical Education DSC/GE Paper 1**  
**Paper 1 : 4th Semester January-June**  
**Topic: Health Education, Test, Measurement & Evaluation in**  
**Physical Education**

<b>Topic</b>	<b>No. Of Classes</b>	<b>Jan</b>	<b>Feb</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>June</b>
Introduction of Health	18	6	6	6			
Health and First-aid Management	18	6	6	6			
Introduction Test, Measurement & Evaluation	12		6	6			
Measurements of Body Compositions and Somatotype Assessment	18		6	6	6		
<b>PRACTICAL</b>							
Fitness Test	30		5	5	10	10	
Sports Skill Test	30	5	5	5	5	10	
<b>Paper 2 : 4th Semester (Only SEC Students)</b>							
Gymnastics	20	2	3	5	5	5	
Yoga	40		5	5	10	10	10

**Subject : Physical Education DSC/GE Paper 1**  
**Paper 1: 5th Semester July-December**  
**Topic: Sports Training & Mechanics**

Topic	No. Of Classes	July	Aug	Sep	Oct	Nov	Dec
Meaning, Defination,Aim,Characteristics, Principles, Importance of sports Traning. Warming Up, Cooling Down & Conditioning	20	5	5	5	5		
Training Techniques	20	5	5	10			
Teaching Load and Adaptation	30		10	10	10		
Mechanical Principles Applied to Sports	20		5	5	5	5	

**Paper 2 : 5th Sem (For the Students other than Physical Education)**

**Topic: Modern Trends and Practices in Physical Education Exercise Sciences**

Introduction	12	3	3	3	3		
Biological, Psychological and Sociological Foundations of Physical Education	18		6	6	3	3	
History of Physical Education	12			3	3	3	3
Exercise Science	18				6	6	6

**Paper 3 : 5th Sem**

**Topic : Indian Games and Racket Sports**

Foundamental Skills (Kabaddi or Kho-Kho, Badminton or Table Tennis)	30		5	10	10	10	5
Rules (Kabaddi or Kho-Kho, Badminton or Table Tennis)	30		5	10	10	10	5

**Subject : Physical Education DSC/GE Paper 1**  
**Paper 1: 6th Semester January - June**  
**Topic: Psychology in Physical Education and Sports**

Topic	No. Of Classes	Jan	Feb	March	April	May	June
Introduction	20	5	5	5	5		
Learning	20	5	5	5	5		
Psychological Factors	30	2	8	5	5	10	
Stress and Anxiety	20	2	3	10	5		

**Paper 2 : 6th Sem.**

**c - Health Education and Tests & Measurements in Physical Education**

Introduction	30		5	10	10	5	
Health and First-aid Managements	30		5	5	10	10	
Mesasurement of body Compositions and Somatotype Assessment	20			5	10	5	
Fitness Test	10			5	5		
PROJECT WORK							