

Annual Planning
(Academic Year 2019-20)



To
The principal,
Shivaji College, Hingoli.

Date: - 18/06/2019

Subject:- To Accept the Annual Planning of Academic Year 2019-20.

Dear Sir,

As per the subject and reference I herewith submit the tentative plan of the annual activities going to be undertaken for the **Academic year 2019-20** as per direction received. With the above planner I expect economic assistance from you whenever needed. The other concerned activities for inclusion of stakeholders will be added if possible in the same academic year. I request you to accept the annual planning and oblige.

Thank you.

Regards


Dr. Londhe S.C.

Assistant Professor

Head, Department of Physical Education

Enclosures

4. Teaching planning (Myself)
5. Annual activities Planning of Physical Education department
6. Annual activities Planning of Earn & Learn Scheme Committee


PRINCIPAL
Shivaji College
Hingoli, Dist. Hingoli.

To,
The principal,
Shivaji College, Hingoli.

Date:- 18/06/2019



Subject:- To accept the Annual activities of **Physical Education Department**.


Dear Sir,

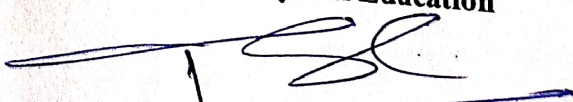
As per the subject and reference I herewith submit the tentative planner of the **Department of Physical Education** annual activities going to be undertaken for the **Academic year 2019-20** as per direction received. The planning is fallows:

S.N.	Name of the Activities	Month
01	Welcome ceremony B.A.F.Y. Students	July-2019
02	Sports Day Celebration	29 Aug-2019
03	SEC seminar 'fitness and Wellness'	Aug-2019
04	Demonstration Of GYM Exercise	Aug-2019
05	Phy.edu. & Sports Book Exhibition	Sept-2019
06	Guest Lecture on Importance Of Physical Fitness	Sept-2019
07	PPT lecture on 'Olympic'	Octo-2019
08	Group discussion on 'Awards in games and Sports'	Octo-2019
09	Organization of the Competition of Volleyball/Kabaddi	Nov-2019
10	SEC seminar 'Curative therapies'	Dec-2019
11	Clinic on 'health care'	Jan-2019
12	PPT lecture	January-2020
13	Guest Lecture on Importance Of Physical Fitness	Feb-2020
14	Group discussion 'Principles of growth and development'	Feb-2020
15	Visit to sports institute	Mar-2020

With the above planner, I expect economic assistance from you whenever needed. The other concerned activities for inclusion of stakeholders will be added if possible in the same academic year. I request you to accept the planning and oblige.

Thank you.
Regards,


Prof. Londhe S.C.
Head, Department of Physical Education


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SHIVAJI COLLEGE HINGOLI

Physical Education- Yearly Teaching Plan:- 2019-20

CBCS- Paper pattern for the subject of Physical Education
(With effects from the Academic year 2017-18)

Class :- B.A.F.Y.



Mon ths	Semester I Paper I (History of Physical Education) Time:- 2 Hours Marks 40 Per Week – 4 Total Periods – 60 Internal Marks - 35	Semester – I Paper II Practical Time:- 2 Hours Marks 75 Per Week – 4 Total Periods – 55
June- July	Unit I. History i) Physical Education in ancient Greece. Rome 05 ii) Ancient Physical education in India 20 1. Vedic Period 2. Ramanayam and Mahabharat period 3. Boudha Period 4. Maratha Period 5. British Period Unit II History and development of Sports Institute i) Y.M.C.A. Madras. ii) Decan Gymkhana iii) Hanuman Vyayam Prasarak Mandal, Amravati. iv) Netaji Subhash National Institute Of Sports, Patiala.	Course Contents 1. Practical Project (Any one) 18 a) Weight Measurement 2. Track and Field Events (Only Techniques) 18 (a) Running events 100 m / 800 m (for men) 100 m run / 3000 m walk (form women) Starting and finishing techniques
Aug.	Unit III Historical Development i) A) Ancient Olympic games B) modern Olympic games. games, Common-Wealth games, Afro-Asian games. ii) Indian Olympic Association iii) Asian games, iv) Sports Authority of India, (SAI) Test – I -10	3. Optional Games 18 (a) Indian Game 1. Kabaddi 2. Atya-Patya (Fundamental skills, knowledge of rules and regulations) 4. Indian Exercise Suryanamskar (men & women)
Sept.	Unit IV Awards in Games and Sports -15 i) Rajiv Gandhi Khel Ratna Award ii) Arjun Award iii) Maharashtra Jeevan Gaurav Award iv) Shiv Chhatrapati Krida Puraskar iv) District Award (Best Player, Best Organiser, Best Coach). Test –II -10 Assignment/Tutorial -10	5. Record Book 06 All practical events related (a) Brief History (b) Various Diagrams (c) Names of Different fundamental skill in the team events and Athletics events. (d) Officials e) Awards
Sept- Octo.	-Revision -Exam -Oral/Attendance -5	4. Internal marks Attendance, -10 Oral (General knowledge) -10 Discipline/Behaviour -05 5. Record Book and uniform compulsory

