

## **TENTATIVE TEACHING PLAN (SEMESTERS)**

*SESSION: 2025-26*

*Name of the Teacher: Satish Kumar*

*Deptt: Physical Education*

*Subject/Course: History and Foundation of Physical Education*

*Programme: B.A. SEM-I*

*Semester: I<sup>st</sup>*

*Course Type: Major*

<i>Sr. No</i>	<i>Name of Topic</i>	<i>Tentative Dates/Days</i>
1.	<ul style="list-style-type: none"><li>➤ Meaning and definition of Physical Education</li><li>➤ Relationship of Physical Education with Health and General Education</li><li>➤ Aim and Objectives Physical Education</li><li>➤ Scope of Physical Education.</li><li>➤ Need of Physical Education in modern society.</li><li>➤ Misconceptions regarding Physical Education.</li><li>➤ Physical Education as Arts or Science</li></ul>	<i>Aug 01, 2025 to Aug.31,2025</i>
2.	<p>History of Physical Education in India:</p> <ul style="list-style-type: none"><li>➤ Physical Education during Indus Valley Civilization (3250 BC – 2500 BC)</li><li>➤ Physical Education during Vedic period (2500 BC – 600 BC)</li><li>➤ Physical Education during Early Hindu Period(600 BC – 320 A.D)</li><li>➤ Physical Education during Later Hindu Period(320 A.D – 1000 A.D)</li><li>➤ Physical Education during Medieval Period (1000 A.D – 1757 A.D)</li><li>➤ Physical Education during British Period (Till 1947)</li><li>➤ Physical Education during After Independence</li></ul>	<i>Sept.01,2025 to Sept. 30,2025</i>
3.	<ul style="list-style-type: none"><li>➤ Biological Basis of Physical Education:</li><li>➤ Meaning of Growth and Development</li><li>➤ Meaning of Chronological Age, Anatomical age, Physiological age and Mental age</li><li>➤ Principles of Growth and development</li><li>➤ Difference between Growth and development</li><li>➤ Factor affecting Growth and development</li><li>➤ Growth and Development at various Levels of Childhood: Pre -Adolescence – Adolescence – Adulthood.</li></ul>	<i>Oct. 01,2025 to Oct. 31, 2025</i>
4.	<p>Career opportunities in Physical Education and Sports:</p> <ul style="list-style-type: none"><li>➤ Qualifications and responsibilities of Physical Education and Sports Professionals at various levels of educational institutions.</li><li>➤ Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others</li><li>➤ Qualifications and responsibilities as sports Event Managers,Technical Officials, Researcher and others</li><li>➤ Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance &amp; Recreation Clubs in Corporate Sectors and others.</li><li>➤ Qualifications and responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts</li><li>➤ Career opportunities in various Central Govt, State Govt., Private Organizations and others</li><li>➤ Career opportunities in Manufacturing and Marketing sectors.</li><li>➤ Entrepreneur's opportunities in Physical Education and Sports.</li></ul>	<i>Nov 01, 2025 to Dec01, 2025</i>

*Satish Kumar*

*Assistant Prof. of Physical Education*

### **TENTATIVE TEACHING PLAN (SEMESTERS)**

SESSION: 2025-26

Name of the Teacher: K. Sheokand & Randhir Singh

Deptt: Physical Education

Subject/Course: Fundamentals of Physical Education

Programme: BSC/BCOM/BBA

Semester: I<sup>st</sup>

Course Type: MDC

Sr. No	Name of Topic	Tentative Dates/Days
1.	<ul style="list-style-type: none"><li>➤ Meaning and definition of Physical Education</li><li>➤ Relationship of Physical Education with Health and General Education</li><li>➤ Aim and Objectives of Physical Education</li><li>➤ Professional Courses in Physical Education and Sports.</li><li>➤ Need of Physical Education in modern society.</li><li>➤ Misconceptions regarding Physical Education.</li><li>➤ Physical Education as Arts or Science</li></ul>	Aug 01, 2025 to Sept 15, 2025
2.	<ul style="list-style-type: none"><li>➤ Meaning of Growth and Development</li><li>➤ Meaning of Chronological Age, Anatomical age, Physiological Age and Mental age</li><li>➤ Principles of Growth and development</li><li>➤ Difference between Growth and development</li><li>➤ Factors affecting Growth and development</li><li>➤ Growth and Development at various Levels of Childhood:</li><li>➤ Pre - Adolescence – Adolescence – Adulthood.</li></ul>	Sept.16, 2025 to Oct.31, 2025
3.	<ul style="list-style-type: none"><li>➤ Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions.</li><li>➤ Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others</li><li>➤ Qualifications and responsibilities as sports Event Managers, Technical Officials, Researchers and others</li><li>➤ Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance &amp; Recreation Clubs in Corporate Sectors and others.</li><li>➤ Qualifications and responsibilities of Sports Journalists, Commentators, Sports Photographers and Video Analysts</li><li>➤ Career opportunities in various Central Govt, State Govt., Private Organizations and others</li><li>➤ Career opportunities in Manufacturing and Marketing sectors.</li><li>➤ Entrepreneur opportunities in Physical Education and Sports.</li></ul>	Nov. 01, 2025 to Dec 01, 2025

