

Annual Planning

(Academic Year 2024-25)

To
The principal,
Shivaji College, Hingoli.

Date: - 23/06/2024

Subject:- To Accept the Annual Planning of Academic Year 2024-25.

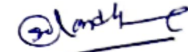
Dear Sir,

As per the subject and reference I herewith submit the tentative plan of the annual activities going to be undertaken for the **Academic year 2024-25** 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



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Hingoli Dist.Hingoli

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

SHIVAJI COLLEGE HINGOLI

Physical Education- Yearly Teaching Plan:- 2024-25

CBCS- Paper pattern for the subject of Physical Education

Class :- B.A.F.Y.

(With effects from the Academic year 2024-25)

Months	Semester I Paper I Basic of Yoga Education Time:- 1 Hours Marks 50 Per Week – 2 Total Periods – 30 Internal Marks - 10	G.E. I	Semester – I Paper II Fitness and wellness Marks 50 Per Week – 02 Total Periods – 45	SEC- I
June- July	1. History of yoga 1.1 Meaning, definition of yoga 1.2 Need and Importance of Yoga 1.3 Concept of Yoga 1.4 Yoga for different body part		1. Fitness Trainer 1.1 Conditioning Exercise 1.2 Aerobic & Anaerobic Exercise	
August	2. Asana & Suryanamskar 2.1 Principles of Asana 2.2 Types of Asana 2.3 Suryanamskar& its Process 2.4 Pranayama & Its Process		1.3 Isometric, Isotonic, Isokinetic, Exercise 1.4 Therapeutics Exercise	
September	3. Kriya 3.1 Jaldhoti 3.2 Wasradhoti 3.3 Danddhoti		2. Gym Trainer 2.1 Warm-up & Cooling Down 2.2 Weight Training 2.3 Station Training 2.4 Set Training 2.5 Strength Training	
October	Test – I -05 Test – II -05		3. Life Guard 3.1 Nature and duties of life guard Life jackets 3.2 Deep & Shallow Water Rescue 3.3 Two Persons Removal Water	
November	-Revision -Exam		Test – I -05 Test – II -05	

SHIVAJI COLLEGE HINGOLI

Physical Education- Yearly Teaching Plan:- 2024-25

CBCS- Paper pattern for the subject of Physical Education

Class :- B.A.F.Y. Sem- II

(With effects from the Academic year 2024-25)

Months	Semester II Paper I Foundation of Physical Education Time:- 1 Hours Marks 50 Per Week – 2 Total Periods – 30 Internal Marks - 10	Semester – II Paper II Physical Edu. Practical Marks 50 Per Week – 02 Total Periods – 45
June- July	Unit 1. Introduction - 10 marks 1.1 Philosophy of Physical Education 1.2 Classification of activities 1.3 Activities for different age group	1.0 Practical Project - 05 1.1 Measurement of Wight
August	2. Biological Basis of Physical Education -10 2.1 Affecting factors of growth and development 2.2 Deference between Male and Female 2.3 Benefits of Exercise (Under load, Normal load, Over load) 2.4 Training Principles. (sports)	2.0 Track & Field event- Sprint Running (any one) - 10 2.2 200 mt. Running 2.3. 400mt. Running
September	3. Psychological Basis of Physical Education-10 3.1 Meaning and Importance of Play 3.2 Theories of Play 3.3 Principles of Growth and development	3. Major Game - Team Game (any one) - 15 3.1 Kabaddi 3.2 Hand Ball
October	4. Sociological Basis of Physical Education -10 4.1 Game & Sports as a Cultural Heritage 4.2 Role of Physical Education for National Integration. 4.3 Role of Society to Culture Development	4.0 Indian Exercise – 10 4.1 Surya Namaskar Internal marks Attendance, -05 Oral (General knowledge) -05 Total -10
November	-Revision -Exam	5. Record Book compulsory


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Head, Deptt.Of Physical Education

