

Name Of Associate Professor: Shammi Chawla

Class: B.A First Year(II Semester)

Subject: Health and Physical Education

Week 1

Day	Date	Theory	Practical
1	01/01/18	Meaning of Physical Education.	
2	02/01/18	Aim and Objectives of Physical Education.	
3	03/01/18		Game -KHO-KHO :An Introduction.
4	04/01/18		General Rules of KHO-KHO.
5	05/01/18	Scope of Health Education.	
6	06/01/18	Importance of Health Education in Modern Society.	

Week 2

1	08/01/18	Meaning of First Aid.	
2	09/01/18	Aim and Objectives First Aid.	
3	10/01/18		General Skills of KHO-KHO.
4	11/01/18		Practical in Ground.
5	12/01/18	General Principles of First Aid.	
6	13/01/18	First Aid of Snake biting.	

Week 3

1	15/01/18	First Aid of Drawing.	
2	16/01/18	Knowledge of Burns and First Aid.	
3	17/01/18		Practice of Kho-Kho.
4	18/01/18		Diagram of Kho-kho Ground.
5	19/01/18	Electric Shock and First Aid.	
6	20/01/18	Bleeding, Capillary, Artery , Veinous, Nose.	

Week 4

1	22/01/18	Vasant Panchami	Vasant Panchami
2	23/01/18	Revision-Questions Answers .	
3	24/01/18	Sir Chhotu Ram Jayanti	Sir Chhotu Ram Jayanti
4	25/01/18		Defination of Athletics.
5	26/01/18	Republic Day	Republic Day
6	27/01/18	Group Discussion.	

Week 5

1	29/01/18	Long Question of Unit-I.	
2	30/01/18	Short Question of Unit-I.	
3	31/01/18	Guru Ravi Das Birthday	Guru Ravi Das Birthday
4	01/02/18		Layout of the Track.Track Event and Field Event.
5	02/02/18	Class Test of Unit-I	
6	03/02/18	Class Test of Second Half of Unit-I.	

Week 6

1	05/02/18	Introduction of Unit-II.	
2	06/02/18	Pre-Independent Historical development of physical Education.	
3	07/02/18		Fundamental Skill of Running.
4	08/02/18		Different Type of Start.
5	09/02/18	Post-Independence Historical development of physical Education.	
6	10/02/18	Maharishi Dayanand Saraswati Jayanti	Maharishi Dayanand Saraswati Jayanti

Week 7

1	12/02/18	Indian Olympic Association.	
2	13/02/18	Maha Shivratri	Maha Shivratri
3	14/02/18		Sitting Start & Standing Start.
4	15/02/18		Small,Medium,Elongated Start.
5	16/02/18	Sport Authority of India.	
6	17/02/18	National Sports Institute.	

Week 8

1	19/02/18	Young Man Cristiaian Association.	
2	20/02/18	Haryana sports Policy.	
3	21/02/18		Throws in Athletics.
4	22/02/18		Knowledge of Shotput.
5	23/02/18	National Sports Policy.	
6	24/02/18	Objective of National sports Policy.	

