

A.V.E. Society's  
**DEGLOOR COLLEGE DEGLOOR**  
Annual Teaching Plan

Department : Physical Education

Clas : B A

Name of the Teacher : Dr. Desai S.N. Wawdhane D P.

Year : 2015

Paper Name : Practical

Paper No. : IV

Semester : II

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project Height measurement	5	1/7	31/7
2	Throwing event (Skill / Techniques /shot- Phule for men/women)	8	1/8	31/8
3	Jumping event skil, / techniques long jump (approachrun, takeoff, air-position and landing.)	10	1/9	30/9
4	Optional Games (any one) i) Table tennis ii) Gymmanthics (Mateyercille (Fundamental Skills, Knowledge of rules and resulation	25	1/10	25/10
5	Record Book All practical events related i) Brief History ii) Various Diagrams iii) Named of different fundamental skill in the event iv) Officials	2	25/0	30/10
6	Intermalmarks Attendance of practical period of oral (General shorts knowledge)	5	25/10	30/10

  
**PRINCIPAL**  
 A.V. EDUCATION SOCIETY'S  
 DEGLOOR COLLEGE, DEGLOOR

*Dr. S. N. Wawdhane*  
 H. O. D.

A.V.E. Society's  
**DEGLOOR COLLEGE DEGLOOR**

Annual Teaching Plan

Department : Physical Education  
 Name of the Teacher : Wawdhane Deepak P.  
 Paper Name : Basic Anatomy Physicology and First Aid  
 Paper No. : V  
 Semester : III

Clas : B.A. II nd  
 Year : 2015

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit- I</b> Antomy Cell - structure of cell types and function Tissue - types and functions of verious tissue	8	1/7	31/7
2	<b>Unit - II</b> Structure and functions of following system, skeletal system, muscular system, digestive system, Nervous System, Respiratory system, circulatory system, Endocrine system, and Reproductive system.	10	1/8	30/8
3	<b>Unit- III</b> Effect of ever ice on Muscullar system Endocrine system Circulatory System Respiratory System	10	1/3	30/9
4	<b>Unit- IV</b> Definitoin and improve of first aid Basic principal of firstaid . Injuty -It's type and their prevention common Injuries and their first aid.	8	1/10	31/10

*M. Wawdhane*  
**PRINCIPAL**  
 A.V. EDUCATION SOCIETY'S  
 DEGLOOR COLLEGE, DEGLOOR

*D. Sivad*

H.O. D

A.V.E. Society's  
**DEGLOOR COLLEGE DEGLOOR**

Annual Teaching Plan

Department : Physical Education

Name of the Teacher : Dr. Desai S.N. & Wawdhane D.P.

Paper Name : Fitness & Wellness

Paper No. : Physical Education Sec-1

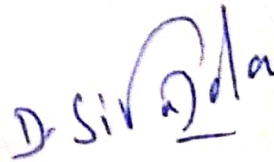
Semester : III

Class : B.A. II nd

Year : 2015

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit - I Fintess trainer</b> conditioning exercise-Aerobic exercise , anarobic Exercise, Isometric-Isotomic & Isokinetic Exercise therapeutics Exercise.	10	1/7	31/7
2	<b>Unit - II Gymtrainer</b> warmul and cooling Down weight-training. Station Training , Settraining strength training, Isokentic training stretchching and its type.	12	1/8	30/8
3	<b>Unit - III Lifeguard</b> Nature Duties of life guard Life Jackets -Deepwater rescue shallow water rescue. Two persons removal water General pro cedyers for water emergency	8	1/10	30/10

  
**PRINCIPAL**  
A.V. EDUCATION SOCIETY'S  
DEGLOOR COLLEGE, DEGLOOR



H.O.D.

A.V.E. Society's  
**DEGLOOR COLLEGE DEGLOOR**

Annual Teaching Plan

Department : Physical Education

Clas : B.A. II nd

Name of the Teacher : Dr. Desai S.N. & Wawdhane D.P.

Year : 2015

Paper Name : Curative Therapies

Paper No. : Physical Education - Sec-II

Semester : IV

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit - I Massage</b> Concept type of massage	12	1/7	31/7
	Techniques of massage Massage for body relaxation Massage for disabled people Benefits of Massage	08	1/9	30/8
2	<b>Unit - II Yoga Trainer</b> Training for Paranyama	11	1/9	30/9
	Training for Asana Training for Different Yogic Practices Yoga for Patient Yoga for Posture	11	1/10	30/10
3	<b>Unit - III Acupressure</b> Type of a cubpressure Points of Acupressure Acupressure for upperbody extremities Accupressure for/lower body extremities precautions of accupressure Benefit of acupressure	8	1/11	15/1

*M. Desai*  
**PRINCIPAL**  
A.V. EDUCATION SOCIETY'S  
DEGLOOR COLLEGE, DEGLOOR

*D. Sir Dada*  
**H.O.D**

A.V.E. Society's  
**DEGLOOR COLLEGE DEGLOOR**

**Annual Teaching Plan**

Department : Physical Education

Name of the Teacher : Dr. Desai S.N. & Wawdhane D.P.

Paper Name : Yogic Therapies & Sport Physiotherapy

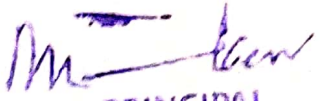
Paper No. :

Semester : V

Clas : B.A. III rd

Year : 2015

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Unit - I Yoga for Diabetic Patients yoga for Hyper and Hypotension yoga for obsity	10	1/7	30/7
2	Unit - II Yoga for pain management yoga for postural deformities yoga for cardiac patients yoga for kids and childrens	10	1/8	30/8
3	Unit -III Basics of sports Physiotherapy Need of sports Physiotherapy Type of Physiotherapy <del>Physiotherapy for diable persons</del>	10	1/9	30/9
4	Unit- IV Renabilitation and Physiotherapy Physiotherapy for injured pthletes Men/women) Physiotherapy for mucle release	8	1/10	30/10

  
PRINCIPAL  
A.V.E. EDUCATION SOCIETY'S  
DEGLOOR COLLEGE, DEGLOOR

H.O.  
D. SIVDAG

H.O.D