

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


Annual Teaching Plan

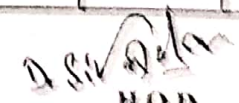
Department : Physical Education
Name of the Teacher : Dr. Desai sikander
Paper Name : History of physical Education
Paper No. : 1
Semester : 1

Class : B.A. I yr
Year : 2021

Chap. No	Topic Title	Expected lectures	Expected Duration	
			From	To
1	Unit - I History 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	Unit - II History Development of stone lustitue 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	12	1/8	31/8
3	Unit - III History and Development of sports 1) Olymic movement 2) Ancientolymic games 3) Modern olympic associations 4) Indianolympic associations 5) Asiangles 6) commonwealth games	12	1/9	30/9
4	Unit - IV Awards in game and sports 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

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Department : Physical Education

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

Clas : B.A. I yr

Paper Name : History of physical Education

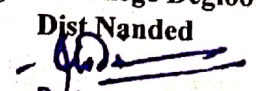
Year : 2021

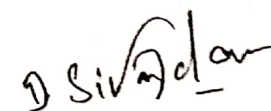
Paper No. : II

Semester : I

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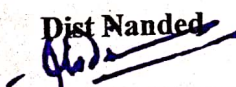
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Department : Physical Education
Name of the Teacher : Dr. Desai Sikandar
Paper Name : Principles of Physical Education
Paper No. : III
Semester : II

Clas : B.A. I yr
Year : 2021

Chap No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Unit - I Principles of physical education 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	Unit -II Biology Basis of Physical Eduation 1) Affecting factors of growth and development 2) Differences in between male and female 3) Benefits exercise underload, normalload, Overload, Training principles.	13	1/8	31/8
3	Unit - III Pychological basis of physical Education 1) Psychlogical 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	Unit - IV Sociological basis of physical Education. 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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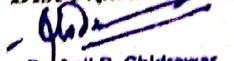
Department : Physical Education
Name of the Teacher : Dr. Desai Sikander
Paper Name : External Practical
Paper No. : VI
Semester : III

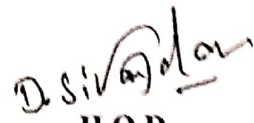
Clas : B.A. II nd
Year : 2021

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

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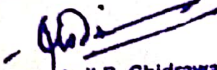
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Department : Physical Education
Name of the Teacher : Dr. Desai S.N. & Wawdhane D.P.
Paper Name : Fitness & Wellness
Paper No. : Physical Education Sec- I
Semester : III

Clas : B.A. II nd
Year : 2021

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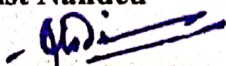
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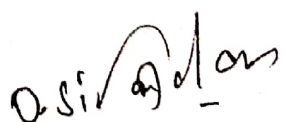
Department : Physical Education
Name of the Teacher : Dr. Desai Sikander
Paper Name : External Pratical
Paper No. : VIII
Semester : IV

Clas : B.A. II nd
Year : 2021

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project Blood Pressure (Mesure low and high B.P.)	5	1/7	30/7
2	Track and fileds event A) Throwing event - Discuss thow (Holding, styles, delivery and recovery) B) Jumping event - Tripple jump (Hop-Step-jump)	8	1/8	30/8
3	Optional Game 1) Cricket 2) Judo (Jundamental Skills Knowledge of rules & Regulations)	10	1/9	30/9
4	Record book- All pratical events related - Introduction, Historical development, grounds inesurement, 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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Department : Physical Education

Clas : B.A. II nd

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

Year : 2021

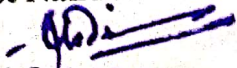
Paper Name : Curative Therapies

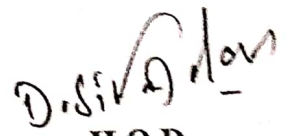
Paper No. : Physical Education - Sec-II

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 Paranyama 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 cupressure 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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Annual Teaching

Department : Physical Education

Name of the Teacher : Dr. Desai Sikander

Paper Name : Organization & Management in Phy. Ed.

