

Department of Physical Education

Curriculum Teaching Plan

2021-2022

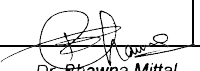
Major Subject

Minor Subject

Old courses in physical education

Major Subject

Programme: BA(Certificate)	Year: First	Semester: First
Name of Faculty: Dr. Bhawna Mittal		
Course Title: Elements Of Physical Education	Credits: 4	
Course Code: E020101T	Core –Major Subject	
Max. Marks: 25+75	Theory	
Course Outcome: <ul style="list-style-type: none">• Wide concept of subject.• General concept of good health and wellness.• Promote healthy way of living.• Make fitness and health plan.• Introduction about development of physical education in India.• Teaches about sociological concept of physical education.		
Unit	Topics	No. of Lectures: 60
I	Ancient Wisdom in Physical Education, Sports and yoga: <ul style="list-style-type: none">·Patanjali yoga sutra.·GhrandSanhita Introduction: <ul style="list-style-type: none">· Meaning, definition and concept of physical education.· Scope, aim and objective of Physical education.· Importance of Physical education in Modern era.· Relationship of physical education with general education	07
II	Sociological Foundation: <ul style="list-style-type: none">· Meaning, Definition and importance of sports Sociology· Culture and sports· Socialization and sports· Gender and sports.	07
III	History: <ul style="list-style-type: none">· History and development of Physical education in India: pre- and post independence.· History of physical education in ancient Greece, Rome and Germany.· Eminent person of physical education, awards, schemes	06


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IV	Olympic Games , Asian Games and Commonwealth Games: ·Olympics Movement: Ancient Olympic, modern Olympic, Revival, aim, objectives, spirit, torch, flag, motto, opening and closing ceremonies. ·Asian Games. ·Commonwealth Games.	08
V	Health Education: ·Meaning, Definition and Dimensions of Health. ·Meaning, Definition objectives, Principals and importance of Health Education. ·Role of Different Agencies in Promoting Health (WHO, UNICEF). ·Meaning of Balance Diet and Nutrition and its elements. ·Health and drugs	08
VI	Wellness's Life Style ·Importance of wellness and life style. ·Role of Physical Activity Maintaining Healthy Life Style. ·Stress Management. ·Obesity and Weight Management. ·Prevention of Disease through Behavioral Modifications.	08
VII	Fitness : ·Meaning & Definition and types of fitness ·Component of physical fitness ·Factor affecting physical fitness ·Development and maintenances of fitness	08
VIII	Posture: <ul style="list-style-type: none"> • Meaning, Definition of Posture. • Importance of Good Posture. • Causes of Bad Posture. • Postural Deformities (causes and remedial exercise). • Fundamental Movements of Body Parts • Anatomical standing position. 	08

Suggested Readings:

Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.


- Dynamics of fitness. Madison: W.C.B Brown.
- General methods of training. by - Hardayal Singh
- Giam, C.K &The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book. Mcglynn, G., (1993)
- Kamlesh M.L., “Physical Education, Facts and foundations”, Faridabad P.B. Publications. 7. Krishana Murthy V. and Paramesara Ram, N. “Educational Dimensions of Physical. Education”, 2nd Revised edition, Print India, New Delhi 1990.
- Methodology of training. by – Harre
- Ravanes R.S., “Foundation of Physical Education”, Houghton Millin Co. Boston USA (1978)
- Science of sports training. by - Hardayal Singh
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
- Track & Field. by – Gerhardt schmolinsky, Leipzig college of physical

culture (DHFK)

Teaching method-

- **Lecturer in Theory papers with ICT Tools.**
- **Models and charts used as teaching aids.**
- **Mentor-Mentee sessions for weak students.**
- **Remedial classes for revision the topics.**
- **Demonstration method, project method and blended method in practical.**
- **Continuous evolution through internals.**

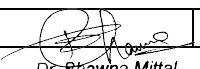
Programme: BA I(certIFICATE)	Year: first	Semester: first
Name of Faculty: Dr. Bhawna Mittal		
Course Title-Fitness and yoga	Credits: 2	
Course Code: E020101P	Core Major subject	
Max. Marks: 25+75	Practical	
Course Outcome: <ul style="list-style-type: none">• Learn about yoga.• Learn about the physical fitness.• Knowledge about Aerobics and Gymnasium.• Basic knowledge about diet chart and BMI.• Practical knowledge about yogasanas.		
Unit	Topics	No. of lecturer-30
Part -A		
I	Learn and demonstrate the techniques of warm-up, general exercise and cooling down <input type="checkbox"/> Lean and demonstrate physical fitness through aerobic, circuit training and calisthenics. <input type="checkbox"/> Diet chart & measurement of BMI	15
Part -B		
II	INTRODUCTION OF YOGA: <ul style="list-style-type: none">●Historical aspect of yoga.●Definition, types scopes & importance of yoga.●Yoga relation with mental health and value education.●Yoga relation with Physical Education and sports. ASANAS: <ul style="list-style-type: none">●Definition of Asana, differences between asana and physical exercise.●Suraya-namaskar, Bhujang asana, Naukasana, Halasana, Vajrasana, Padmasana, Shavasana, Makrasana,Dhanurasana, Tad asana. PRANAYAMA: <ul style="list-style-type: none">●Difference and classification of pranayama.●Difference between pranayama and deep	15