Week 9			
1	26/02/18	Revision-Questions and Queries of Half Unit.	
2	27/02/18	Revision-Questions and Queries of Second Half Unit.	
3	28/02/18	HOLIDAY	HOLIDAY
4	01/03/18	HOLIDAY	HOLIDAY
5	02/03/18	Holi	Holi
6	03/03/18	HOLIDAY	HOLIDAY
Week 10			
1	05/03/18	Class test of Half Unit.	
2	06/03/18	Class Test of Second Half of Unit.	
3	07/03/18		Techniques of Shotput(How to Throw)
4	08/03/18		Drawing of the Shotput Sector.
5	09/03/18	Meaning of Physical Fitness.	
6	10/03/18	Ist Assignment.	
Week 11			
1	12/03/18	Importance of Physical Fitness.	
2	13/03/18	Component of Physical Fitness.	
3	14/03/18		Practice of Shotput.
4	15/03/18		Rules of Shotput.
5	16/03/18	Introduction and defination of Speed.	
6	17/03/18	Introduction and defination of Strength.	
Week 12			
1	19/03/18	Introduction and defination of Flexibilities.	
2	20/03/18	Endurance and co-ordinate Ability of Fitness.	
3	21/03/18		Practice of the putting the shot.
4	22/03/18		Practice of the putting the shot.
5	23/03/18	Shaheedi Diwas	Shaheedi Diwas
6	24/03/18	Principle of Physical Fitness.	
Week 13			
1	26/03/18	Factor Influencing the Physical Fitness.	
2	27/03/18	Training Method of Physical Fitness.	
3	28/03/18		Practice of putting the shot.
4	29/03/18	Mahaveer Jayanti	Mahaveer Jayanti
5	30/03/18	Meaning of Isometric, isotonic, isokinetic.	
6	31/03/18	Question,Queries and Group Discussion of Fitness.	
Week 14			
1	02/04/18	Assignment-II.	
2	03/04/18	Introduction of Human Anatomy and Physicology.	
3	04/04/18		Name of the Bones.
4	05/04/18		Identification of Bones.
5	06/04/18	Different system of Human Body.	
6	07/04/18	Anatomy of Human Bone.	
Week 15			
1	09/04/18	Types of Bone.	
2	10/04/18	Long Bone, Short Bone, Irregular Bone, Flat Bone.	
3	11/04/18		Practical File.
4	12/04/18		Viva.
5	13/04/18	Meaning of Joints and its Types.	
6	14/04/18	Dr. Ambedker Jayanti, Baisakhi	Dr. Ambedker Jayanti, Baisakhi
Week 16			
1	16/04/18	Classification of Joints.	
2	17/04/18	Revision of the Half Unit.	
3	18/04/18	Parshuram Jayanti	Parshuram Jayanti
4	19/04/18		Revision of the all the Practice.
5	20/04/18	Revision of the second half of the Unit.	
6	21/04/18	Question,Queries and Group Discussion.	
Week 17			
M	23/04/18	Long and Short Question.	
2	24/04/18	Class Test of Unit-IV.	
3	25/04/18		Revision.
4	26/04/18		Revision.
5	27/04/18	Revision of all the Units.	
6	28/04/18	Revision of all the Units.	

Name Of Associate Professor: Shammi Chawla

Class: B.A Second Year(IV Semester)

Subject: Health and Physical Education

Week 1

Day	Date	Theory	Practical
1	01/01/18	Introduction of Warming Up and Cooling Down.	
2	02/01/18	Meaning of Warming Up	
3	03/01/18	Types of Warming Up	
4	04/01/18	Significance of Warming	
5	05/01/18		Definition of Athletics
6	06/01/18		Knowledge of Track and Field Events

Week 2

1	08/01/18	Meaning of Cooling Down	
2	09/01/18	Types of Cooling Down	
3	10/01/18	Significance of Cooling Down	
4	11/01/18	Method of Warming Up	
5	12/01/18		What is Throws and Jump
6	13/01/18		Types of Throws

Week 3

1	15/01/18	Method of Cooling Down	
2	16/01/18	Physiological Aspects of Warming	
3	17/01/18	Physiological Aspects of Cooling Down	
4	18/01/18	Long and Short Question of Unit 1	
5	19/01/18		What is Discus Throw.
6	20/01/18		How to Throw the Discus.

Week 4

1	22/01/18	Vasant Panchami	Vasant Panchami
2	23/01/18	Revision and Class Discussion on Warming Up and Cooling Down.	
3	24/01/18	Sir Chhotu Ram Jayanti	Sir Chhotu Ram Jayanti
4	25/01/18	Class Test of Warming Up and Cooling Down.	
5	26/01/18	Republic Day	Republic Day
6	27/01/18		Method and Technique of Discus.

Week 5

1	29/01/18	Definition of Psychology and Sports Psychology	
2	30/01/18	Role of Psychology in Sports.	
3	31/01/18	Guru Ravi Das Birthday	Guru Ravi Das Birthday
4	01/02/18	Short Question on Psychology.	
5	02/02/18		Sector of Discus Throw.
6	03/02/18		Measurement and Layout of Sector.

Week 6

1	05/02/18	Meaning of Learning.	
2	06/02/18	Introduction of Learning.	
3	07/02/18	Laws of Learning.	
4	08/02/18	Revision of Learning.	
5	09/02/18		Practice of Throw.
6	10/02/18	Maharishi Dayanand Saraswati Jayanti	Maharishi Dayanand Saraswati Jayanti

Week 7

1	12/02/18	Primary Laws of Learning.	
2	13/02/18	Maha Shivratri	Maha Shivratri
3	14/02/18	Secondary Laws of Learning.	
4	15/02/18	Revision of Primary and Secondary Learning.	
5	16/02/18		Types of Jumps.
6	17/02/18		Different Types of Jumps.

