

## Academic calendar 2020-21 OF physical education and sports

S.NO	MONTH	TOTAL PERIOD	TOPIC TO BE COVERED	code	NAME OF EVENT	VENUE	Teacher in charge
			BA I YEAR				
1	4 AUG	36	Foundations of Physical Education UNIT-I Physical Education	A-185	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
2	SEP	24	UNIT-II Philosophical Foundations	A-185	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
3	OCT	24	UNIT-III Biological Basis of Physical Education	A-185	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
4	NOV-DEC	48	UNIT-IV Sociological Foundation:	A-185	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
5	JULY	12	HISTORY OF PHYSICAL EDUCATION UNIT-I History of physical education in Ancient time	A-186	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
6	AUG	24	UNIT II History of Physical Education in India	A-186	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
7	SEP	24	UNIT-III Olympic Games, Asian Games and Commonwealth Games	A-186	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
8	OCT	24	UNIT- 1V Contributions to the growth of Physical Education by the following leaders	A-186	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
9	NOV	24	UNIT-I Anatomy & Physiology in Physical Education	A-187	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
10	DEC	24	UNIT-II Skeletal and Muscular System	A-187	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
11	JAN	24	UNIT-III Respiratory and Digestive System	A-187	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
12	FEB	24	UNIT-IV Circulatory System and Blood	A-187	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
			BA II YEAR				
13	JULY-AUG	36	Health Education UNIT-I Health and Health Education	A-285	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
14	SEP	24	UNIT-II Drugs and Tobacco	A-285	THEORY/PRACTICAL	S-	DR SATYANT KUMAR

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						04/FIELD	
15	OCT	24	UNIT-III First Aid	A-285	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
16	NOV-DEC	48	UNIT-IV Communicable Diseases,	A-285	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
17	JULY	12	Psychological Foundations of Physical Education UNIT-I Introduction:	A-286	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
18	AUG	24	UNIT-2 Growth & Development: -	A-286	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
19	SEP	24	UNIT-3 Learning	A-286	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
20	OCT	24	UNIT-4 Motivation	A-286	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
21	NOV	24	ATHLETIC INJURIES & REHABILITATION UNIT-1 Sports injuries:	A-287	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
22	DEC	24	UNIT-2 Rehabilitation	A-287	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
23	JAN	24	UNIT-3 Therapeutic Exercises:	A-287	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
24	FEB	24	UNIT-4 Sports Massage	A-287	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
25	JULY	12	Management in Physical Education UNIT-1 Management	A-385	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
26	AUG	24	UNIT-2 Evaluation	A-385	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
27	SEP	24	UNIT-3 Teaching methods	A-385	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
28	OCT	24	UNIT-4 Intramural & Extramural	A-385	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
29	JULY	12	B.A-III YEAR Kinesiology & Bio-mechanics in Physical Education UNIT-1 Kinesiology	A-386	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR

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30	AUG	24	UNIT-2 Kinesiological fundamental movement	A-386	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
31	SEP	24	UNIT-3 Meaning, need and scope of Biomechanics.	A-386	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
32	OCT	24	UNIT-4 Definition, Types of motion (linear & angular)	A-386	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
33	NOV	24	BA III YEAR Unit-I). Meaning of Statistics, Need and Importance of Statistics. 2). Frequency Tables, Meaning, Construction and uses	A-387	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
34	DEC	24	Unit-II 1). Measures of Central Tendency: Meaning, Uses and Calculation from Frequency tables.	A-387	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
35	JAN	24	Unit-III Introduction to Computers, Single users and Multiple users operating systems,	A-387	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
36	FEB	24	Unit-IV Excels basics, Editing Cells Contents, Applications of Simple Formula, useful Functions.	A-387	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR

**ONLINE PHYSICAL EDUCATION CLASSES START AT 4 AUG**

**ONE WORKSHOP ON FITNESS IN THE MONTH OF SEP OR JAN 2021**

**SEMINAR ON YOG, NATUROPATHY AND AYURVEDA IN THE MONTH OF DEC 2020**

**INTRAMOURAL AND INDOOR GAMES HELD IN SECOND WEEK OF NOVEMBER.**

**ANNUAL SPORTS MEET DEC SECOND WEEK 20-21**

**UNIVERSITY CALENDER NOT UPDATED AS ON 25:8:20, AS WE RECEIVED THE UPDATED CALENDER WE START SENDING OUR GIRLS FOR INTER COLLEGIATE PARTICIPATION AND UNIVERSITY SPORTS PARTICIPATION.**

**MR DHEERAJ KUMAR**

**PHYSICAL EDUCATION DEPARTMENT**