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	breathing. ●Anulom, Vilom	
<p>Suggested Readings: ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A. 2. Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA) 3. Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA. 4. Flyod, P.A.,S.E. MimmsandC.Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.</p>		
<p>Teaching method-</p> <ul style="list-style-type: none"> ● Lecturer in Theory papers with ICT Tools. ● Models and charts used as teaching aids. ● Mentor-Mentee sessions for weak students. ● Remedial classes for revision the topics. ● Demonstration method, project method and blended method in practical. ● Continuous evolution through internals. 		

Minor Subject

Programme: (Certificate)	Year: First	Semester: First
Name of Faculty: Dr. Bhawna Mittal		
Course Title: Health Personal and Environment	Credits: 4	
Course Code: Q10005	Core –Minor Subject	
Max. Marks: 25+75	Theory	
<p>Course Outcome:</p> <ul style="list-style-type: none"> ● Wide concept of subject. ● General concept of good health and wellness. ● Promote healthy way of living. ● Make fitness and health plan. ● Learn about health ● Learn about the personal and environment health. ● Knowledge about healthy habits. ● Basic knowledge about environment pollution and promote fosters healthy and safe communities 		
Unit	Topics	No. of Lectures: 60
I	HEALTH & HEALTH EDUCATION	06


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	<input type="checkbox"/> Meaning & Definition of Health Education <input type="checkbox"/> Aim, objective and Principles of Health Education <input type="checkbox"/> Scope & Importance of Health Education <input type="checkbox"/> Meaning & Definition of Health <input type="checkbox"/> Dimensions of Health	
II	NUTRIATION, NUTRIENTS AND DIET <input type="checkbox"/> Meaning & Definition of Nutrition, Nutrients & Diet <input type="checkbox"/> Basic Nutrition Guidelines <input type="checkbox"/> Sources of Nutrients : Macro & Micro Nutrients <input type="checkbox"/> Adulteration & Malnutrition <input type="checkbox"/> Balance Diet & Preparation of Dietary Chart	07
III	HEALTH PROBLEMS <input type="checkbox"/> Obesity & their Management <input type="checkbox"/> Personal and Environmental Hygiene <input type="checkbox"/> Environmental Sanitation <input type="checkbox"/> Care of Skin, Eyes, Ears, Teeth & Nose <input type="checkbox"/> Brief Introduction to Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution	06
IV	DISEASES : COMMUNICABLE & NON COMMUNICABLE <input type="checkbox"/> Meaning & Definition of Disease, Congenital Disease & Acquired Disease <input type="checkbox"/> Meaning & Definition of Communicable & Non Communicable Disease <input type="checkbox"/> Communicable Diseases (Contagious & Non Contagious) - Viral Diseases & Bacterial Diseases, Non Communicable Diseases – Blood Pressure, Diabetes	08
V	POSTURE AND POSTURAL DEFFORMITIES <input type="checkbox"/> Meaning & Definition of Posture <input type="checkbox"/> Causes of Bad posture <input type="checkbox"/> Postural Deformities & their Correctives Exercises & Yogasanas.	08
VI	FIRST AID <input type="checkbox"/> Meaning & Definition of First Aid <input type="checkbox"/> Qualities of First Aider <input type="checkbox"/> Dressing & Bandages for Wound, Soft Tissue Injury	08

	<p>Bone Injury & Joints Injury</p> <p><input type="checkbox"/> Hand Washing & Hygiene</p> <p><input type="checkbox"/> Dealing with an Emergency like Cardiac Arrest- Resuscitation (Basics)</p> <p><input type="checkbox"/> Fast Evacuation Techniques</p> <p><input type="checkbox"/> Transport Techniques</p>	
VII	<p>ENVIRONMENTAL HEALTH</p> <p><input type="checkbox"/> Definition, Scope, Need and Importance of Environmental Health.</p> <p><input type="checkbox"/> Concept of Environmental Health</p> <p><input type="checkbox"/> Tree Plantation, Plastic Recycling & Probation of Plastic Bag / Cover.</p> <p><input type="checkbox"/> Celebration World Environment Day and it's Importance</p>	08
VIII	<p>ENVIRONMENTAL HEALTH</p> <p><input type="checkbox"/> Definition, Scope, Need and Importance of Environmental Health.</p> <p><input type="checkbox"/> Concept of Environmental Health</p> <p><input type="checkbox"/> Tree Plantation, Plastic Recycling & Probation of Plastic Bag / Cover.</p> <p><input type="checkbox"/> Celebration World Environment Day and it's Importance</p>	08

Suggested Readings:

Griffith H. Winter (1986). Complete Guide to Sports Injuries, The Barkley Publishing Group, New York.