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Class :- B.A.F.Y.



Semester – II

Months	Topic / chapters	Paper IV Practical Hours Marks 75 Total Periods – 55	Time:- 2 Per Week - 4
Dec.	Paper III Principles of Physical Education Time:- 2 Hours Marks 75 Per Week – 4 Total Periods – 55 Unit I Principles of Physical Education 1. Meaning, Need, Importance, Scope of Physical education. 2. Aims, Objectives of Physical education. 3. Philosophies of Physical Education 4. Classification of activities- aerobic, anaerobic exercise 5. Suitable activities of different age groups	Course Contents 1. Height measurement. 2. Throwing event- Events Skill & Techniques Shot put (men and women) (Holding, Styles, delivery and Recovery) 3. Jumping event Skill & Techniques Long Jump: Approach run, Take off, Air position landing.	
Jan.	Unit II Biological basis of Physical Education. 1. Affecting factors of growth and development 2. Differences in male and female- physical, psychological, biological 3. Benefits of exercise under load, normal load, Overload training principles. Test – I -10	4. Optional Games (a) One Foreign Game 1. Table Tennis 2. Gymnastic (Mat exercise) (Fundamental skills, knowledge of rules and regulations)	
Feb.	Unit III Psychological basis of Physical Edu. i) Meaning and important of play ii) Theories of play 1. surplus energy 2. recreation theory iii) Principles of growth and development Test –II -10	5. Record Book 06 All practical events related 1. Brief History 2. Various Diagrams 3. Names of Different fundamental skill in the events. 4. Officials. 5. Awards.	
March	Unit-IV Sociological basis of physical education i) Games and sports as a cultural heritage of mankind ii) Role of Physical education and national integration. Assignment/Tutorial -10 -Oral/Attendance -5	6. Internal marks Attendance, -10 Oral (General knowledge) -10 Discipline/Behaviour -05	
April	-Exam	5. Record Book and uniform compulsory	

Signature

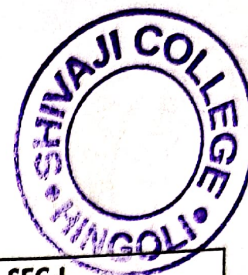
Asst.Prof. Londhe S.C.

Head, Deptt.Of Physical Education

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Class :- B.A.S.Y.

Semester – III



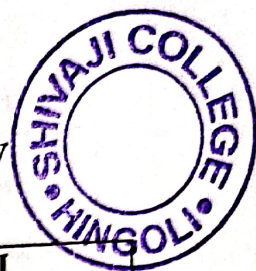
Months	Topic / chapters <i>Paper V</i> Basic Anatomy, Physiology and First Aid Credits:3 Marks: 35 + 40 =75 Per week - 04 periods Periods : 60	External Practical <i>Paper VI</i> Credits:3 Marks:25+50 = 75 Per week - 04 periods Periods: 60	SEC-I Fitness and wellness Credits: 3 Marks: 50 Per week - 3 periods Periods : 45
June- July	Unit –I: Anatomy. Cell -- structure of cell, Types and its functions. Tissue – Types and functions of various Tissues.	1. Practical Project : Pulse rate Measurement (Before and After Playing): 05 Marks	Unit –I: Fitness Trainer Conditioning Exercise Aerobic Exercise Anaerobic Exercise Isometric-Isotonic and Isokinetic Exercise Therapeutics Exercise
August	Unit-II : Structure and Functions of following systems Skeletal system, Muscular System, Digestive systems , Nervous system, Respiratory system, Circulatory system, Endocrine Systems and Reproductive System. Test theory :10 marks Test 1 -10	2. Track and Field Event: Relay (4*100 /4*400) Men and Women : 10 Marks	Unit-II : Gym Trainer Warm up and Cooling Down Weight Training Station Training Set training Strength Training Isokinetic Training Stretching and its type
September	Unit-III : Effects of exercise on : Muscular System Endocrine Systems Circulatory system Respiratory systems Test MQC: 10 marks Unit-IV : First Aid Definition and importance of first Aid Basic Principal of First Aid Injury –It's Types and Their prevention Common Injuries and their first aid. Test 2 -10 Assignment/Tutorial -10	3. Optional Games: Any one Indian game in following i). Kho-Kho ii). Yoga/ weight lifting : 20 Marks 4. Indian Exercise i). Dand Baithak (Men) ii) Bent Knee Sit-ups (Women) : 10 Marks Internal marks Attendance -10 Oral (General knowledge) -10 Discipline/Behavior -05	Unit-III: Life Guard Nature and Duties of Life Guard Life Jackets Deep Water Rescue Shallow water rescue Two persons Removal Water General Procedures for Water Emergency -Test theory : 10 -Test MQC: 10 -Assignment: 10 -Attendance 5Marks
October	Oral/Attendance -5 Revision - Exam	5. Record Book : 05 Marks	

