

TEACHING PLAN OF ODD SEMESTER
(1ST, 3RD & 5TH)
DEPARTMENT OF PHYSICAL EDUCATION
B.A General (Morning Shift)
Syllabus Distribution & Teaching Plan of 5th Semester
Session 2023-2024

Term I: Commencement of classes of 1st Internal Examination

Term II: 1st Internal to 2nd Internal Examination

Term III: 2nd Internal to ESE preparatory break

Paper-DSE1

Topic Name-Tests, Measurements & evaluation in Physical Education

Name of Teacher-Smt. Banashree Rout & Sri Writam Pradhan

Term-I-(Total-10 Lectures)

- Lecture 1- Concept of Test and Measurement.
- Lecture 2- Concept of Evaluation.
- Lecture 3- Criteria of good Test.
- Lecture 4- Principles of Evaluation.
- Lecture 5- Importance of Test, Measurement in Physical Education and Sports
- Lecture 6- Importance of Evaluation in Physical Education and Sports.
- Lecture 7- Concept of Body Mass Index.
- Lecture 8 –Assessment of BMI.
- Lecture 9- Body Fat Concept and Method of Measurement.
- Lecture 10- Lean Body Mass(LBM)concept and method of measurement.

Term-II-(Total-6 Lectures)

- Lecture 1- Concept of somato type and method of measurement.
- Lecture 2 – Kraus –Weber Muscular Strength Test.
- Lecture 3- AAHPER Youth Fitness Test(Pull Ups, Sit Ups, Shuttle Run)
- Lecture 4- Standing Broad Jump, 50yard Run, 600yardRun and walk.
- Lecture 5- Queens College Step Test.
- Lecture 6- Harvard Step Test.

Term-III-(Total-4 Lectures)

- Lecture 1- Lockhart and Mephereson Badminton Skill Test.
- Lecture 2- Johnson Basketball Test Battery.
- Lecture 3- McDonald Soecer Test.
- Lecture 4 –Brady Volleyball Test.

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DEPARTMENT OF PHYSICAL EDUCATION
B.A General (Morning Shift)
Syllabus Distribution & Teaching Plan of 1st Semester
Session 2023-2024

Term I: Commencement of classes of 1st Internal Examination

Term II: 1st Internal to 2nd Internal Examination

Term III: 2nd Internal to ESE preparatory break

Name of Teacher-Smt. Banashree Rout & Sri Writam Pradhan

Paper-MAJOR(MJ)

Topic Name- Foundation and History & Physical Education and Sports

Term I-(Total Lectures-14)

- Lecture 1- Meaning and Definitions of Physical Education.
- Lecture 2- Scope of Physical Education and Sports.
- Lecture 3- Aims of Physical Education.
- Lecture 4- Objectives of Physical Education and Sports.
- Lecture 5- Misconception and Modern Concept of Physical Education.
- Lecture 6 –Need and importance of Physical Education in Modern Society.
- Lecture 7 – Meaning and definition of growth and development.
- Lecture 8- Factors affecting Growth and development.
- Lecture 9 – Principles of growth and development and Difference between growth and development.
- Lecture 10 –Classification of Shetion’s Body Type .
- Lecture 11 – Relationship of Body Type and Sports Performance.
- Lecture 12- Concept of Learning Curve.
- Lecture 13- Laws and Theories of Learning, Types and Learning.
- Lecture 14- Factors affecting Learning.

Term II-(Total Lectures-12)

- Lecture 1- Role of sports physiology in the field of Physical Education and Sports.
- Lecture 2- Emotion and Motivation in relation with Physical Education and Sports.
- Lecture 3- Anxiety and Personality in relation with Physical Education and Sports.
- Lecture 4- Concept of Socialization. Socialization in Physical Education and Sports.
- Lecture 5- Role of Games and Sports in national and international integration.
- Lecture 6- Sports Ethics.
- Lecture 7- Pre-Independence period of Physical Education and Sports in India.
- Lecture 8- Post-Independence period of Physical Education and Sports in India.

Lecture 9- National and State Sports Awards.

Lecture 10- Famous Personalities in the field of Physical Education Plato, Aristotle, Ames, Buchanan, and P.M Joseph.

Lecture 11- Professional Preparation in Physical Education and Sports.

Lecture 12- Y.M.C.A, <NIPE, IaIPeSS, SAI.

Term III-(Total Lectures-6)

Lecture 1- Ancient Olympic Games.

Lecture 2- Modern Olympic Games.

Lecture 3- Historical Background of Commonwealth Games.

Lecture 4- Historical Background of Asian Games.

Lecture 5- Analysis of Indian Sports Performance.

Lecture 6- Olympic, Commonwealth and Asian Games.