

2020 -2021

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
		Total			60
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
		Total			60
CC-1&CC-2B		Total		P.B	120
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	Respiratory system	P.B	12
		Total			60
B.ASemester-4	CC-1D	1	Introduction &Dimension of Health ,physi Fitness and Wellness .	P.B	18
		2	Health Problems in India – prevention and control.	P.B	18
		3	Physical Fitness and Wellness.	P.B	12
		4	Health and First –aid Management.	P.B	12
		Total			60
		Total		P.B	120

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

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