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Class :- B.A.S.Y.

Semi-IV



Months	Topic / chapters Fitness and Diet Credits: 3 Marks: 35+ 40=75 Per week - 4 periods Periods : 60 Paper VII	External Practical Credits: 3 Marks: 25+50=75 Per week -4 periods Periods: 60 Paper VIII	SEC-II Curative Therapies Credits:2 Marks: 50 Per week : 3 Periods . Periods: 45
Nov- Dec	Unit – I : Fitness Definition and concept of fitness Need and Important of Fitness Physical, Mental, Social Fitness	Course Content 1. Practical Project Blood Pressure (Measure Low and high B.P.) 05 Marks	Unit I : Massage Concept & types of massage, Techniques of massage, Massage for body relaxation, Massage for disabled people Benefits of massage
January	Unit –II : Body Posture Posture – Definition, Meaning, Concept, Need and Important, It's Significant and Benefits. Types of Posture. Postural deformities (Kyphosis, Lordosis, Scoliosis, Knock-knee, Bow legs, Flat Foot) Causes and remedies of Postural Deformities. Test 1 -10	2. Track and Field's event. 10 Marks A) Throwing event – Discus throw (Holding, Styles, delivery and Recovery) B) Jumping event – Triple jump (Hop-step-jump) 10 Mks (Approach run Take-off, Air position, Landing)	Unit II : Yoga Trainer Training for Pranayama Training for Asana Training for Different yogic practices Yoga for patient Yoga for bad posture
February	Unit –III : Diet Definition, need and Important of diet for health Components of Balance diet (carbohydrates, fats, proteins, minerals, Vitamins, Water) Unit –IV : Nutrition Concept of nutrition Dietary aids Calorie intake and Expenditure Energy balance Eating disorder Test 2 -10 Assignment/Tutorial -10	3. Optional Game 1) Cricket 2) Judo 20 Marks (Fundamental skills, Knowledge of rules and regulation) Internal marks Attendance -10 Oral (General knowledge) -10 Discipline/Behaviour -05 4. Record Book 05 Marks All Practical events related – Introduction, Historical development, grounds measurement, rules and regulation and records.	Unit III : Acupressure Types of acupressure Points of acupressure Acupressure for upper body extremities Acupressure for lower body extremities Precautions of acupressure Benefit of acupressure 14
March & April	Oral/Attendance -5 Exam		

Signature

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Head, Deptt.Of Physical Education

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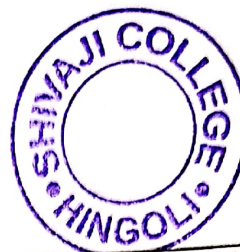


Class :- B.A.T.Y.

