

**Annual Planning**  
(Academic Year 2023- 24)



Date: - 15/07/2023

To  
The principal,  
Shivaji College, Hingoli.

**Subject:-** To Accept the Annual Planning of Academic Year 2023-24.

**Dear Sir,**

As per the subject and reference I herewith submit the tentative plan of the annual activities going to be undertaken for the Academic year 2023-24 as per direction received. With the above planner I expect economic assistance from you whenever needed.

The other concerned activities for inclusion of stakeholders will be added if possible in the same academic year. I request you to accept the annual planning and oblige.

Thank you.

Regards

**Dr. Londhe S.C.**  
Assistant Professor

**Head, Department of Physical Education**

**Enclosures**

1. Teaching planning (Myself)
2. Annual activities Planning of Physical Education department
3. Annual activities Planning of Earn & Learn Scheme Committee

**PRINCIPAL**  
Shivaji College  
Hingoli, Dist. Hingoli.

Date:- 15/07/2023



To,

The principal,  
Shivaji College, Hingoli.

**Subject:-** To accept the Annual activities of **Physical Education Department.**

**Dear Sir,**

As per the subject and reference I herewith submit the tentative planner of the **Department of Physical Education** annual activities going to be undertaken for the **Academic year 2023-24** as per direction received. The planning is fallows:

S.N.	Name of the Activities	Month
01	Welcome ceremony for B.A.F.Y. Students	Jully -2023
02	PPT lectures on syllabus	Jully -2023
03	SEC seminar 'fitness and Wellness'	Aug -2023
04	Demonstration of GYM Exercise	Aug -2023
05	Phy.edu. & Sports Book Exhibition	Sept -2023
06	PPT lecture on 'Olympic'	Octo-2023
07	Group discussion on 'Awards in games and Sports'	Nov-2023
08	SEC seminar 'Curative therapies'	Dec -2023
09	Visit to sports institute	Dec -2023
10	Organization of the Competition of Wrestling	Jan -2024
11	Clinic on 'health care'	Feb- 2024

With the above planner, I expect economic assistance from you whenever needed. The other concerned activities for inclusion of stakeholders will be added if possible in the same academic year. I request you to accept the planning and oblige.

Thank you.

Regards,

**Prof. Londhe S.C.**

**Head, Department of Physical Education**

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# SHIVAJI COLLEGE HINGOLI

## Physical Education- Yearly Online Teaching Plan- 2023-24

Class :- B.A.F.Y.



CBCS- Paper pattern for the subject of Physical Education  
(With effects from the Academic year 2020-21)

Mon Ths	<b>Semester I</b> <b>Paper I ( History of Physical Education )</b> Time:- 2 Hours Marks 40 Per Week – 4 Total Periods – 60 <b>Internal Marks - 35</b>	<b>Semester – I</b> <b>Paper II</b> <b>Practical</b> Time:- 2 Hours Marks 75 Per Week – 4 Total Periods – 60
Sept	<b>Unit I. History</b> i) Physical Education in ancient Greece. Rome 05 ii) Ancient Physical education in India 20 1. Vedic Period 2. Ramanayam and Mahabharat period 3. Boudha Period 4. Maratha Period 5. British Period <b>Unit II History and development of Sports Institute</b> i)Y.M.C.A. Madras. ii) Decan Gymkhana iii) Hanuman Vyayam Prasarak Mandal, Amravati. iv) Netaji Subhash National Institute Of Sports, Patiala.	<b>Course Contents</b> <b>1. Practical Project (Any one) 18</b> a) Weight Measurement <b>2. Track and Field Events (Only Techniques) 18</b> (a) Running events 100 m / 800 m (for men) 100 m run / 3000 m walk (form women) Starting and finishing techniques
Octo	<b>Unit III Historical Development</b> i) A) Ancient Olympic games B) modern Olympic games. games, Common-Wealth games, Afro-Asian games. ii) Indian Olympic Association iii) Asian games, iv) Sports Authority of India, (SAI) <b>Test – I -10</b>	<b>3. Optional Games 18</b> (a) Indian Game 1. Kabaddi 2. Atya-Patya (Fundamental skills, knowledge of rules and regulations) <b>4.Indian Exercise</b> Suryanamskar (men & women)
Nov	<b>Unit IV Awards in Games and Sports -15</b> i) Rajiv Gandhi Khel Ratna Award ii) Arjun Award iii) Maharashtra Jeevan Gaurav Award iv) Shiv Chhatrapati Krida Puraskar iv) District Award (Best Player, Best Organizer, Best Coach). <b>Test –II -10</b> <b>Assignment/Tutorial -10</b>	<b>5. Record Book 06</b> All practical events related (a) Brief History (b) Various Diagrams (c) Names of Different fundamental skill in the team events and Athletics events. (d) Officials e) Awards
Dec	-Revision -Exam -Oral/Attendance -5	<b>4. Internal marks</b> Attendance, -10 Oral (General knowledge) -10 Discipline/Behavior -05 <b>5. Record Book and uniform compulsory</b>

