

**Teaching Plan of Even Semester (2<sup>nd</sup>, 4<sup>th</sup> & 6<sup>th</sup>)**

**Department of Physical Education**

**B.A. General (Morning Shift)**

**Session-2022-2023**

(Term -1: Commencement of classes to 1<sup>st</sup> Internal Examination.

Term -2: 1<sup>st</sup> Internal to 2<sup>nd</sup> Internal Examination.

Term-3 : 2<sup>nd</sup> Internal to ESE Preparatory break.)

**Name of the Teacher –Smt. Banashree Rout & Writtam Pradhan**

**Syllabus distribution and Teaching Plan of 2<sup>nd</sup> Semester**

Paper –DSC 2BT

Topic Name-Sports Management in Physical Education

Term-1: (Total -12 Lectures)

Lecture-1: Concept of Sports Management.

Lecture-2: Importance of Sports Management

Lecture-3: Definition of Sports Management and required Competencies of Sports Management.

Lecture- 4: Principle of Sports Management.

Lecture-5: Sports Manager and his duties.

Lecture- 6: Personal Qualities of Sports Manager.

Lecture-7: Qualifications of Sports Manager with other staff

Lecture-8: Meaning and Definition of Tournament.

Lecture-9: Importance and Types of Tournament.

Lecture-10: Procedure of Drawing Fixture.

Lecture-11: Fixture in single knock –out and Double Knock-out Tournament.

Lecture-12: League of Round Robin and Combination and challenge Tournament.

Term –II ( Total-12 Lectures)

Lecture-1: Annual Athletic meet and Play Day.

Lecture-2: Organizing of Intramural Competition

Lecture-3: Extramural Competition.

Lecture-4: : Importance and of Intramural Extramural Competition.

Lecture-5: Standard Athletic Track Marking.

Lecture -6: Maintenance of play Ground and Gymnasium.

Lecture-7: Care and Maintenance of Sports Equipment.

Lecture -8: Importance of Sports Equipment.

Lecture-9: Time Table Management.

Lecture-10: Need and Importance of Time Table.

Lecture-11: Factors of Time Table.

Lecture-12: Facilities and Equipment Management.

Term –III (Total-7 Lectures)

Lecture-1: Leadership and Management

Lecture-2: Importance of Leadership.

Lecture-3: Leadership Style and Method

Lecture-4: Qualities of a good Leader.

Lecture-5: Forms and Types Leadership

Lecture-6: Principles of Leadership Activities.

Lecture-7: Qualities of Teacher of Physical Education as Leader.

## **Syllabus distribution and Teaching Plan of 4<sup>th</sup> Semester**

**Session-2022-2023**

Paper –DSC 4DT

Topic Name-Health Education & Physical Fitness and wellness

Name of the Teacher–Smt. Banashree Rout & Writtam Pradhan

### Term-1: (Total -12 Lectures)

- Lecture-1: Concept and Definitions of Health.
- Lecture-2: Dimension and Definition of Health Education.
- Lecture-3: Objective and Principle of Health Education.
- Lecture-4: Activities of Health Agencies-(WHO, UNESCO & UNICEF)
- Lecture-5: School Health Programmed.
- Lecture-6: Components and Scope of School –Health Service.
- Lecture-7: Factors of School Health Programmed.
- Lecture-8: Nature of Health Instruction.
- Lecture-9: Healthful School Living or Health Supervision.
- Lecture-10: Personal Hygiene and Health Record.
- Lecture-11: Prevention and control of Communicable Disease.
- Lecture-12: Classification of Disease.
- Lecture-13: Communicable Diseases (Malaria, Dengue, Chicken-pox, Diarrhea)
- Lecture-14: Hypo kinetic Disorder (Obesity, Diabetes, Asthra)

### Term-II (Lecture-13)

- Lecture-1 : Nutrition requirements for daily living.
- Lecture-2: Basic Constituents of food.
- Lecture-3: Preparation and Planning of Balance diet
- Lecture-4: Health deficiency of Protein, Vitamins and Minerals.
- Lecture-5: Causes and Corrective exercise of Postural Debormities.
- Lecture-6: Physical Fitness.
- Lecture-7: Importance of Physical Fitness.
- Lecture-8: Component of Physical Fitness.
- Lecture-9: Health Related and Performance related Physical Fitness.
- Lecture-10: Components of wellness.
- Lecture-11: Relationship between Physical Activities and Wellness.
- Lecture-12 : Ageing Phenomenon.
- Lecture-13: Exercise in Ageing Period.

### Term-II (Lecture-6)

- Lecture-1: General Idea about First aid Qualities and Responsibility.
- Lecture-2: Qualities and Responsibility First aider
- Lecture-3: Some Processes of First Aid and their application (sprain, strain, Fracture, Dislocation and Wound.
- Lecture-4: Management of Sports injury through the application Hydro-therapy and thermo therapy.
- Lecture-5: Healing of Sports injuries through exercise.
- Lecture-6: Massage Therapy.

**Syllabus distribution and Teaching Plan of 6<sup>th</sup> Semester  
Session-2022-2023**

Paper –DSE2

Topic Name-Sports Training.

Name of the Teacher –Smt. Banashree Rout & Writtam Pradhan

Term-1: (Total -12 Lectures)

Lecture-1: What is Sports Training.

Lecture-2: Characteristics of Sports Training.

Lecture -3: Principle of Sports Training and conditioning.

Lecture-4: Briefly explanation and Importance of Sports Training.

Lecture-5: Sports Training and its aims.

Lecture-6: Classification of warming up.

Lecture-7: Warming up and Conditioning the relationship of Sports.

Lecture-8: General Guidelines that govern the warming up Programmed.

Lecture-9: Physiological Basis of warming up.

Lecture-10: Cooling Down.

Lecture-11: Free Hand Stretching Exercise for warming up and Cooling Down.

Lecture-12: Conditioning and warming up and also celebrate their role in games and sports.

Term-II: (Total -13 Lectures)

Lecture-1:- Various Sports Training Methods.

Lecture-2: The purpose of internal Training

Lecture-3: The Advantages of internal Training.

Lecture-4: Planning of circuit Training Method.

Lecture-5: Weight Training Method.

Lecture-6: Golden rules of weight Training.

Lecture-7: Process of Periodization.

Lecture-8: Cycles of Periodization.

Lecture-9: Types and factors of Training Load.

Lecture-10: Components of Training Load.

Lecture-11: Causes and Symptoms of over Load.

Lecture-12: Tackline of over Load.

Lecture-13: Conditions of Adaptation.

Term-III(Total Lecture-)

Lecture-1: Strength Development

Lecture-12: Development of Maximum Explosive and Endurance.

Lecture -3: Factors influencing is highly specific.

Lecture-4: Development of speed is highly specific.

Lecture-5: Principles of speed Improvement.

Lecture-6; Flexibility Training and Flexibility Exercises.

Lecture-7 ; Types of Endurance development.

Lecture-8: Methods of Endurance development.