Semester – V

Months	Topic / chapters	PAPER – X Physical education practical Marks – 50+25=75 Per Week :- 4 P credits-3 Per Semester : 60 P	SEC-III Yogic Therapies And Sports Physiotherapy Marks – 25+25=50 Per Week :- 3 P credits-2 Per Semester : 45 P
July	Unit- I 1. Definition, scope, need and importance of organization 2. principle of organization 3. Skills of organizaer Unit – II 1. Needs and importance of tournament 2. Types of tournament (Knock-out System, League System, Combination System, Challenge System)	Unit- I 1. Practical Project (Any One) :- A) - Fat percentage 05 B) - BMI, WHR 2. Track & Field event : - Javeline throw - 10	Unit- I Yoga for Diabetic patients Yoga for Hyper and Hypotension Yoga for Obesity
August	3.Care and maintenance of play field and equipments Unit- III 1. Definition, Scope ,Needs and importance of management in Physical Education 2. Principles of management 3. Qualification and Qualities of the good manager 4. Gym management (Needs, Facilities and Maintenance)	3. Cardio Vascular Endurance :- 12/9M. Run & Walk -10 Men / Women 4. Optional games (One Indian Game.)- 20 1. Wrestling 2.Badminton (Fundamental Skills, techniques, knowledge of rules and regulation)	Unit –II Yoga for Pain Management Yoga for Postural Deformities Yoga for Cardiac patients Yoga for Kids and Children's
September	5. Management of different level tournament (School to National level) Unit- IV 1. Function and Importance of financial management 2. Budget, Criteria of budget, Types of budget 3. Public relation, Principles, Needs and importance, methods of public relation (Print media, Electronic media, Social media, etc) 4. Sponsorship	5. Oral - Related to all practical events. - 05 (Knowledge about Historical development, ground measurements, rules and regulation, Awards, records)	Unit- III Basics of Sports Physiotherapy Needs of Sports Physiotherapy Types of Physiotherapy Physiotherapy for disable person Unit –IV Rehabilitation and Physiotherapy Physiotherapy for injured Athletes (M and w) Physio for Muscle Release
October	-Revision -Exam (Note :- 10 Marks Internal eva.) (Written Test-2, Assignment & Seminar)	NOTE 1. Uniform is compulsory to the practical periods 2. Without uniform and record book is not allowed to the examination	
Nov	Exam (WINTER)-2018		

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Class :- B.A.T.Y.

Semi-VI

Months	Topic / chapters	PAPER – XIV PHYSICAL EDUCATION PRACTICAL Marks – 25+50=75 Per Week :- 4 P Per Semester : 60 P PAPER – XII credits 3	Paper- SEC-IV OFFICIATING AND COACHING Marks – 50 Per Week :- 3 P Per Semester : 45 P Credits-2
Nov- Decem- ber	Unit-I 1. Definition of Test and Measurement 2. Needs and Importance of Test and Measurement 3. Principles of Test and measurement	1. Practical Project (Any One) 05 A) Flexiblity measures. (Sit & Reach or Bend and Reach) B) Arm Strenth (Grip dinomoeter) 2. Track & Field event : High Jump 10 3. Aerobics Activities (Minimum 10 min) – m / w 10	Unit- I Officiating in Kabaddi Officiating in Kho-Kho Officiating in Volley Ball Officiating in Cricket Unit –II Ground Management in Kabaddi Ground Management in Kho-Kho Ground Management in Volley Ball Ground Management in Cricket
Januar- y	Unit-II 1. Construction and classification of Test 2. Criteria of good test 3. Test of physical fitness (JCR, Hardward step test, Sargent Test, AAHPERD Youth Physical Fitness Test)	4. Optional Games : One Forign game 20 1. Volley Ball 2. Hand Ball (Fundamental Skills, Techniques, knowledge of rules and regulation)	Unit- III Coaching of Basic Skills in Kabaddi Coaching of Basic Skills in Kho-Kho Coaching of Basic Skills in Volley Ball Coaching of Basic Skills in Cricket
Febru- ary	Unit-III 1. Definition, Nature and Scope of Sports Psychology 2. Learning Process – Theories Laws of Learning Personality – Meaning, Dimensions & Personality of sports-man	5. Oral :- Related to all practical events 05 (Historical development, ground measurements. Rules and regulation, records and awards)	Unit –IV Coaching for Conditioning Exercise Coaching for General Physical Fitness Coaching for Motor Fitness Coaching for Kids and Children's
March & April	Unit-IV 1. Affecting factors in Growth and Development – Heredity and Environment 2. Relationship between Sports Psychology and Performance of players (Note -35 Marks internal Evaluation examination i.e. Test I:-10, Test II: - 10, Assignment/ Tutorial:-10 & Attendance -05M.)	NOTE : 1. Uniform is compulsory to the practical periods 2. Without uniform and record book is not allowed to the examination	(Note :- 10 Marks Internal evalution) (Written Test, Assignment & Seminar)

Signature

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Head, Deptt.Of Physical Education

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