Week 8

1	19/02/18	Assignment I	
2	20/02/18	Class Test of Unit II	
3	21/02/18	Group Discussion of Unit II	
4	22/02/18	Meaning of Major Sports Events	
5	23/02/18		What is Long Jump
6	24/02/18		Run way and Landing Pit of Long Jump

Week 9			
1	26/02/18	Asian Games	
2	27/02/18	Modern Olympic Games	
3	28/02/18	HOLIDAY	HOLIDAY
4	01/03/18	HOLIDAY	HOLIDAY
5	02/03/18	Holi	Holi
6	03/03/18	HOLIDAY	HOLIDAY
Week 10			
1	05/03/18	Ancient Olympic Games	
2	06/03/18	Common Wealth Games	
3	07/03/18	Short and Long Question	
4	08/03/18	Group Discussion on Major Sports Events.	
5	09/03/18		Knowledge about take off board
6	10/03/18		Measurement of take off board.
Week 11			
1	12/03/18	Question and query from student.	
2	13/03/18	Class Test from Major sports events.	
3	14/03/18	What is Anatomy and Physiology.	
4	15/03/18	What is system or Introduction of system.	
5	16/03/18		Measurement of Landing pit.
6	17/03/18		Technology of Long Jump.
Week 12			
1	19/03/18	What is Respiratory System.	
2	20/03/18	Structure of Respiratory System or Organs.	
3	21/03/18	Role of Lungs in Respiratory System.	
4	22/03/18	Structure and position of lungs in Respiratory System.	
5	23/03/18	Shaheedi Diwas	Shaheedi Diwas
6	24/03/18		What is Kabaddi
Week 13			
1	26/03/18	Psychology of Respiratory System.	
2	27/03/18	Effect of Exercise on Respiratory System.	
3	28/03/18	Nose, Pharynx, Bronchi and Lungs	
4	29/03/18	Mahaveer Jayanti	Mahaveer Jayanti
5	30/03/18		Layout of Ground Kabaddi
6	31/03/18		Simple Rules of Kabaddi
Week 14			
1	02/04/18	Short and Long Question on Respiratory System.	
2	03/04/18	Group Discussion on Respiratory System.	
3	04/04/18	Question and query .	
4	05/04/18	Class Test	
5	06/04/18		Total Players and Official of Kabaddi.
6	07/04/18		Practice of Kabaddi
Week 15			
1	09/04/18	Assignment II	
2	10/04/18	Revision of Unit 1.	
3	11/04/18	Revision of Unit 2.	
4	12/04/18	Queries and Doubts of the class	
5	13/04/18		What is B.M.I-Introduction.
6	14/04/18	Dr. Ambedker Jayanti, Baisakhi	Dr. Ambedker Jayanti, Baisakhi
Week 16			
1	16/04/18	Test of Two Units	
2	17/04/18	Revision of IIIrd Unit.	
3	18/04/18	Parshuram Jayanti	Parshuram Jayanti
4	19/04/18	Revision of IV Unit.	
5	20/04/18		Measurement of Body Mass Index
6	21/04/18		Practice of Body Mass
Week 17			
1	23/04/18	Test of IIIrd and IV Unit.	
2	24/04/18	Revision.	
3	25/04/18	Revision.	
4	26/04/18	Revision.	
5	27/04/18		Practice of Track and field events's
6	28/04/18		Body Mass

Name Of Associate Professor: Shammi Chawla

Class: B.A Final Year(VI Semester)