K. Sheokand

Extension Lecturer of Physical Education

### ***TENTATIVE TEACHING PLAN (SEMESTERS)***

*SESSION: 2025-26*

*Name of the Teacher: Satish Kumar*

*Department: Physical Education*

*Subject/Course: Exercise Physiology*

*Programme: B.A*

*Semester: 3rd*

<i>Unit</i>	<i>Name of Topic/Contents</i>	<i>Tentative Dates/Days</i>
1.	Introduction of Exercise Physiology Meaning of Exercise Physiology, Anabolism, Catabolism and Metabolism Importance of Exercise Physiology in Physical Education Types of muscular Contractions. Isometric, Isotonic and Isokinetic Meaning of Body Composition, Components of Body Composition Effect of Exercises on the body composition. Mechanism of Breathing Diffusion of Gases: Exchange of Gases in the Lungs and Exchange of Gases in the Tissues Effect of exercises and training on the respiratory system	<i>Aug 01, 2025 to Aug.31,2025</i>
2.	Muscular System and Exercise Gross Structure of the Skeletal Muscle Functions of Muscular system Properties of slow-twitch and fast-twitch muscle fibres Meaning of Aerobic Activity, Anaerobic Activity, Muscle Tone, Muscle Hypertrophy and Atrophy. Effect of exercises and training on the muscular system	<i>Sept.01,2025 to Sept. 30,2025</i>
3.	Cardiovascular System and Exercise Meaning and functions of Cardiovascular System Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood pressure and Cardiac Hypertrophy Conduction System of the Heart Blood circulation in the Heart, Blood Supply to the Heart Effect of exercises and training on the Cardio vascular system.	<i>Oct. 01,2025 to Oct. 31, 2025</i>
4.	Respiratory System and Exercise: Meaning of Lung Volumes Inspiratory Reserve Volume, Expiratory reserve volume, Tidal Volume and Residual Volume Meaning of Lung capacities. Total Lung Capacity, Inspiratory Capacity, Vital Capacity and Functional Residual Capacity Mechanism of Breathing Diffusion of Gases: Exchange of Gases in the Lungs and Exchange of Gases in the Tissues	<i>Nov 01, 2025 to Dec01, 2025</i>

*Satish Kumar*

*Assistant Prof. of Physical Education*

***TENTATIVE TEACHING PLAN (SEMESTERS)***

*SESSION: 2025-26*

*Name of the Teacher: K Sheokand*

*Deptt: Physical Education*

*Subject/Course: Basics of Naturopathy*

*Programme: B.Com/BBA/BCA*

*Semester: 3<sup>rd</sup>*

*Course Type: MDC*

<i>Sr. No</i>	<i>Name of Topic</i>	<i>Tentative Dates/Days</i>
<i>1</i>	Introduction of Naturopathy <ul style="list-style-type: none"><li>• Meaning and Definition of Naturopathy</li><li>• Philosophy of Naturopathy</li><li>• Principles of Naturopathy</li><li>• Misconceptions about Naturopathy,</li><li>• Relationship of Naturopathy with Yoga</li></ul>	Aug 01, 2025 to Sept 15,2025
<i>2</i>	Mudtherapy <ul style="list-style-type: none"><li>• Meaning and Definition of PrithviTatva.</li><li>• Principles of Mudtherapy.</li><li>• Importance of PrithviTatva.</li><li>• Different techniques of Mudtherapy and their benefits.</li><li>• Uses of Mudtherapy in different illness.</li></ul>	Sept.16,2025 to Oct.31,2025
<i>3</i>	Hydrotherapy <ul style="list-style-type: none"><li>• Meaning and Definition of Jal Tatva.</li><li>• General Principles of Hydro-therapy</li><li>• Importance of Jal Tatva.</li><li>• Different techniques of Hydrotherapy and their benefits</li><li>• Uses of Hydrotherapy in different illness</li></ul>	Nov. 01,2025 to Dec 01, 2025

*K Sheokand*

*Extension Lecturer of Physical Education*

## **TENTATIVE TEACHING PLAN (SEMESTERS)**

*SESSION: 2025-26*

*Name of the Teacher: Dr. Krishan Sheokand*

*Department: Physical Education*

*Subject/Course: Sports Training*

*Programme: B.A*

*Semester: 5<sup>th</sup>*

<i>Unit</i>	<i>Name of Topic/Contents</i>	<i>Tentative Dates/Days</i>
1.	Sports Training <ul style="list-style-type: none"><li>● Meaning and Definition.</li><li>● Need for and importance of Sports Training.</li><li>● Scope of Sports Training and its types.</li><li>● Principles of Sports Training.</li><li>● Training load meaning, Load and Adaptation, Types of Training Load, Principles of training Load.</li></ul>	<i>Aug 01, 2025 to Aug.31,2025</i>
2.	Method of Sports training <ul style="list-style-type: none"><li>● Principles of Sports Training: overload specificity, progression, and individuality.</li><li>● Stretching: Types (static, dynamic) and principles.</li><li>● Warming-up and cooling Down: Meaning and Definition and its Importance.</li><li>● Weight Training, Circuit Training, interval Training, Fartlek training plyometric training, continues method training.</li></ul>	<i>Sept.01,2025 to Sept. 30,2025</i>
3.	Planning <ul style="list-style-type: none"><li>● Introduction, Principles and types of training plan</li><li>● Periodization: Introduction, types their aim and Contents</li><li>● Talent Identification: pre requisites and Conditions for Developing suitable Young Athlete,</li><li>● Principles of early recognition of Athlete Talent</li></ul>	<i>Oct. 01,2025 to Oct. 31, 2025</i>
4.	Psychological Preparation <ul style="list-style-type: none"><li>● Introduction, Psychological preparation of teams and individual sports.</li><li>● Technical training: Introduction of Technique, Tactics, Strategy, Skill Style, Development of Technique, and Tactics</li><li>● Environmental Factors: importance and role of Environmental factors for Sports performance.</li><li>● Recovery: Introduction, Phase, mean of recovery and its importance in the sports performance</li></ul>	<i>Nov 01, 2025 to Dec01, 2025</i>

*K Sheokand*

*Extension Lecturer of Physical Education*