Herman Koren & Michael S. Bisesi (2018). Handbook of Environmental Health, CRC Press LLC, Broken Sound Parkway Northwest, Suite 300 Boca Raton, FL 33487 United States

Norris, C.M. (1997). Sports Injuries- Diagnosis and Management for Physiotherapists, Butterworth Heinemann, Lanacre House, Jordan Hill, Oxford OXZSDP, A division of Reed Educational and Professional publishing Ltd. New Delhi


• Pandey, K.G. (2011). Sharirik Siksha, Shri Gyan Sagar Publication, Meerut

Park, K. (2009), Preventive and Social Medicine, M/s Banarsidas Bhanot Publishers, 1167, Prem Nagar, Jabalpur

Pearce, Evelyn C. (1997). Anatomy & Physiology for Nurses, Jaypee Brothers, New Delhi

Singh, S. N. (2018). Swasth Siksha, Khel Sahitya Kendra, Daryaganj, New Delhi

Programme: (Certificate)	Year: first	Semester: first
Name of Faculty: Dr. Bhawna Mittal		
Course Title-Health personal and Environment	Credits: 2	
Course Code: Q10005	Core Minor subject	
Max. Marks: 25+75	Practical	
<p>Course Outcome:</p> <ul style="list-style-type: none"> • Learn about health • Learn about the personal and environment health. • Knowledge about healthy habits. • Basic knowledge about environment pollution and promote fosters healthy and safe communities. 		
Unit	Topics	No. of lecturer-30
Part -A		
I	<p>PERSONAL HEALTH:</p> <input type="checkbox"/> First Aid for -Sprain, Fracture, Burn & Drowning <input type="checkbox"/> Measurement of Blood Pressure & Sugar <input type="checkbox"/> Measurement of BMI <input type="checkbox"/> Prepare chart for percentage of the students having Flat Foot, Claw Foot & Normal Foot College students	15
Part -B		
II	<p>ENVIRONMENTAL HEALTH:</p> <input type="checkbox"/> Procedure for waste management – Biodegradable & Non Biodegradable <input type="checkbox"/> Procedure for rain water harvesting <input type="checkbox"/> Way to prevent us from Communicable Diseases. <ul style="list-style-type: none"> • Tree Plantation <input type="checkbox"/> Application of 3R's- Reduce, Reuse, Recycle	15
<p>Suggested Readings:</p> <input type="checkbox"/> Berube David M. (2021). Pandemic Communication and Resilience, <input type="checkbox"/> Griffith H. Winter (1986). Complete Guide to Sports Injuries, The Barkley Publishing Group, New York. <input type="checkbox"/> Herman Koren & Michael S. Bisesi (2018). Handbook of Environmental Health, CRC Press		


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 Nagar, Jabalpur
 Singh, S. N. (2018). Swasth Siksha, Khel Sahitya Kendra, Daryaganj, New Delhi
 Verma, K. K. (1996). Health & Physical Education, Tandon Publication, Ludhiana
 Waugh, A. & Grant, A. (2014). Anatomy & Physiology in Health and Illness, Churchill
 Livingstone
 Elsevier
 Manuel Cardoso Castro Rego, F., Morgan, P., Fernandes, P.M., Hoffman, C. (2021). Fire
 Science

Old Courses

Programme - B.A IInd (Yearly)

Session -2021/22


Max marks-100

Teacher-Dr. Bhawna Mittal

S.no	Paper	Name	Code	marks
1	Paper I	Health Education	A-285	25
2	Paper II	Sports Psychology	A-286	25
3	Paper III	Care of athletic injuries & Rehabilitation	A-287	25
4	Paper IV	Practical in games & sports	A-885	25

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Programme - B.A IIIrd (Yearly)

Session -2021/22


Max marks-100

Teacher-Dr. Bhawna Mittal

S.no	Paper	Name	Code	marks
1	Paper I	Management in physical Education.	A-385	25
2	Paper II	Kinesiology & biomechanics in physical education	A-386	25
3	Paper III	Introduction to statistics & computers in physical education	A-387	25
4	Paper IV	Practical in games & sports	A-985	25

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