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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
July	Unit –I: Anatomy. Cell -- structure of cell, Types and its functions. Tissue – Types and functions of various Tissues.	1. Practical Project : Pulse rate Measurement (Before and After Playing): 05 Marks	Unit –I: Fitness Trainer Conditioning Exercise Aerobic Exercise Anaerobic Exercise Isometric-Isotonic and Isokinetic Exercise Therapeutics Exercise
August	Unit-II : Structure and Functions of following systems Skeletal system, Muscular System, Digestive systems , Nervous system, Respiratory system, Circulatory system, Endocrine Systems and Reproductive System. Test theory :10 marks Test Theory -10	2. Track and Field Event: Relay (4*100 /4*400) Men and Women : 10 Marks	Unit-II : Gym Trainer Warm up and Cooling Down Weight Training Station Training Set training Strength Training Isokinetic Training Stretching and its type
September	Unit-III : Effects of exercise on : Muscular System Endocrine Systems Circulatory system Respiratory systems Unit-IV : First Aid Definition and importance of first Aid Basic Principal of First Aid Injury –It's Types and Their prevention Common Injuries and their first aid	3. Optional Games: Any one Indian game in following i). Kho-Kho ii). Yoga/ weight lifting : 20 Marks 4. Indian Exercise i). Dand Baithak (Men) ii) Bent Knee Sit-ups (Women) : 10 Marks	Unit-III: Life Guard Nature and Duties of Life Guard Life Jackets Deep Water Rescue Shallow water rescue Two persons Removal Water General Procedures for Water Emergency
October	Test 2(MCQ)-10 Assignment/Tutorial - 10 Oral/Attendance -5	Internal marks Attendance -10 Oral (General knowledge) -10 Discipline/Behaviour -05	Test theory : 10 -Test MQC: 10 -Assignment: 10 -Attendance 5Marks
November		5. Record Book : 05 Marks	

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
Nov- Dec	Unit – I : Fitness Definition and concept of fitness Need and Important of Fitness Physical, Mental, Social Fitness	Course Content 1. Practical Project Blood Pressure (Measure Low and high B.P.) 05 Marks	Unit I : Massage Concept & types of massage, Techniques of massage, Massage for body relaxation, Massage for disabled people Benefits of massage
January	Unit –II : Body Posture 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. Test Theory -10	2. Track and Field's event. 10 Marks A) Throwing event – Discus throw (Holding, Styles, delivery and Recovery) B) Jumping event – Triple jump (Hop-step-jump) 10 Mks (Approach run Take-off, Air position, Landing)	Unit II : Yoga Trainer Training for Pranayama Training for Asana Training for Different yogic practices Yoga for patient Yoga for bad posture
February	Unit –III : Diet Definition, need and Important of diet for health Components of Balance diet (carbohydrates, fats, proteins, minerals, Vitamins, Water) Unit –IV : Nutrition Concept of nutrition Dietary aids Calorie intake and Expenditure Energy balance Eating disorder Test 2(MCQ)-10 Assignment/Tutorial -10	3. Optional Game 1) Cricket 2) Judo 20 Marks (Fundamental skills, Knowledge of rules and regulation) Internal marks Attendance -10 Oral (General knowledge) -10 Discipline/Behaviour -05 4. Record Book 05 Marks All Practical events related – Introduction, Historical development, grounds measurement, rules and regulation and records.	Unit III : Acupressure Types of acupressure Points of acupressure Acupressure for upper body extremities Acupressure for lower body extremities Precautions of acupressure Benefit of acupressure 14
March & April	Oral/Attendance -5 Exam		


