


Govt. College Jassia
Session 2022-23

Name of the Assistant Professor- Dr. Meenakshi
Subject- Physical Education
Class- B.A 1st (Odd Sem)

Months	Topics
August	Week 04 Introduction of Physical Education Definition of Physical Education
	Definition of Physical Education Objectives of Physical Education
	Assignment and discussion
September	Week 1 Scope of Physical Education Objectives of physical education
	Week 2 Importance of Physical Education Historical Development of Ancient Olympic
	Week 3 Historical Development of Ancient Olympic Historical Development of National Games of India.
	Week 4 Historical Development of National Games of India Revision of Unit – I Assignment and discussion group
	Week 5 Introduction of Biological Basis of Physical activity Types of Exercise Practical work and lesson plan
October	Week 1 Types of Exercise Presentation of students
	Week 2 Types of Exercise

	Growth and Exercise
	Week 3 Growth and Exercise Exercise and Well Being
	Week 4 Body Types Growth of Physical Education in India : LNUPE
	Week 5 Growth of Physical Education in India : SAI NSNIS Growth of Physical Education in India : YMCA Awards and players
November	Week 1 Growth of Physical Education in India : IOA REVISION OF UNIT - II
	UNIT - III Week 2 Introduction of Modern Olympic Introduction of Modern Olympic Revival
	Week 3 Introduction of Modern Olympic Revival Introduction of Modern Olympic Progress
	Week 4 Performance of Indian Players in Modern Olympic Complete syllabus test
	Week 5 Performance of Indian Players in Asian Games REVISION OF UNIT - III AWARDS UNIT 04
December	PRACTICAL WORK

- Vacation as per university calendar
- 2 assignments and unit tests will be taken as per schedule.

Signature/Name of Class Incharge

 DR MEENA KSHI 1


 Principal
 Govt. College
 Jassia (Rohtak)