

Class	Paper	Topic no	Topic	Class Taken by	No, of Lecture Duration=60Minutes
B.A Semeste -1	CC -1A	1	Meaning, Definition, Aim, Objectives, Misconcepts, Modern concept, Imporntce of Physical Ebucaion inmodren society.	P.B	12
		2	Biological and Sociological Foundations of Physical Education.	P.B	18
		3	History of Physical Education	P.B	18
		4	Yoga Education.	P.B	12
		<b>Total</b>			<b>60</b>
B.A Semester-2	CC -2B	1	Introduction Sports Management. Importance ,Principal ,Manager and his Duties in Management.	P.B	12
		2	Tournaments.	P.B	18
		3	Facilities and Equipment.	P.B	18
		4	Leadership.	P.B	12
		<b>Total</b>			<b>60</b>
<b>CC-1&amp;CC-2B</b>		<b>Total</b>		P.B	<b>120</b>
B.A Semester-3	CC-1C	1	Anatomy,Physiology and Exercise Physiology meaning and definition.	P.B	12
		2	Musculo – Skeleatal system.	P.B	18
		3	Circuiator SYSTEM	P.B	18
		4	<b>Respiratory system</b>	<b>P.B</b>	<b>12</b>
		<b>Total</b>			<b>60</b>
B.ASemester-4	CC-1D	1	<b>Introduction &amp;Dimension of Health ,physi Fitness and Wellness .</b>	P.B	18
		2	<b>Health Problems in India – prevention and control.</b>	P.B	18
		3	<b>Physical Fitness and Wellness.</b>	P.B	12
		4	<b>Health and First –aid Management.</b>	P.B	12
		<b>Total</b>			<b>60</b>
		<b>Total</b>		P.B	<b>120</b>

B.ASemester 5	DSC-1A	1	<b>Introduction- concept, importance principlas,measurement and sports</b>	P,B	12
		2	<b>Methods of Training and conditioning in Sports.</b>	P.B	18
		3	<b>Traning Load and Adaptation.</b>	P.B	18
		4	<b>Training Techniques.</b>	P.B	12
		<b>Total</b>			<b>60</b>
B.ASemester-5	GE -1	1	<b>Meaning,definition and inportes of Physical Education and sports.</b>	P.B	12
		2	<b>Biological, Phchological and Sociological</b>	P.B	18

			<b>Foundation of Physical Education.</b>		
		<b>3</b>	<b>History of Physical Education.</b>	<b>P.B</b>	<b>12</b>
		<b>4</b>	<b>Exercise Seicnces.</b>	<b>P.B</b>	<b>18</b>
		<b>Total</b>			<b>60</b>
<b>B.ASemester-6</b>	<b>DSC-1B</b>	<b>1</b>	<b>Meaning,Importance and Scope of Psychology, Sports Psychology.</b>	<b>P.B</b>	<b>12</b>
		<b>2</b>	<b>Learning,Theories, Transfer of Kamig.</b>	<b>P.B</b>	<b>18</b>
		<b>3</b>	<b>Psychological Factors.</b>	<b>P.B</b>	<b>18</b>
		<b>4</b>	<b>Stress and Anxiety.</b>	<b>P.B</b>	<b>12</b>
		<b>Total</b>			<b>60</b>
<b>B.ASemester-6</b>	<b>Ge-2</b>	<b>1</b>	<b>Concept,definition and dimension of, WHO.UNESCO,UNICEF.</b>	<b>P.B</b>	<b>18</b>
		<b>2</b>	<b>Health and Rirst –aid Managements.</b>	<b>P.B</b>	<b>18</b>
		<b>3</b>	<b>Mesasurement of Body compositions and somatotype Assessment.</b>	<b>P.B</b>	<b>12</b>
		<b>4</b>	<b>Fitness Test- AAHPER, JCR.</b>	<b>P.B</b>	<b>12</b>
		<b>Total</b>			<b>60</b>