  
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Class :- B.A.F.Y.

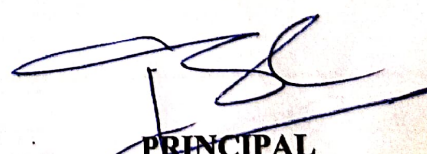


Semester – II

Months	Topic / chapters	Paper IV Practical Hours Marks 75 Total Periods – 60	Time:- 2 Per Week - 4
Feb	<b>Paper III</b> <b>Principles of Physical Education</b> Time:- 2 Hours Marks 75 Per Week – 4 Total Periods – 60  <b>Unit I Principles of Physical Education</b>  1. Meaning, Need, Importance, Scope of Physical education. 2. Aims, Objectives of Physical education. 3. Philosophies of Physical Education 4. Classification of activities- aerobic, anaerobic exercise 5. Suitable activities of different age groups	<b>Course Contents</b> 1. Height measurement. 2. Throwing event- Events Skill & Techniques Shot put (men and women) (Holding, Styles, delivery and Recovery) 3. Jumping event Skill & Techniques Long Jump: Approach run, Take off, Air position landing.	
Mar	<b>Unit II Biological basis of Physical Education.</b> 1. Affecting factors of growth and development 2. Differences in male and female- physical, psychological, biological 3. Benefits of exercise under load, normal load, Overload training principles. <b>Test – I -10</b>	<b>4. Optional Games</b> (a) One Foreign Game 1. Table Tennis 2. Gymnastic (Mat exercise) (Fundamental skills, knowledge of rules and regulations)	
April	<b>Unit III Psychological basis of Physical Edu.</b> i) Meaning and important of play ii) Theories of play 1. surplus energy 2. recreation theory iii) Principles of growth and development  <b>Test –II -10</b>	<b>5. Record Book 06</b> All practical events related 1. Brief History 2. Various Diagrams 3. Names of Different fundamental skill in the events. 4. Officials. 5. Awards.	
May	<b>Unit-IV Sociological basis of physical education</b> i) Games and sports as a cultural heritage of mankind ii) Role of Physical education and national integration.  <b>Assignment/Tutorial -10</b> <b>-Oral/Attendance -5</b>	<b>6. Internal marks</b> Attendance, -10 Oral (General knowledge) -10 Discipline/ Behavior -05	
May	<b>-Annual Practical Exam</b>	<b>5. Record Book and uniform compulsory</b>	

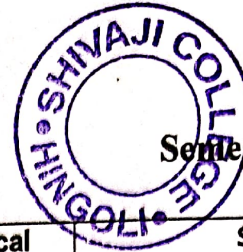
Signature

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Head, Deptt. Of Physical Education

  
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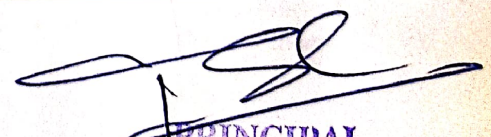


Class :- B.A.S.Y.



