

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 : Practical
 Paper No. : IV
 Semester : II

Class : B.A. I yr
 Year : 2016


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 skill, / techniques long jump (approachrun, takeoff, air-position and landing.)	10	1/9	30/9
4	Optional Games (any one) 1) Table tennis ii) Gymnastics (Matercille (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	Internalmarks Attendance of practical period of oral (General shorts knowledge)	5	25/10	30/10


 Dr. Anil B. Chidrawar
 Principal

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 H.O.D.

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Annual Teaching Plan

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

Clas : B.A. II nd
 Year 2016

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Unit- I Antomy Cell - structure of cell types and function Tissue - types and functions of verious tissue	8	1/7	31/7
2	Unit - II 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	Unit- III Effect of ever ice on Muscular system Endocrine system Circulatory System Respiratory System	10	1/3	30/9
4	Unit- IV 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

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Department : Physical Education
Name of the Teacher : Dr. Desai S.N. & Wawdhane D.P.
Paper Name : Fitness & Wellness
Paper No. : Physical Education Sec- I
Semester : III

Class : B.A. II nd
Year : 2016


Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Unit- I Fintess trainer conditioning exercise-Aerobic exercise , anarobic Exercise, Isometric-Isotomic & Isokinetic Exercise therapeutics Exercise.	10	1/7	31/7
2	Unit - II Gymtrainer warmul and cooling Down weight-training. Station Training , Settraining strength training, Isokentic training stretching and its type.	12	1/8	30/8
3	Unit - III Lifeguard 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


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Department : Physical Education

Clas : B.A. II nd

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

Year : 2016

Paper Name : Curative Therapies

Paper No. : Physical Education - Sec-II

Semester : IV

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Unit - I Massage Concept type of massage Techniques of massage	12	1/7	31/7
	Massage for body relaxation Massage for disabled people Benefits of Massage	08	1/9	30/8
2	Unit - II Yoga Trainer Training for Paranayama Training for Asana	11	1/9	30/9
	Training for Different Yogic Practices Yoga for Patient Yoga for Posture	11	1/10	30/10
3	Unit - III Acupressure 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	15/11


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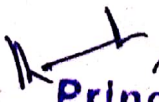
Department : Physical Education
Name of the Teacher : Dr. Desai S.N. & Wawdhane D.P.
Paper Name : Yogic Therapies & Sport Physiotherapy
Paper No. :
Semester : V

Class : B.A. III rd
Year : 2016

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Unit - I Yoga for Diabetic Patients yoga for Hyper and Hypotension yoga for obesity	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 Physiotherapy for disable person	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


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