

**DEGLOOR COLLEGE DEGLOOR****Annual Teaching Plan**

Department : Physical Education

Clas : B.A. 1<sup>st</sup> yr

Name of the Teacher : Dr.Desai sikander

Year : 2015 - 2016

Paper Name : History of physical Education

Paper No. : 1

Semester : 1

Chap. No	Topic Title	Expected lectures	Expected Duration	
			From	To
1	<b>Unit - I History</b> 1) Physical Education ancient Greece Rome 2) Ancient physical Education in India 1) Vedic period 2) Ramayan and mahabhatart period 3) Boudha period 4) Maratha period 5) British period	15	1/7	31/7
2	<b>Unit - II History Development of stone Institue</b> 1) YMCA Madras deccan gym khan 2) Deccan gumkhana pune 3) Hanuman vayam prasarate madal amrevah 4) netaji subhash national in on of sports patialg	<del>9</del> 12	1/8	31/8
3	<b>Unit - III History and Development of sports</b> 1) Olymic movement 2) Ancientolymic games 3) Modern olympic associations 4) Indianolympic associations 5) Asiangles 6) commonwealth games	12	1/9	30/9
4	<b>Unit - IV Awards in game and sports</b> 1) Rajiv gandhi khel ratna awards 2) Dronacharya and aryan award 3) Maharashtra Jeevan Gaurav awards 4) Shivchaatrapati knid awards 5) district award (Best cuan, player organiser)	12	1/10	30/10

D. Siva Das

H. O. D

M. S. Desai  
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**DEGLOOR COLLEGE DEGLOOR****Annual Teaching Plan**

Department : Physical Education

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

Paper Name : History of physical Education

Paper No. : II

Semester : I

Clas : B.A. I yr

Year : 2015-2016

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project Weight measurement	12	1/7	31/7
2	Running Events Skills Technisyes 100 M. sprints (for men and women)	8	1/8	15/8
3	Optinal games (any one) 1) Kabaddi 2) atya patya (fundamental skills knowledge rules and regulation)	16	16/8	30/9
4	Indian exercise surya namaskar (mens & women)	10	1/10	20/10
5	Record book all practical events related a) Brief History b) Various Diagrams c) name of differentfundamental skill in the events d) officials e) awards	4	21/10	31/10

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*D. Sivadga*  
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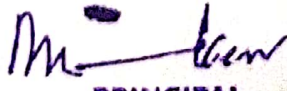


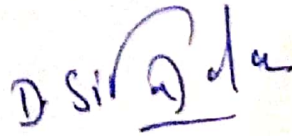
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Annual Teaching Plan

Department : Physical Education  
 Name of the Teacher : Dr. Desai Sikandar  
 Paper Name : Principles of Physical Education  
 Paper No. : III  
 Semester : II

Class : B.A. Iyr  
 Year : 2015-2016

Chap No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit - I Principles of physical education</b> 1) Meaning need importance and scope of phy.Edu. 2) Aims and objectives of physical education 3) Philosophy of Physical - Education (Idealism, Naturalism, Realism) 4) Classification of Activities 5) Suitable activities of different age group	15	1/8	30/8
2	<b>Unit -II Biology Basis of Physical Eduation</b> 1) Affecting factors of growth and development 2) Differences in between male and famale 3) Benefits exercise underload, normalload, Overload, Training principles.	13	1/8	31/8
3	<b>Unit - III Psychological basis of physical Education</b> 1) Psychological factors affecting short-performance 2) Mental Health and cogmitive abilities 3) Meaning and importance of play 4) theories of play 5) Principles of growth and development	12	1/9	30/9
4	<b>Unit - IV Sociological basis of physical Education.</b> 1) Games and Sports as a cultural heritage of mankind 2) Role of sports in national integration. 3) Role of Society to culture development	14	1/10	31/10

  
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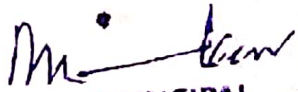
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Annual Teaching Plan

Department : Physical Education  
Name of the Teacher : Dr. Desai Sikander  
Paper Name : External Practical  
Paper No. : VI  
Semester : III

Class : B.A. II nd  
Year : 2015-2016

Chap. No	Topic Title	Expected lectures	Expected Durati	
			from	to
1	Practical Project Pulse rate mesurement (Before and after playing)	5	1/7	30/
2	Track and field event Relay (u x 100/4x400) menanwomen	10	1/8	30/
3	Optional Games Anyone Indian games in following i) Khokho ii) Yoga / weight lifting .	12	1/9	30.
4	Indian Eercise i) D and Baithak (men) ii) Bent knee situbs (women)	8	1/10	30/
5	Recored Book Internal marks Attendance of Practical periods Oral (General shorts knowledge discipline / Behaviour)	5	1/11	15.

