Annual Planning

(Academic Year 2024-25)

To

Date: - 23/06/2024

The principal,

Shivaji College, Hingoli.

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

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

Hingoli Dist. Hingoli

Physical Education- Yearly Teaching Plan: - 2024-25

CBCS- Paper pattern for the subject of Physical Education (With effects from the Academic year 2024-25)

Class :- B.A.F.Y.

| | Semester I | Semester – I |
|---------------|---|--|
| Months | Paper I Introduction of Physical Education Time:- 1 Hours Marks 50 Per Week – 2 Total Periods – 30 Internal Marks - 10 | Paper II Physical Edu. Practical Marks 50 Per Week – 02 Total Periods – 45 |
| June- July | Unit 1. Introduction - 10 marks 1.1 Meaning, definition of Physical Education 1.2 Concept, need and importance of physical education 1.3 Aim and objectives of physical education 1.4 scope of physical education | 1. Practical Project 05 1.1 Measurement of height |
| Augus t | Unit 2 Ancient physical education in India 2.1 Vedic Period 2.2 Ramanayam and Mahabharat period 3.3 Boudha Period Modern period 2.4 Maratha Period 2.5 British Period | 2. Track and Field Events –throwing-10 2.1 Shot-put throw 3.Track and Field Event - Jumping 2.2 Long jump |
| Septe mber | Unit 3 Historical development in India -10 2.3 Y.M.C.A. Madras chennai. 2.4 3.2 Decan Gymkhana, pune 3.3 Hanuman Vyayam Prasarak Mandal, Amravati. 3.4 Netaji Subhash National Institute of Sports, Patiala. | 4 major game 4.1 table tennis 4.2 gymnastics (Mat exercise) |
| Octob er | Unit 4. Olympic movement 4.1 Ancient Olympic games 4.2 Modern Olympic games. 4.3 Asian games 4.4 Commonwealth games Test – I -05 Test – II -05 | Internal marks Attendance, -05 Oral (General knowledge) -05 Total -10 |
| Novem ber | -Revision -Exam | 5. Record Book compulsory |

Physical Education- Yearly Teaching Plan: - 2024-25

CBCS- Paper pattern for the subject of Physical Education (With effects from the Academic year 2024-25)

Class :- B.A.F.Y.

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

Physical Education- Yearly Teaching Plan: - 2024-25

CBCS- Paper pattern for the subject of Physical Education

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

| (With effe | ets from the Academic year 2024-25) | Camartan IT | |
|------------|---|---|--|
| | Semester IL | Semester – II | |
| Months | Paper II Foundation of Physical Education | Paper II Physical Edu. Practical Marks 50 Per Week – 02 | |
| Wionins | Time:- 1 Hours Marks 50 Per Week – 2 Total Periods – 30 | Total Periods – 45 | |
| | Internal Marks - 10 | Total Fellods – 43 | |
| | | | |
| June- | | | |
| | marks | 1 O Propried Project ()5 | |
| July | | 1.0 Practical Project - 05 | |
| July | 1.1 Philosophy of Physical Education | A A A A A A A A A A A A A A A A A A A | |
| | | 1.1 Measurement of Wight | |
| | 1.2 Classification of activities | | |
| | | | |
| | 1.3 Activities for different age group | | |
| | 2. Biological Basis of Physical Education -10 | 2.0 Track & Field event- Sprint | |
| | • | Running (any one) - 10 | |
| | 2.1 Affecting factors of growth and development | | |
| Augus | 5 | 2.2 200 mt. Running | |
| | 2.2 Deference between Male and Female | | |
| | | 2.3. 400mt. Running | |
| | 2.3 Benefits of Exercise (Under load, Normal load, | | |
| | Over load) | | |
| | (Sver rolld) | | |
| | 2.4 Training Principles. (sports) | | |
| Septe | 3. Psychological Basis of Physical Education-10 | 3. Major Game - Team Game (any | |
| nber | 3.1 Sychological Dusis of Thysical Education | one) - 15 | |
| IIDCI | 3.1 Meaning and Importance of Play | | |
| | 5.1 Meaning and Importance of Fing | 3.1 Kabaddi | |
| | 2.2 Theories of Play | | |
| | 3.2 Theories of Play | 3.2 Hand Ball | |
| | 2.2 B. : 11f. Croudb and dayslanment | Die Linia Cont | |
| | 3.3 Principles of Growth and development | 4.0 Indian Exercise – 10 | |
| Octob | 4. Sociological Basis of Physical Education -10 | T.O Mulan L. Actorse | |
| er | Colored Heritage | 4.1 Surya Namaskar | |
| | 4.1 Game & Sports as a Cultural Heritage | 4.1 Surya Ivamaskar | |
| | | Internal marks | |
| | 4.2 Role of Physical Education for National | Internal marks Attendance -05 | |
| | Integration. | Attendance, | |
| | | Ofai (General knowledge) | |
| | 4.3 Role of Society to Culture Development | Total | |
| Novem | -Revision -Exam | 5. Record Book compulsory | |
| ber | | | |
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| | | | |