Paper No. : IX

Semester : V

Class : B.A. III rd

Year : 2021

Chap No	Topic Title	Expected Lectures	Expected Duration	
			from	to
1	Unit - I 1) Definition , scope need and importance of organization 2) Principle of organization 3) Skill Organization	8	1/7	30/7
2	Unit- II 1) Need and importance of Tournament 2) Type of Tournament knock out system. League system Combination system, Challenges system. 3) Care and maintenance and play field and equipment	10	1/8	30/8
3	Unit - III 1) Definition, scope need and importance of management in physical education 2) Principle of management 3) Qualification and qualities of the good manager. 4) Good management (Need, Facilities and Maintenance) 5) Management of different level tournament (School National level)	10	1/9	30/9
4	Unit - IV 1) Function and importance at financial 2) Budget, criteria at budget, type of budget, 3) Public relation, Principles, Need and importance, at public relation (Printmedia, Electronic Media, Social Media auto 4) Sponsorship	12	1/10	30/10

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Department : Physical Education

Class : B.A. IIIrd

Name of the Teacher : Dr. Desai Sikander

Year : 2021

Paper Name : Generic Elective Physical Education Practical


Paper No. : X

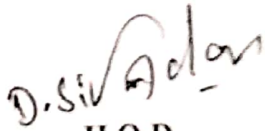
Semester : V

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project (anyone)	5	1/7	30/7
2	Track and filed event - Javelint throw	10	1/8	30/8
3	Cardio VascularEndyrance - 12/9 m. Run Walk (Men/woman)	10	1/9	30/9
4	Optional games (one Indian game) 1) Wrestling 2) Badminaton (Fundamental Skill, Techniques knowledge. Of rules and regulation)	20	1/10	30/11
5	Oral, related to all practical events (Knowledge about Historical development, ground measurements, rules and regulation award record.	5	1/12	30/12

- Note :** 1) Uniform is compulsory to the practical periods
2) Without uniform and recodbook is not allowed to the examination
- Internal Marks -25 Marks
Attendance of Practical Periods - 10 Marks
Oral (General Sports - Knowledge - 10 Marks
Discipline / Behavior - 5 Marks

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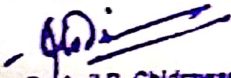
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Annual Teaching Plan

Department : Physical Education
 Name of Teacher : Dr. Desai Sikander
 Paper Name : Test Measurement & Psychology
 Paper : XI
 Semester : VI
 Clas : B.A. III rd
 Year : 2021
 Physical Edu. & Sport Named

Chapter No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Unit - I 1) Definition of test of measurement 2) Need and importance of test & measurement 3) Principles of test and measurement	10	1/7	30/7
2	Unit- II 1) Construction and classificational test 2) Criteria of hood test 3) Test of physical Fintess (Hardward test 4) Urgent test AAHPERD yout physical fitness test)	1	1/8	30/8
3	Unit- III 1) Definition nature and scope of sports psychology 2) Learnings process - theories law set 3) Personality - meaning dimensions and personality of sports - man	10	1/9	30/9
4	Unit - IV 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

Paper Name : Heneric Elective Physical Education Practical

Paper No. : XII

Semester : VI

Clas : B.A. III rd

Year : 2021

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project (any one) A) Flexibility measures (sit and reacher bend and reach) B) Arm strength (Grip dynamomtor)	5	1/7	30/7
2	Track & Field event - High jump	10	1/8	30/8
3	Aerobics activities (Minimum to min) men/ women	10	1/9	30/9
4	Optional names - one foreign game 1) Volley Ball 2) Hnad ball (Fundamental skills, Techniques, Knowledge of rules and regulation	20	1/10	30/10
5	Oral - Related to all practical events (Historical development, ground measurements rules and regulation record and award.	5	1/11	15/11

Note : 1) Uniform is compulsory to the practical periods

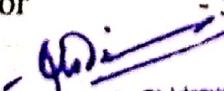
2) Without uniform and record book is not allowed to the

Internal Marks - 25 Marks

Attendance of Practical Periods - 10 Marks

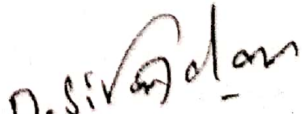
Oral (Heneral sports Knowledge - 10 Marks

Discipline / Behavior - 5 Marks


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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

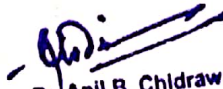
Paper No. :

Semester : V

Clas : B.A. III rd

Year : 2021

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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