  
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Annual Teaching Plan

Department : Physical Education

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

Paper Name : Fitness & Diet

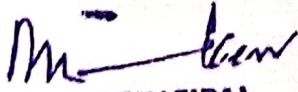
Paper No. : VII

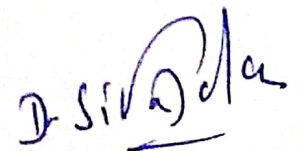
Semester : IV

Class : B.A. II nd

Year : 2015-2016

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit - I Fitness</b> Definition and concept of fitness, need and importance of, Fitness, Physical, mental social fitness.	10	1/7	31/7
2	<b>Unit - II Body Posture</b> Postur- Definition, meaning concept, need and importance It's significant and Benefits type of posture Postural deformities (Kl/phosis, Lordosis, Scoliosis, knock - kne Bowlegs flatfoot) cause and remedies of postural Deformities	10	1/8	30/8
3	<b>Unit - III Diet</b> Definition need and importance of diet for health, components of Balance diet (Carbohydrates, Fats, Protein, Minerals, Vitamins, Water)	8	1/9	30/9
4	<b>Unit - IV</b> Concept of nutrition, dietary aids calorie intake and expenditure energy balance Eating disorder.	8	1/10	30/10

  
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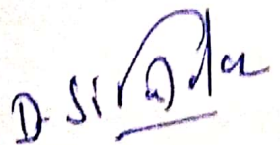
## Annual Teaching Plan

Department : Physical Education  
Name of the Teacher : Dr. Desai Sikkander  
Paper Name : External Practical  
Paper No. : VIII  
Semester : IV

Class : B.A. II<sup>nd</sup>  
Year : 2015-2016

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project Blood Pressure (Measure low and high B.P.)	5	1/7	30/7
2	Track and fields event A) Throwing event - Discus throw (Holding, styles, delivery and recovery) B) Jumping event - Triple jump (Hop-Step-jump)	8	1/8	30/8
3	Optional Game 1) Cricket 2) Judo (Fundamental Skills Knowledge of rules & Regulations)	10	1/9	30/9
4	Record book- All practical events related - Introduction, Historical development, grounds measurement, rules and regulation and records	8	1/10	30/10
	Internal Marks Attendance of practical periods oral (General sports knowledge Discipline / Behaviour)	5	1/11	15/11

  
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Annual Teaching Plan

Department : Physical Education  
 Name of the Teacher : Dr. De  
 Paper Name : Organization &  
 Paper No. : 1X  
 Semester : V

Standard  
 Department in Phy. Edu

Class : B.A. III rd  
 Year : 2015-2016

Chap . No	Title	Expected d Lectures	Expected Duration	
			from	to
1	Unit - I 1) Definition , scope need 2) Principle of organization 3) Skill Organization	8	1/7	30/7
2	Unit- II 1) Need and importance of 2) Type of Tournament noc: Combination system, Chal 3) Care and maintenance a	10	1/8	30/8
3	Unit - III 1) Definition, scope need : in physical education 2) Principle of management 3) Qualification and quality 4) Gym management (Need, Facilities and Mainta 5) Management of differer National level	10	1/9	30/9
4	Unit - IV 1) Function and importanc 2) Budget, criteria at budg 3) Public relation, Principi at public relation (Printme Mediaauto 4) Sponsorship	12	1/10	30/10

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## Annual Teaching Plan

Department : Physical Education  
 Name of the Teacher : Dr. Dikander  
 Paper Name : Generic Elective Physical Education Practical  
 Paper No. : X  
 Semester : V

Clas : B.A III rd  
 Year : 2015-2016

Chap. No	To	itle
1	Practical Project (any)	
2	Track and filed event	elint thre
3	Cardio VascularEndy (Men/woman)	- 12/9 n
4	Optional games (one 1) Wrestling 2) Badminatn (Fundamental Skill, T rules and regulation )	n game) iques kn
5	Oral, related to all pra about Historical devel measurements, rules a record.	l events ent, grou egulation d