Signature

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Months	semester v paper – ix organization and management in physical education marks – 40 per week :- 4 p	semester v paper - 8 physical education (practical) marks – 50 per week :- 4 p	sec- iii yogic therapies and physiology marks – 50 per week :- 3
July	Unit- I 1. Definition, Scope, Need and importance of organization. 2. Principles of organization 3. Skills of good organizer Unit- II 1. Need and importance of meet and tournament. 2. Types of tournament (knock - out system, League System, combination System, Challenge System)	Unit- I 1. Practical Project (Any One) :- A) - Fat percentage - 05 B) - BMI, WHR 2. Track & Field events :- Javeline throw -10	unit 1. Basics of Yoga. 2. Yoga for Diabetic patients.
August	3. Care and maintenance of playfield and equipments. 4. Intramural and extramural tournaments Unit- III 1. Definition, Scope , Need and importance of management in physical education 2. Principles of Management 3. Qualification and qualities of the good manager.	3. Cardio Vascular Endurance :- 12/9M. Run & Walk :-10 Men / Women 4. Optional games (One Indian Game.)- 20 1. Wrestling 2. Badminton (Fundamental Skills, techniques, knowledge of rules and regulation)	3. Yoga for Hyper and Hypotension. 4. Yoga for Obesity unit 2. 1. Yoga for Pain Management. 2. Yoga for Postural Deformities.
September	4. Gym Management (Need, facilities and Maintenance) 5. Management of different level tournament (School to National Level) Unit IV 1. Function and Importance of Financial Management	5. Oral - Related to practical events. - 05 (Knowledge about historical development, ground measurements, rules and regulation, Awards, records)	3. Yoga for Cardiac patients 4. Yoga for Kids and Children unit 3. 1. Basics of Sports Physiotherapy. 2. Needs of Sports Physiotherapy.
October	2. Budget: Criteria of budget, Types of budget 3. Public relation : Principles, Need and Importance. Methods of public relation (Print media, electronic media, social media. etc.) 4. Sponcership	NOTE 1. Uniform is compulsory to the practical periods. 2. Without uniform and record book is not allowed to the examination	3. Types of Physiotherapy. 4. Physiotherapy for disable person unit 4. 1. Rehabilitation and Physiotherapy.
November	(Note :- 10(two test) Marks Internal evaluation) (15-Written Test, Assignment & Seminar)		2. Physiotherapy for injured Athletes (Men and women). 3. Physiotherapy for disable person Test- 10 Tutorial- 15

Class :- B.A.T.Y.

Semi-VI

Mon.	Topic / chapters PAPER – XI TEST MEASUREMENT AND PSYCHOLOGY IN PHYSICAL EDUCATION Marks – 40 Per Week :- 4 P	PAPER – XII PHYSICAL EDUCATION PRACTICAL Marks – 75 Per Week :- 4 P Per Semester : 60 P	sec- iv Officiating and coaching marks – 50 per week :- 3
Nov- Decem ber	Unit- I 1. Definition of test and measurement. 2. Need and Importance of Test & measurement. 3. Principles of Test & 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	unit I. Officiating in Kabaddi Officiating in Kho-Kho Officiating in Volley Ball Officiating in Cricket Officiating in Track and Field
Januar y	Unit II. 1. Construction and classification of test. 2. Criteria of good test 3. test of Physical Fitness test.(JCR, sergeant test, hardward step test, AAPHERD youth physical fitness test)	1. Optional Games : One Foreign game 20 1. Volley Ball 2. Hand Ball (Fundamental Skills, Techniques, knowledge of rules and regulation)	Unit 2. Ground Management in Kabaddi Ground Management in Kho-Kho Ground Management in Volley Ball Ground Management in Cricket
Febru ary	Unit III 1. Definition, Nature and Scope of Sports Psychology 2. Learning Process - Theories, Laws of Learning 3. 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)	Unit 3. 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
March & Apri l	unit 4. 1. Affecting factors in Growth and Development - Heredity and Environment 2. Relationship between Sports Psychology and Performance of players (Note :- test 1,2-10 Marks (15- Assignment & Seminar)	NOTE : 1. Uniform is compulsory to the practical periods 2. Without uniform and record book is not allowed to the examination	Unit 4. Coaching for Conditioning Exercise Coaching for General Physical Fitness Coaching for Motor Fitness Coaching for Kids and Children's

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