

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

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

Class : B.A. 1 yr
 Year : 2021

Slp. 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 skil, / techniques long jump (approachrun, takeoff, air-position and landing.)	10	1/9	30/9
4	Optional Games (any one) i) Table tennis ii) Gymmanthics (Mateyercille (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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Degloor College Degloor
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(Signature)
 Dr. Anil B. Chidrawar
 Principal
 A.V. Education Society's
 Degloor College, Degloor.

(Signature)
H.O.D.
Physical Education Department
Degloor College Degloor

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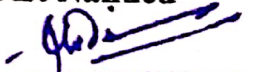
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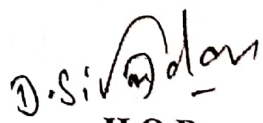
Department : Physical Education
Name of the Teacher : Wawdhane Deepak P.
Paper Name : Basic Anatomy Physiologicaly and First Aid
Paper No. : V
Semester : III

Clas : B.A. II nd
Year : 2021

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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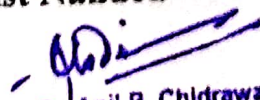
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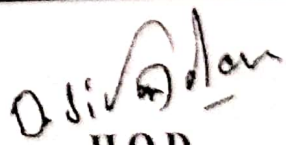
Department : Physical Education
Name of the Teacher : Desai S.N. & Wawdhare D.P.
Paper Name : Fitness & Diet
Paper No. : VII
Semester : IV

Class : B.A. II nd
Year : 2021

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Unit- I Fintess Definition and concept of fitness, need and importance of, Fitness, Physical, mental social fitness.	10	1/7	31/7
2	Unit - II Body Posture Postur- Definition, meaning concept, need and importance It's significiant and Benefits type of posture Postural deformities (Kl/phosis, Lordosis, Scoliosis, knock - kne Bowlegs flatfoot) cause and remedies of postural Deformities	10	1/8	30/8
3	Unit - III Diet Definition need and impotance of diet forhealth, components of Balance diet (Carobhydrates, Fats, Protenis, Minerals, Vitamins, Water)	8	1/9	30/9
4	Unit - IV Concept of nutrition, dietary aids calorie intake and expenditure energy balance Eating disorder.	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 : Officiating & Coaching

Paper No. :


Semester :

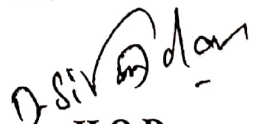
Clas : B.A.T.T. 82

Year : 2021

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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