	Expected lectures	Expected Duration	
		from	to
	5	1/7	30/7
	10	1/8	30/8
a Walk	10	1/9	30/9
	20	1/10	30/11
wledge	5	1/12	30/12

**Note :** 1) Uniform is compulsory to the p  
 2) Without uniform recordboo  
 Internal Marks -25 Mar  
 Attendance of Practical F s - 10 Ma  
 Oral (General Sports - K) dge - 10 N  
 Discipline / Behavior - 5 Mar

al periods  
 at allowed to the examination

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Annual Teaching Plan

Department : Physical Education

Class : B . P . U . D

Name of the Teacher : Dr. Desai Sikander

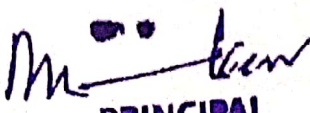
Year : 2015-2016

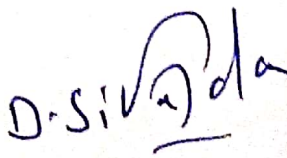
Paper Name : Test Measurement & Psychologi in Physical Edu.& Sport Named

Paper No. : XI

Semester : VI

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit - I</b> 1) Definition of test of measurement 2) Need and importance of test & measurment 3) Principles of test and measurement	10	1/7	30/7
2	<b>Unit- II</b> 1) Construction and classificational test 2) Criteria of hood test 3) Test of physical Fintess ( Hardward street test sargent test AAHPERD yout physical fitness test)	1	1/8	30/8
3	<b>Unit- III</b> 1) Definition nature and scope of sprorts Psychology 2) Learnings process - theories law set larning personality - meaning dimensions and personality of sports - man	10	1/9	30/9
4	<b>Unit - IV</b> 1) Affecting factors in growth and development - Heredity and enviroment 2) Relationship between sports psychology and performance of players	8	1/10	30/10

  
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Annual Teaching Plan

Department : Physical Education  
 Name of the Teacher : Dr. Desai Sikander  
 Name : Heneric Elective Physical Education  
 No. : XII  
 Semester : VI

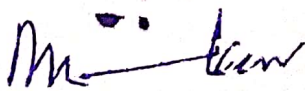
Class : B.A. III rd  
 Year : 2015-2016

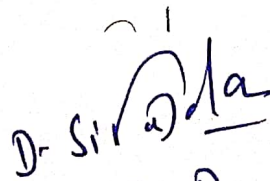
Practical

C	Topic Title	Expected lectures	Expected Duration	
			from	to
	Practical Project (any one) A) Flexibility measures (sit and reacher bend and reach) B) Arm strength (Grip dynamomtor)	5	1/7	30/7
	Track & Field event - High jump	10	1/8	30/8
	Aerobics activities (Minimum to min) men/ women	10	1/9	30/9
	Optional names - one foreign game 1) Volley Ball 2) Hnad ball (Fundamental skills, Techniques, Knowledge of rules and regulation	20	1/10	30/10
	Oral - Related to all practical events (Historical development, ground me. and regulation record and award.	5	1/11	15/11

Note : 1) Uniform is compulsory to all practical periods  
 2) Without uniform and record book is not allowed to the

Internal Marks - 20 marks  
 Attendance of Practical Periods - 10 marks  
 Oral (Heneral sports Knowledge - 10 marks  
 Discipline / Behavior - 5 marks

  
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**Annual Teaching Plan**

Class : PA III  
Year : 2015-2016

Department : Physical Education  
Name of the Teacher : Dr. Desai S. N. & Wawdhane D.P.  
Paper Name : Officiating & Coaching  
Paper No. :  
Semester :

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit - I</b> Officiating in Kabbaddi Officiating in Khokho Officiating in Volley Ball Officiating in Cricket Officiating in Track and Field	10	1/7	30/7
2	<b>Unit- II</b> Ground Management In kabbadi Ground Management in Kho-Kho Ground Management in Volley Ball Ground Management in Cricket	1	1/8	30/8
3	<b>Unit- III</b> Coaching of Basic Skill in Kabaddi Coaching Basic skill in khokho Coaching of Basic Skill in Volley Ball Coaching of Basic Skill in cricket	10	1/9	30/9
4	<b>Unit - IV</b> Coaching for conditioning exercise to coaching for general physical fitness Coaching for motor Fitness Coaching for kids and children's	8	1/10	30/10

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