Asst.Prof. Londhe S.C.

Head, Deptt.Of Physical Education

PRINCIPAL

PRINCIPAL Shivaji College Hingoli.Dist.Hingol

Physical Education- Yearly Teaching Plan: 2024-25

CBCS- Paper pattern for the subject of Physical Education (With effects from the Academic year 2024-25)

Class :: B.A.F.Y.

Sem-II

| Months | G.E. II Paper - Physical Education for better living Time:- 1 Hours Marks 50 Per Week - 2 Total Periods - 30 Internal Marks - 10 | Paper II Curative therapies Marks \$0 Per Week - 02 Total Periods = 45 |
|---------------|---|--|
| June- July | 1. Hygiene | 1. Massage |
| | 1.1 Personal Hygiene | 1.1 Concept of Massage |
| | 1.2 Social Hygiene | |
| | 1.3 Habits | |
| Augu | 2. Promoting Activities as a Way of Life | 1.2 Techniques of Massage |
| st | 2.1 Walking, Jogging, Running, Swimming | 1.3 Mussings for body relaxation |
| | 2.2 Benefits of Team Games | 1.4 Massage for disabled people |
| | 2.3 National Integration | L5 Henefils of massage |
| Sept embe | 3. Nutrition | 2. Yoga Trainer |
| г | 3.1 Basic of Nutrition-9 Nutrition- | 2.1 Training for Pranayama. |
| | 3.2 Balance Diet | 2.2 Training for Asana |
| | 3.3 Need & Importance of Nutria for the Healthy life | 2.3 Your for patient |
| 0-4- | 1 F | 2.4 Youn for bad posture |
| Octo ber | 4. Exercise and Recreation | 3. Acupressure |
| | 4.1 Exercise as per Age Group | 3.1 Points of acopressure |
| | 4.2 Recreational Activities : Dancing Aerobics, Singing, Watching Movies. | 3.2 Asupressure for upper & lower |
| | 4.3 Benefits of Tour. | hude extremities |
| | 4.5 Deficites of Tour. | 3.3 Programments of acupressure |
| | Test – I -05 | |
| | Test – II -05 | 3.4 Benefits of acupressure |
| | -Revision -Exam | Test = I -05 Test = II -05 |

| Months | Topic / chapters Paper V Basic Anatomy, Physiology and First Aid Credits:3 Marks: 35 + 40 = 75 Per week - 04 periods Periods: 60 | External Practical Paper VI 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, 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 - 10Oral/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 | |

| Months | Topic / chapters Fitness and Diet Credits: 3 Marks: 35+ 40=75 Per week - 4 periods Periods: 60 Paper VII | External Practical Credits: 3 Marks: 25+50=75 Per week -4 periods Periods: 60 Paper VIII | SEC-II Curative Therapies Credits:2 Marks: 50 Per week: 3 Periods . Periods: 45 |
|-----------------|--|--|---|
| Nov- Dec | Unit – 1: 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

