

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

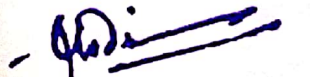
Semester : II

Class : B.A. I yr

Year : 2020

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	Recreational Games (any one) i) Table tennis ii) Gymnastics (Matyercille (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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Department : Physical Education

Name of the Teacher : Wawdhane Deepak P.

Paper Name : Basic Anatomy Physiology and First Aid

Paper No. : V

Semester : III

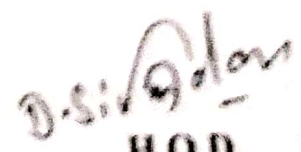
Class : B.A. III rd

Year : 2017-18

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 various 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

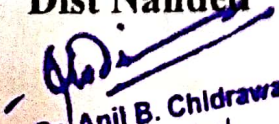
Semester : III

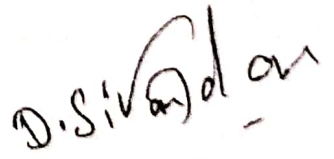
Class : B.A. II nd

Year : 2020

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

Year : B.A. II nd 2020

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

Paper Name : Curative Therapies

Paper No. : Physical Education - 50001

Semester : I

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Unit - I Massage	12	1/7	31/7
	Common type of massage			
	Techniques of massage			
2	Unit - II Yoga Trainer	11	1/9	30/9
	Training for Paranyama			
	Training for Asana			
3	Unit - III Acupressure	8	1/11	15/11
	Type of acupressure			
	Points of Acupressure			
	Acupressure for upper body extremities			
	Acupressure for/lower body extremities			
	Precautions of acupressure			
	Benefit of acupressure			

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Department : Physical Education

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

Paper Name : Officiating & Coaching

Paper No. :

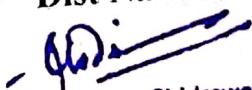
Semester :

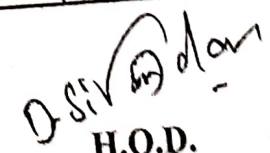
Clas : BA IIIrd

Year : 2020

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Unit - I Officiating in Kabbaddi Officiating in Khokho Officiating in Volley Ball Officiating in Cricket Officiating in Track and Field	10	1/7	30/7
2	Unit- II Ground Management In kabbadi Ground Management in Kho-Kho Ground Management in Volley Ball Ground Management in Cricket	1	1/8	30/8
3	Unit- III 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	Unit - IV 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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