

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

Department: Physical Education
 Name of the Teacher: Dr. I. S.N. Wavdthane D.P.
 Paper Name: Practical
 Paper No.:
 Semester:

Class: B.A. 1st yr
 Year: 2018

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 / skills Phule for men/women)	8	1/8	31/8
3	Jumping event skill, / techniques	long jump (approach run, takeoff, position and landing.)	10	1/9	30/9
4	Optional Games (any one)	i) Table tennis ii) Chess iii) Manthics (Manthics) (Fundamental Skill) iv) Knowledge of rules and resulation	25	1/10	25/10
5	Recitation Book	All practical events related i) Book History ii) Various Diagrams iii) Names of different fundamental skill in the event iv) Officials	2	25/0	30/10
6	Internal marks	Attendance of practical period of general shorts knowledge)	5	25/10	30/10


 Dr. Anil B. Chidrawar
 Principal

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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

Class : B.A. II nd

Year : 2018

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 Muscullar 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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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- I

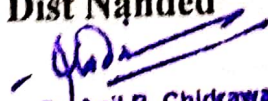
Semester : III

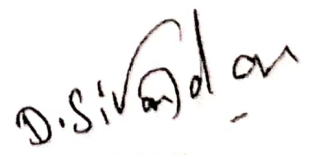
Class : B.A. II nd

Year : 2018

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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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


Class : B.A. III rd

Year : 2018

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 eardiac 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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