

Curriculum Planning Of
Prof. Shova Barman
Department of Physical Education
Session:-2022-2023 (January-May)

Month		Paper	Unit Title	Sub-Topic/s	No. of Class	Description
January	2 nd sem	CC1B (Theory)	Unit 1 Introduction	2.1 Purpose of Sports Management	6	5 Classroom Lecture, 1 Previous Year Question Solved.
		lab Practical				
		CC1B Field Practical	field event	Lay out knowledge	6	2 Classroom Lecture and and 4 Practices.
	4 th sem	CC1D (Theory)	Unit 1 Introduction	2.1 School Health Program	5	5 Class Room lectures
		CC1D lab Practical	LAB PRACTICAL	Practical application of cryotherapy	2	1 Classroom Lecture, 1 Practices.
		SEC 2 Field Practical	GYMNASTICS	Forward Roll with Split leg	4	1 Classroom Lecture, 3 Practices.
	6 th sem	DSE2 (Theory)	Unit 2 Learning	3.1 Learning curve: Meaning and Types.	3	2 Classroom Lecture, 1 Previous Year Question Solved.
		CC1B lab Practical	Measurements in Pe. Edu.	Reaction time, distance perception	4	2 Classroom Lecture, 2 Practices.
		SEC4 Field Practical	Ball games	Hand ball	6	1 Classroom Lecture, 5 Practices.

Month		Paper	Unit Title	Sub-Topic/s	No. of Class	Description
February	2 nd sem	CC1B (Theory)	Unit 3 Facilities and Equipment's	Care and maintenance of play ground	4	2 Classroom Lecture and 2 Practice.
		lab Practical				
		CC1B Field Practical	Field Practical	knowledge and Officiating ability(Kabaddi)	5	1 Classroom Lecture, 2 Practices and 2 Officiating
	4 th sem	CC1D (Theory)	Unit 3 Motor Fitness and Wellness	Ageing- Physical activities and its importance	4	3 Classroom Lecture & 1 Previous Year Question Solved.
		CC1D lab Practical	Bandages	Roller Bandages Simple spiral, Reverse spira etc.	4	1 Classroom Lecture, 3 Practices.
		SEC 2 Field Practical	Pranayama	Bhamari , Anulamvilom	3	1 Classroom Lecture, 2 Practices.
	6 th sem	DSE2 (Theory)	Unit 4 Stress and Anxiety	Causes of Stress.	2	2 Classroom Lecture.
		CC1B lab Practical	Measurements in Pe. Edu.	Hand and eye co-ordination	2	1 Classroom Lecture, 1 Practices.

		SEC4 Field Practical	Ball games	Hand Ball	8	2 Classroom Lecture, 6 Practices.
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March	2 nd sem	CC1B (Theory)	Unit 3 Facilities and Equipments	4.1 Time Table	4	3 Classroom Lecture & 1 Previous Year Question Solved.
		lab Practical				
		CC1B Field Practical	Games	Foot Ball	8	1 Classroom Lecture, 7 Practices.
	4 th sem	CC1D (Theory)	Unit 3 Motor Fitness and Wellness	Relationship between Physical activities and Wellness	6	4 Classroom Lecture & 1 Previous Year Question Solved.
		CC1D lab Practical	First aid practical	Slings(arm, collar & cuff)	3	1 Classroom Lecture, 1 Practices & 1 PPT.
		SEC 2 Field Practical	GYMNASTICS	Neck Spring	4	1 Classroom Lecture, 3 Practices.
	6 th sem	DSE2 (Theory)	Unit 3 Psychological Factors	4.1 Role of physical activities in the development of personality	3	2 Classroom Lecture & 1 Previous Year Question Solved.
		lab Practical				
		SEC4 Field Practical	Ball games	Rules and their interpretation and duties of officials.	8	1 Classroom Lecture, 7 Practices.

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April	2 nd sem	CC1B (Theory)	Unit 4 Leadership	Hierarchy of leadership in school collage and university	2	1 Classroom Lecture & 1 Previous Year Question Solved.
		lab Practical				
		CC1B Field Practical	Games	Volleyball	7	1 Classroom Lecture with PPT, Practices 5 .
	4 th sem	CC1D (Theory)	Unit 2 Health Problems in India	4.1 Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.	4	4 Classroom Lecture with PPT.
		CC1D lab Practical	First aid practical	Practical application	8	2 Classroom Lecture, 7 Demonstration and

