


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

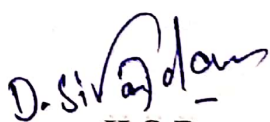
Department : Physical Education  
 Name of the Teacher : Dr. Desai S.N. Wawdhane D.P.  
 Paper Name : Practical  
 Paper No. : IV  
 Semester : II

Class : B.A. I yr  
 Year : 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 /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

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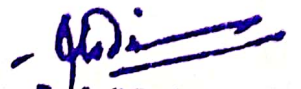
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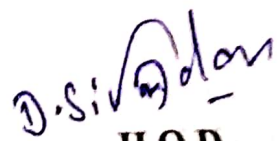
Department : Physical Education  
 Name of the Teacher : Wawdhane Deepak P.  
 Paper Name : Basic Anatomy Physicology and First Aid  
 Paper No. : V  
 Semester : III

Class : B.A. II nd  
 Year : 2013

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

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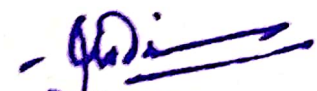
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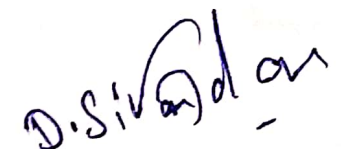
Department : Physical Education  
Name of the Teacher : Dr. Desai S.N. & Wawdhane D.P.  
Paper Name : Fitness & Wellness  
Paper No. : Physical Education Sec- I  
Semester : III

Clas : B.A. II nd  
Year : 2019

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 streetching 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

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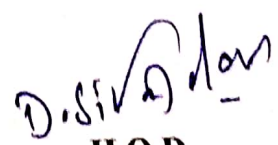
Department : Physical Education  
 Name of the Teacher : Dr. Desai S.N. & Wawdhane D.P.  
 Paper Name : Curative Therapies  
 Paper No. : Physical Education - Sec-II  
 Semester : IV

Class : B.A. II nd  
 Year : 2019

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	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	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 :** Officiating & Coaching

**Paper No. :**

**Semester :**

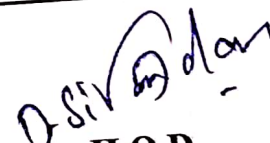
**Clas :** BA LL - 2

**Year :** 2013

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 Managemen 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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