Asst.Prof. Londhe S.C. Head, Deptt.Of Physical Education PRINCIPAL



Semester - V

| | namar iv | semester v paper s | sec- iii |
|---------------|--|--|--|
| Month s | semester v paper – ix organization and management in physical education marks – 40 per week :- 4 p | physical education prescrical marks – 50 per week : 44p | yogic therapies and physiology marks – 50 per week :- 3 |
| | 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-1 1. Practical Project (Ann. One):- A) - Fat percentage (Its B) - BMI, WHR 2. Track & Field event (Its Inveline 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 Come Indian Game.)- 20 1. Wrestling 2. Badmirmon (Fundamental Skills, cochniques, 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. |
| Sept ember | 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 all practical events 05 (Knowledge about litterorical development, ground measurements, rules and regulation, actuards, records) | 3. Yoga for Cardiac patients 4. Yoga for Kids and Children unit 3. 1. Basics of Sports Physiotherapy. 2. Needs of Sports Physiotherapy. |
| Octobe r | 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 like examination | Types of Physiotherapy. Physiotherapy for disable person unit 4. 1. Rehabilitation and Physiotherapy. |
| Nove | (Note :- 10(two test) Marks Internal evalution) (15-Written Test, Assignment & Seminar) | | 2. Physiotherapy for injured Athletes (Men and women).3. Physiotherapy for disable person Test- 10 Tutorial- 15 |

Semi-VI

| | Topic / chapters | PAPER – XII | sec- iv |
|--------|--|-------------------------------------|----------------------------------|
| Mon. | PAPER – XI | PHYSICAL EDUCATION | |
| Mon. | TEST MEASUREMENT AND | PRACTICAL | Officiating and coaching |
| | PSYCHOLOGY IN PHYSICAL | Marks – 75 Per Week :- 4 P | marks – 50 per week :- 3 |
| | EDUCATION | Per Semester : 60 P | |
| | Marks - 40 Per Week :- 4 P | Tel Semester : 00 i | |
| Nov- | Unit-I | 1. Practical Project (Any One) 05 | unit 1.Officiating in Kabaddi |
| Decem | C IIII- C | A) Flexiblity measures. | unit 1.0melating in Rabaddi |
| ber | Definition of test and measurement. | (Sit & Reach or Bend and Reach) | Officiating in Kho-Kho |
| | it betimen of test and measurement. | B) Arm Strenth (Grip dinomoeter) | Officiating in Kno-Kno |
| | 2. Need and Importance of Test & | 2. Track & Field event : High Jump | Officiation in Valley Ball |
| | measurement. | 10 | Officiating in Volley Ball |
| | | 3. Aerobics Activities (Minimum 10 | Contract City |
| | 3. Principles of Test & measurement. | min) – m / w 10 | Officiating in Cricket |
| | and the state of t | IIII, III, III | 0.07 1 1 1 1 1 1 1 1 1 1 |
| _ | | | Officiating in Track and Field |
| Januar | Unit II. | | Unit 2. Ground Management in |
| y | Construction and classification of test. | | Kabaddi |
| | 2.Criteria of good test | 1. Optional Games : One Forign | |
| | 2 | game 20 | Ground Management in Kho-Kho |
| | 3. test of Physical Fitness | | |
| | test.(JCR.sergeant test, hardward step | 1. Volley Ball 2. Hand Ball | Ground Management in Volley |
| | test. AAPHERD youth physical fitness | (Fundamental Skills, Techniques, | Ball |
| | test) | knowledge of rules and regulation) | |
| | | | Ground Management in Cricket |
| | Unit III 1. Definition, Nature and Scope | | Unit 3. Coaching of Basic Skills |
| | of Sports Psychology | | in Kabaddi |
| | 2. Learning Process - Theories, Laws of | 5. Oral :- Related to all practical | |
| Febru | Learning | events 05 | Coaching of Basic Skills in Kho- |
| ary | | (Historical development, ground | Kho |
| | Personality - Meaning, Dimensions & | measurements. Rules and regulation, | |
| | Personality of sports-man | records and awards) | Coaching of Basic Skills in |
| | | | Volley Ball. Coaching of Basic |
| | | | Skills in Cricket |
| March | unit 4. 1. Affecting factors in Growth | | Unit 4. Coaching for |
| &Apri | and Development - Heredity and | | Conditioning Exercise |
| I | Environment | NOTE: 1. Uniform is compulsory to | |
| | | the practical periods | Coaching for General Physical |
| | Relationship between Sports | 2. Without uniform and record book | Fitness |
| | Psychology and Performance of | is not allowed to the examination | |
| | players(Note :- test 1,2-10 Marks | | Coaching for Motor Fitness |
| | | | |
| | (15- Assignment & Seminar) | | Coaching for Kids and Children's |

Asst. Prof. Londhe S. C.

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