

Academic calendar 2020-21 OF physical education and sports

DATE	MONTH	TOTAL PERIOD	TOPIC TO BE COVERED	code	NAME OF EVENT	VENUE	Teacher in charge
			BA I YEAR				
16	AUG	7	Ancient Wisdom in Physical Education, Sports, and yoga: UNIT-I Physical Education	E020101T	THEORY/PRACTICAL	S-04/FIELD	DR DHEERAJ KUMAR
1	AUG	7	UNIT- II Sociological Foundation:	E020101T	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
16	SEP	6	UNIT-III History	E020101T	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
1	SEP	8	UNIT IV Olympic Games, Asian Games and Commonwealth Games:	E020101T	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
19	OCT	8	UNIT-V Health Education:	E020101T	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
8	OCT	8	UNIT- VI Wellness's Lifestyle	E020101T	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
1	NOV	8	UNIT-VII Fitness:	E020101T	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
1	NOV	8	UNIT- VIII Posture:	E020101T	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
1	DEC	30	PAPER II Fitness and Yoga PART -A PAPER II Part-B INTRODUCTION OF YOGA: ASANAS: PRANAYAMA:	E020102P	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
16	DEC	30	SPORTS EVENTS AND TRACK AND FIELD (PART A AND B)	E020202P	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
1	JAN	15	PAPER III UNIT I: Sports organization and Management (Introduction:) UNIT II Event Management	E020201T	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
1	JAN	15	UNIT III-IV Budget	E020201T	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR

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1	FEB	15	UNIT- V-VI Organization, Supervision	E020201T	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
2	FEB	16	PAPER III (VII-VIII Facilities Equipment, Job Opportunities)	E020201T	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
	AUG	13	UNIT-I Health and Health Education, Nutrition	A-285	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
	AUG	13	UNIT-II Drugs and Tobacco	A-285	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
	SEP	13	UNIT-III First Aid	A-285	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
	SEP	13	UNIT-IV Communicable Diseases, Posture & Concept:	A-285	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
1	OCT	13	Psychological Foundations of Physical Education UNIT-1 Introduction: -	A-286	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
1	OCT	13	UNIT-2 Growth & Development: - Physical, mental, social and Language development during following stages: -	A-286	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
1	NOV-	13	UNIT-3 Learning:	A-286	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
	NOV	13	UNIT-4 Motivation: -, Emotion: - Personality: -	A-286			DR SATYANT KUMAR
16	DEC	13	ATHLETIC INJURIES & REHABILITATION UNIT-1 1 Sports injuries: Prevention of Injuries: Common sports injuries and their immediate treatment.	A-287	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
1	DEC	14	UNIT-2 Rehabilitation:	A-287	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
2	JAN	13	UNIT-3 Therapeutic Exercises:	A-287	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ

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1	JAN	14	UNIT-4 Sports Massage: Common massage technique and their therapeutic uses:	A-287	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
1	FEB	12	REMEDIAL	A-285,286,287	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
1	FEB	12	REMEDIAL	A-285,286,287	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
1	AUG	13	B.A-III YEAR Management in Physical Education UNIT-1 Management: Function of management: Scheme of Organization: Supervision:	A-385	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
2	AUG	13	UNIT-2 Evaluation: Leadership: Public relation: Facilities & Equipment's: care& maintenance. Principles of purchasing equipment's.	A-385	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
2	SEP	13	UNIT-3 Teaching methods: - Class management: - Organization and conduct of competition. Tournaments (Fixture):-	A-385	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
1	SEP	13	UNIT-4 Intramural & Extramural, Budget:-, Office management:-	A-385	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
16	OCT	13	B.A-III YEAR Kinesiology & Biomechanics in Physical Education UNIT-1 Kinesiology	A-386	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
1	OCT	13	UNIT-2 Kinesiological fundamental movement	A-386	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
2	NOV	13	UNIT-3 Meaning, need and scope of Biomechanics.	A-386	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ

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1	NOV	13	UNIT-4 Definition, Types of motion (linear & angular)	A-386	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
1	DEC	13	BA III YEAR Unit-I). Meaning of Statistics, Need for and Importance of Statistics. 2). Frequency Tables, Meaning, Construction and uses	A-387	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
2	DEC	14	Unit-II 1). Measures of Central Tendency: Meaning, Uses and Calculation from Frequency tables.	A-387	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
2	JAN	13	Unit-III Introduction to Computers, Single users, and Multiple users operating systems,	A-387	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
1	JAN	13	Unit-IV Excels basics, Editing Cells Contents, Applications of Simple Formula, useful Functions.	A-387	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR
1	FEB	12	REMEDIAL	A-385,386,387	THEORY/PRACTICAL	S-04/FIELD	MR DHEERAJ
1	FEB	12	REMEDIAL	A-385,386,387	THEORY/PRACTICAL	S-04/FIELD	DR SATYANT KUMAR

INTRAMOURAL AND INDOOR GAMES HELD AFTER LAST WEEK OF NOVEMBER.

ANNUAL SPORTS MEET 19-20 DEC 2021.

ONE WORKSHOP ON FITNESS IN THE MONTH OF SEP - JAN 2021

SEMINAR ON YOG, NATUROPATHY AND AYURVEDA IN THE MONTH OF DEC 2021

Prasad

Satyant