Subject: Health and Physical Education

Week 1

Day	Date	Theory	Practical
1	1/1/2018		Introduction of Pranayam.
2	2/1/2018		Types of Pranayam.
3	3/1/2018	Concept of Motivation.	
4	4/1/2018	Importance of Motivation in Sports and Physical Education.	
5	5/1/2018	Revision.	
6	6/1/2018	Meaning of Socialization	
Week 2			
1	8/1/2018		Meaning and Definition of Pranayam.
2	9/1/2018		Meaning of Anulom Vilom.
3	10/1/2018	Socialization Through Sports.	
4	11/1/2018	Effect of Social Behaviour on Performance.	
5	12/1/2018	Revision of Unit 1 and Queries	
6	13/01/18	Class Test of Unit 1	
Week 3			
1	15/01/18		Position for the Anulom Vilom.
2	16/01/18		Practice of Anulom Vilom.
3	17/01/18	Knowledge about Training	
4	18/01/18	Meaning and definition of Sports Training	
5	19/01/18	Factors affecting the sports training	
6	20/01/18	Types of sports Training	
Week 4			
1	22/01/18	Vasant Panchami	Vasant Panchami
2	23/01/18		Practice of Anulom Vilom.
3	24/01/18	Sir Chhotu Ram Jayanti	Sir Chhotu Ram Jayanti
4	25/01/18	Circuit training Method	
5	26/01/18	Republic Day	Republic Day
6	27/01/18	Interval Training Method	
Week 5			
1	29/01/18		Question, Queries of Anulom Vilom
2	30/01/18		Revision
3	31/01/18	Guru Ravi Das Birthday	Guru Ravi Das Birthday
4	1/2/2018	Meaning of Doping	
5	2/2/2018	Types of Doping	
6	3/2/2018	Effect of Doping on Health	
Week 6			
1	5/2/2018		Introduction of Kapal Bhati
2	6/2/2018		Meaning of Kapal Bhati
3	7/2/2018	Revision of 2nd Unit	
4	8/2/2018	Queries and Question.Group Discussion	
5	9/2/2018	Class Test of Unit 2nd	
6	10/2/2018	Maharishi Dayanand Saraswati Jayanti	Maharishi Dayanand Saraswati Jayanti
Week 7			
1	12/2/2018		Position for the Kapal Bhati
2	13/02/18	Maha Shivratri	Maha Shivratri
3	14/02/18	Assignment on Training Method	
4	15/02/18	Concept of Biomechanics	
5	16/02/18	Meaning and definition of Sports Biomechanics.	
6	17/02/18	Revision Of Biomechanics	
Week 8			
1	19/02/18		Practice of Kapal Bhati.
2	20/02/18		Benefits and Precautions of Kapal Bhati
3	21/02/18	Importance of Biomechanics in Sports.	
4	22/02/18	Newton's Law of Motion and Their application in Sports.	
5	23/02/18	Meaning of Levers	
6	24/02/18	Types of Levers and Their applications.	

Week 9			
1	26/02/18		Practice of Kapal Bhati.
2	27/02/18		Revision of Kapal Bhati.
3	28/02/18	HOLIDAY	HOLIDAY
4	1/3/2018	HOLIDAY	HOLIDAY
5	2/3/2018	Holi	Holi
6	3/3/2018	HOLIDAY	HOLIDAY
Week 10			
1	5/3/2018		Question and Queries of Kapal Bhati.
2	6/3/2018		Practice and Revision.
3	7/3/2018	Introduction of Anatomy Physiology.	
4	8/3/2018	Meaning of Digestion and Digestive System.	
5	9/3/2018	Organs of Digestive System.	
6	10/3/2018	Liver and Gall Bladder	
Week 11			
1	12/3/2018		Introduction of Bhramari Pranayam.
2	13/03/18		Definition of Bhramari Pranayam.
3	14/03/18	Small and Large Intestine.	
4	15/03/18	Apendix,Rectum and Anus.	
5	16/03/18	Full Structure of Digestive System	
6	17/03/18	Mechanism of Digestive System	
Week 12			
1	19/03/18		Meaning of Bhramari Pranayam.
2	20/03/18		Benefits and precaution of Bhramari Pranayam.
3	21/03/18	Revision of the digestive system	
4	22/03/18	Group discussion, question, queries	
5	23/03/18	Shaheedi Diwas	Shaheedi Diwas
6	24/03/18	Long and short questions	
Week 13			
1	26/03/18		Meaning and defination of Major game
2	27/03/18		Introduction of Volley Ball
3	28/03/18	Class Test and Assignment of digestive system	
4	29/03/18	Mahaveer Jayanti	Mahaveer Jayanti
5	30/03/18	Long question of unit 1st	
6	31/03/18	Short question of unit 1st	
Week 14			
1	2/4/2018		Ground Marking, Official of Volleyball
2	3/4/2018		Basic Fundamental of Volleyball
3	4/4/2018	Long question of unit 2nd.	
4	5/4/2018	short question of unit 2nd	
5	6/4/2018	class test of long and short question	
6	7/4/2018	Long question of unit 3rd	
Week 15			
1	9/4/2018		Meaning and introduction of First Aid
2	10/4/2018		Introduction of Bandages
3	11/4/2018	Short question of unit 3rd	
4	12/4/2018	class test of unit 3rd	
5	13/04/18	short question of unit 4t	
6	14/04/18	Dr. Ambedker Jayanti, Baisakhi	Dr. Ambedker Jayanti, Baisakhi
Week 16			
1	16/04/18		Practice of Bandages and armsling
2	17/04/18		Introduction and meaning of Firstaid Box
3	18/04/18	Parshuram Jayanti	Parshuram Jayanti
4	19/04/18	Long question of unit 4th	
5	20/04/18	class test of unit 4th	
6	21/04/18	Question and queries from half syllabus	
Week 17			
1	23/04/18		Item in the First aid box
2	24/04/18		Revision of First aid
3	25/04/18	Question and queries from Second half syllabus	
4	26/04/18	Revision	
5	27/04/18	Revision	
6	28/04/18	Revision	