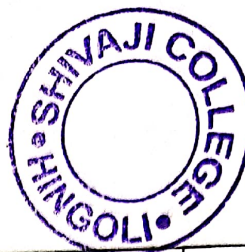
Semester - III

Months	Topic / chapters <i>Paper V</i> Basic Anatomy, Physiology and First Aid Credits:3 Marks: 35 + 40 =75 Per week - 04 periods Periods : 60	External Practical <i>Paper VI</i> Credits:3 Marks:25+50 = 75 Per week - 04 periods Periods: 60	SEC-I Fitness and wellness Credits: 3 Marks: 50 Per week - 3 periods Periods : 45
Sept	<b>Unit -I: Anatomy.</b> Cell -- structure of cell, Types and its functions. Tissue – Types and functions of various Tissues.	<b>1. Practical Project :</b> Pulse rate Measurement ( Before and After Playing ): 05 Marks	<b>Unit -I: Fitness Trainer</b> Conditioning Exercise Aerobic Exercise Anaerobic Exercise Isometric-Isotonic and Isokinetic Exercise Therapeutics Exercise
Octo	<b>Unit-II : Structure and Functions of following systems</b> Skeletal system, Muscular System, Digestive systems , Nervous system, Respiratory system, Circulatory system, Endocrine Systems and Reproductive System. Test theory :10 marks <b>Test 1 -10</b>	<b>2. Track and Field Event:</b> Relay (4*100 /4*400) Men and Women : 10 Marks	<b>Unit-II : Gym Trainer</b> Warm up and Cooling Down Weight Training Station Training Set training Strength Training Isokinetic Training Stretching and its type
Nov	<b>Unit-III : Effects of exercise on :</b> Muscular System Endocrine Systems Circulatory system Respiratory systems Test MQC: 10 marks <b>Unit-IV : First Aid</b> Definition and importance of first Aid Basic Principal of First Aid Injury –It's Types and Their prevention Common Injuries and their first aid. <b>Test 2 -10</b> <b>Assignment/Tutorial -10</b>	<b>3. Optional Games:</b> Any one Indian game in following i). Kho-Kho ii). Yoga/ weight lifting : 20 Marks <b>4. Indian Exercise</b> i). Dand Baithak (Men) ii) Bent Knee Sit-ups (Women) : 10 Marks  <b>Internal marks</b> Attendance -10 Oral (General knowledge) -10 Discipline/Behavior -05	<b>Unit-III: Life Guard</b> Nature and Duties of Life Guard Life Jackets Deep Water Rescue Shallow water rescue Two persons Removal Water General Procedures for Water Emergency  -Test theory : 10 -Test MQC: 10 -Assignment: 10 -Attendance 5Marks
Dec	<b>Oral/Attendance -5</b>  Revision - Exam	<b>5. Record Book : 05 Marks</b>	

  
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Class :- B.A.S.Y.