				Massage Therapy		Practices.
		SEC 2 Field Practical	Yoga	Prone Positions	8	2 Demonstration and 6 Practices.
	6 th sem	DSE2 (Theory)	Unit 4 Stress and Anxiety	Anxiety meaning definition types >Revision	6	5 Classroom Lecture 1 Previous Year Question Solved.
		CC1B lab Practical	Lab Practical	Assessment of SCATS	4	1 Classroom Lecture, 1 Demonstration and 2 Practices.
		SEC4 Field Practical	Ball games	Practice on student demand (Throwball)	5	1 Classroom Lecture, 2 Demonstration and 2 Practices.
Month		Paper	Unit Title	Sub-Topic/s	No. of Class	Description
May	2 nd sem	CC1B (Theory)	Unit 2 Tournaments	Method of organising Annual Athletic Meet and Play Day	6	5 Classroom Lecture 1 Previous Year Question Solved.
		lab Practical				
		CC1B Field Practical	Games	Kabaddi (officiating)	6	3 Classroom Lecture, 3 Demonstration
	4 th sem	CC1D (Theory)	Unit 1 Introduction	Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).	3	2 Classroom Lecture 1 Previous Year Question Solved.
		CC1D lab Practical	First aid practical	Figure of Eight, Spica	6	6 Classroom Lecture, on hand Practice.
		SEC 2 Field Practical	Asanas Inverted Position	Sarbangasana	6	1 Classroom Lecture, 3 Demonstration and 2 Practices.
	6 th sem	DSE2 (Theory)	Unit 2 Learning	Theories of learning and Laws of learning	3	2 Classroom Lecture 1 Previous Year Question Solved.
		CC1B lab Practical	Measurements of Reaction Time.	Practice (Remedial class)	3	1 Classroom Lecture, 2 Demonstration and Practices.
		SEC4 Field Practical	Ball games	Handball Practice and Officiating	6	1 Classroom Lecture, 2 Demonstration and 3 Practices.

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Signature of the Teacher

**Curriculum Planning
Of
Prof. Shova Barman
Department of Physical Education
Session:-2022-2023 (July-December)**

Month	Paper	Unit Title	Sub-Topic/s	No. of Class	Description
July	CC1A (Theory)	Introduction	Importance of Physical Education.	4	3 lectures, 1 Learn and demonstrate the technique
November	CC1A (Theory)	Modern concept of Physical Education	Historical development of Physical Education and Sports in India-Post Independence period.	8	4 lectures with PPT, 1 Track Marking and Practice.
August	CC1B (Theory)	Concept and sports management.	Method of organising Annual Athletic Meet and Play Day.	3	2 lectures, rules regulation and game practice.
September	CC1B (Practical)	Lay out knowledge and officiating ability.	Care and maintenance of play ground.	3	Lay out knowledge and officiating ability, Kho-Kho
August	CC1C (Practical)	Lab Practical	Assessment of Heart rete, Blood Pressure Respiratory Rate.	4	4 Classroom Lecture Hands and practice.
August	CC1C (Theory)	Circulatory System	Blood pressure, Athletic Heart and Bradycardia.	4	4 Classroom Lecture .
July	SEC1 (Practical)	Field events	High jump, straddle roll, approach run, take-off, bar clearance and landing.	4	3 lectures and hands on practice. 1 Previous Exam. Paper Solving session and Final Sheet signature.
August	CC1D (Theory)	Motor Fitness and Wellness	Components of Physical Fitness- Health and Performance related Physical Fitness.	3	3 Classroom Lecture.
September	CC1D (Practical)	Health and first-aid Management	Practical application of cryotherapy.	3	3 lectures and hands on practice.
July	SEC2 (Practical)	Gymnastics	Forward Roll with split Leg.	2	2 Demonstration
September	SEC2 (Practical)	Pranayama	Kapalbhati, Bhrmri, Anulam Vilom	3	2 lectures, 1 Practice.
November	DSE1 (Theory)	Training Load and Adaptation	Over load-Meaning, Causes, symptoms and Tackling of over load	1	1 Lecture.
August	DSE1 (Theory)	Field Practical	Practical Experience of Weight Training and Circuit Training.	1	1 Lectures with PPT.
September	SEC3 (Practical)	Fundamental Skills	Game practice with application of rules and Regulations.	3	1 Lectures with PPT.
November	SEC3 (Practical)	Badminton	Basic Knowledge Various parts of the racket and Grip.	1	1 Lectures and 1 Practice whit Racket.
December	DSE2	Stress and Anxiety	Management of	3	3 Lectures.

	(Theory)		Stress and Anxiety through physical activity and sports.		
September	SEC4 (Practical)	Fundamental Skills	Goal Keeping: Collection of Ball, Ball clearance-kicking, throwing and deflecting.	1	1 Game Practice.
November	SEC4 (Practical)	Handball	Rules and their interpretation and duties of officials.	2	2 Officiating.

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Signature of the Teacher