Semi-IV

Months	Topic / chapters Fitness and Diet Credits: 3 Marks: 35+ 40=75 Per week - 4 periods Periods : 60 <i>Paper VII</i>	External Practical Credits: 3 Marks: 25+50=75 Per week -4 periods Periods: 60 <i>Paper VIII</i>	SEC-II Curative Therapies Credits:2 Marks: 50 Per week : 3 Periods . Periods: 45
Feb	<b>Unit – I : Fitness</b> Definition and concept of fitness Need and Important of Fitness Physical, Mental, Social Fitness	<b>Course Content</b> <b>1. Practical Project</b> Blood Pressure (Measure Low and high B.P.) 05 Marks	<b>Unit I : Massage</b> Concept & types of massage, Techniques of massage, Massage for body relaxation, Massage for disabled people Benefits of massage
Mar	<b>Unit –II : Body Posture</b> Posture – Definition, Meaning, Concept, Need and Important, It's Significant and Benefits. Types of Posture. Postural deformities (Kyphosis, Lordosis, Scoliosis, Knock-knee, Bow legs, Flat Foot) Causes and remedies of Postural Deformities. <b>Test 1 -10</b>	<b>2. Track and Field's event.</b> 10 Marks A) Throwing event – Discus throw (Holding, Styles, delivery and Recovery) B) Jumping event – Triple jump (Hop-step-jump) 10 M (Approach run Take-off, Air position, Landing)	<b>Unit II : Yoga Trainer</b> Training for Pranayama Training for Asana Training for Different yogic practices Yoga for patient Yoga for bad posture
April	<b>Unit –III : Diet</b> Definition, need and Important of diet for health Components of Balance diet (carbohydrates, fats, proteins, minerals, Vitamins, Water) <b>Unit –IV : Nutrition</b> Concept of nutrition Dietary aids Calorie intake and Expenditure Energy balance Eating disorder <b>Test 2 -10</b> <b>Assignment/Tutorial -10</b>	<b>3. Optional Game</b> 1) Cricket 2) Judo 20 Marks (Fundamental skills, Knowledge of rules and regulation) <b>Internal marks</b> Attendance -10 Oral (General knowledge) -10 Discipline/ Behavior -05 <b>4. Record Book 05 Marks</b> All Practical events related – Introduction, Historical development, grounds Measurement, rules and regulation and records.	<b>Unit III : Acupressure</b> Types of acupressure Points of acupressure Acupressure for upper body extremities Acupressure for lower body extremities Precautions of acupressure Benefit of acupressure 14
May	<b>Oral/Attendance -5</b> <b>Exam</b>  <b>-Annual Practical Exam</b>	<b>Record Book and uniform</b> compulsory	

Signature

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Head, Deptt.Of Physical Education

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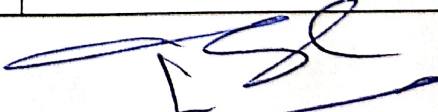


Class :- B.A. T. Y.



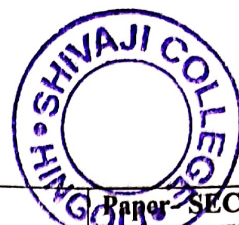
Semester - V

Mont hs	Topic / chapters	PAPER - X	SEC-III
	<b>PAPER - IX</b> <b>Organization And management in physical education</b> Marks - 40 +35=75 Week :- 4 p Per Semester : 60 P	<b>Physical education practical</b> Marks - 50+25=75 Per Week :- 4 P credits-3 Per Semester : 60 P	<b>Yogic Therapies And Sports Physiotherapy</b> Marks - 25+25=50 Per Week :- 3 P credits-2 Per Semester : 45 P
<b>Sept</b>	<b>Unit- I</b> 1. Definition, scope, need and importance of organization 2. principle of organization 3. Skills of organizaer <b>Unit - II</b> 1. Needs and importance of tournament 2. Types of tournament (Knock-out System, League System, Combination System, Challenge System)	<b>Unit- I</b> 1. Practical Project (Any One) :- A) - Fat percentage 05 B) - BMI, WHR  2. Track & Field event : - Javeline throw - 10	<b>Unit- I</b> Yoga for Diabetic patients Yoga for Hyper and Hypotension Yoga for Obesity
<b>Octo</b>	3.Care and maintenance of play field and equipments <b>Unit- III</b> 1. Definition, Scope ,Needs and importance of management in Physical Education 2. Principles of management 3. Qualification and Qualities of the good manager 4. Gym management (Needs, Facilities and Maintenance)	<b>3. Cardio Vascular Endurance :- 12/9M.</b> Run & Walk -10 Men / Women <b>4. Optional games ( One Indian Game.)- 20</b> 1. Wrestling 2.Badminton (Fundamental Skills, techniques, knowledge of rules and regulation)	<b>Unit -II</b> Yoga for Pain Management Yoga for Postural Deformities Yoga for Cardiac patients Yoga for Kids and Children's
<b>Nov</b>	5. Management of different level tournament (School to National level) <b>Unit- IV</b> 1. Function and Importance of financial management 2. Budget, Criteria of budget, Types of budget 3. Public relation, Principles, Needs and importance, methods of public relation (Print media, Electronic media, Social media, etc) 4. Sponsorship	5. Oral - Related to all practical events. - 05 ( Knowledge about Historical development, ground measurements, rules and regulation, Awards, records )	<b>Unit- III</b> Basics of Sports Physiotherapy Needs of Sports Physiotherapy Types of Physiotherapy Physiotherapy for disable person <b>Unit -IV</b> Rehabilitation and Physiotherapy Physiotherapy for injured Athletes ( M and w) Physio for Muscle Release
<b>Dec</b>	-Revision -Exam (Note :- 10 Marks Internal Eva.) (Written Test-2, Assignment & Seminar)	<b>NOTE 1.</b> Uniform is compulsory to the practical periods	
<b>Jan</b>	Exam (WINTER)		

  
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Semi-VI

Months	Topic / chapters	PAPER – XIV PHYSICAL EDUCATION PRACTICAL Marks – 25+50=75 Per Week :- 4 P Per Semester : 60 P PAPER – XII credits 3	PAPER – SEC-IV OFFICIATING AND COACHING Marks – 50 Per Week :- 3 P Per Semester : 45 P Credits-2
Feb	<b>Unit-I</b> 1. Definition of Test and Measurement 2. Needs and Importance of Test and Measurement 3. Principles of Test and measurement	1. Practical Project (Any One) 05 A) Flexibility measures. (Sit & Reach or Bend and Reach) B) Arm Strength (Grip dynamometer) 2. Track & Field event : High Jump 10 3. Aerobics Activities (Minimum 10 min) – m / w 10	<b>Unit- I</b> Officiating in Kabaddi Officiating in Kho-Kho Officiating in Volley Ball Officiating in Cricket <b>Unit –II</b> Ground Management in Kabaddi Ground Management in Kho-Kho Ground Management in Volley Ball Ground Management in Cricket
Mar	<b>Unit-II</b> 1. Construction and classification of Test 2. Criteria of good test 3. Test of physical fitness (JCR, Harvard step test, Sargent Test, AAHPERD Youth Physical Fitness Test )	4. Optional Games : One Foreign game 20 1. Volley Ball 2. Hand Ball (Fundamental Skills, Techniques, knowledge of rules and regulation)	<b>Unit- III</b> Coaching of Basic Skills in Kabaddi Coaching of Basic Skills in Kho-Kho Coaching of Basic Skills in Volley Ball Coaching of Basic Skills in Cricket
April	<b>Unit-III</b> 1. Definition, Nature and Scope of Sports Psychology 2. Learning Process – Theories 3. Laws of Learning Personality – Meaning, Dimensions & Personality of sports-man	5. Oral :- Related to all practical events 05 (Historical development, ground measurements. Rules and regulation, records and awards)	<b>Unit –IV</b> Coaching for Conditioning Exercise Coaching for General Physical Fitness Coaching for Motor Fitness Coaching for Kids and Children's
May	<b>Unit-IV</b> 1. Affecting factors in Growth and Development – Heredity and Environment 2. Relationship between Sports Psychology and Performance of players ( Note -35 Marks internal Evaluation examination i.e. Test I:-10, Test II: - 10, Assignment/ Tutorial:-10 & Attendance -05M.)	<b>NOTE :</b> 1. Uniform is compulsory to the practical periods 3. Without uniform and record book is not allowed to the <b>Practical examination</b>	(Note :- 10 Marks Internal evaluation) (Written Test, Assignment & Seminar)

Signature

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