

PAPER NO.-2
B.A.-1

NAME: Physical Education & Social Development
SEMISTER-II

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
December	Unit 1	Sports as Social Institution & Social Values	Lecture + Discussion	16
January	Unit 2	Importance of Health & Wellness	Lecture + PPT	16
February	Unit 3	Sports Injuries – Causes, Prevention & Rehabilitation	Lecture + Case Study	16
March	-	Revision & Concept Clarity	Discussion + Test	-
April	-	Practical Exam & Theory Exam	Examination	-

**PAPER NO.- SEC -2
B.A.-1**

**NAME: Badminton - Racket Skills & Footwork Skills
SEMISTER-II**

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
December	Unit 1	Introduction, Grip (Forehand + Backhand), Ready Position, Footwork, Basic Shots (Drive)	Lecture + Demo + Practice	8
January	Unit 2	Service Rules, Short Service, Long Service, Drop Shot, Clear Shot, Smash Shot, Practice	Demonstration + Drill + Practice	8
February	Unit 3	Rally Practice, Scoring System (21 Points), Deuce Rule, Faults, Singles vs Doubles, Base Position, Match Practice	Lecture + Practical	8
March	Unit 4	Court Diagram, Diagram Practice, Viva Preparation, MCQ Practice, Revision, Pre-Practical	Lecture + Test + Practical	8
April	—	Practice, Assignment & Pre-Exam	Practical + Test	-
	—	Practical Exam & Theory Exam	Examination	-

PAPER NO.-III
B.A -II

NAME: Health and Physical Education
SEMISTER-III

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Health Education – Meaning, Importance & Principles	Lecture + Discussion	16
August	Unit 2	Personal Hygiene & Communicable Diseases	Lecture + PPT	16
September	Unit 3	Prevention, Vaccination & Obesity	Lecture + Discussion	16
October	—	Practice, Assignment & Pre-Examination Vacation	—	—
November	—	Exam	—	

PAPER NO.-IV NAME: Physical Fitness
B.A -II SEMISTER-III

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Physical Fitness – Meaning & Definition	Lecture	16
August	Unit 2	Health Related Fitness Components (HRPF)	Lecture + Demonstration	16
September	Unit 3	Skill Related Fitness Components (SRPF) & Injuries	Practical + Lecture	16
October	—	Practice, Assignment & Pre-Examination Vacation	—	—
November	—	Exam	—	—

PAPER NO.- Minor I

NAME:Minor Paper I

B.A -II

SEMISTER- III

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Health & Physical Education – Meaning & Importance	Lecture	8
August	Unit 2	Hygiene & Daily Life	Lecture + Discussion	8
September	Unit 3	Obesity – Causes, Effects & Remedies	Lecture	8
October	—	Practice, Assignment & Pre-Examination Vacation	—	—
November	—	Exam	—	—

PAPER NO.-V NAME: Sports & Competition Planning
B.A -II SEMISTER-III

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Types of Athletics – Running, Jumping & Throwing	Lecture	8
August	Unit 2	Sports Competition Planning & Organization	Lecture + PPT	8
September	Unit 3	Importance, Principles & Committees	Lecture + Discussion	8
October	—	Practice, Assignment & Pre-Examination Vacation	—	—
November	—	Exam	—	—

**PAPER NO.- SEC
B.A -II**

**NAME: Universal Gym -B
SEMISTER-III**

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
December	Unit 1	Basics of Exercise – Warm-up, Stretching & Hydration	Lecture + Discussion	8
January	Unit 2	Nutrition & Fitness – Protein, Diet, Progressive Overload	Lecture + PPT + Q&A	8
February	Unit 3	Gym Exercises – Chin-ups, Seated Press, Dips (Technique & Muscles)	Demonstration + Practical	8
March	Unit 4	Safety Rules, Do's & Don'ts, Proper Form Pre-Examination	Practical + Revision	8
April	—	Exam	Examination	

PAPER NO.-VI NAME: Indian Olympics & History
B.A -II **SEMISTER-IV**

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Historical Background of Indian Olympics	Lecture	8
August	Unit 2	Modern Olympic Games	Lecture + PPT	8
September	Unit 3	Indian Olympic Performance	Lecture + Assignment	8
October	—	Practice, Assignment & Pre-Examination Vacation	—	—
November	—	Exam	—	—

PAPER NO.- Minor II NAME: Minor Paper II

B.A -II

SEMISTER-IV

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Team Games – Kabaddi, Kho-Kho, Softball, Cricket	Lecture + Demo	8
August	Unit 2	Stages of Competition Organization	Lecture	8
September	Unit 3	Importance & Draws (Fixtures)	Practical + Diagram	8
November	—	Exam	—	—

PAPER NO.- SEC 4 NAME: Football Fundamental Skills
B.A -II SEMISTER-IV

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
December	Unit 1	Introduction, Rules, Safety Passing (Inside Foot), Ball Control, First Touch	Lecture + Demo	8
January	Unit 2	Dribbling (Zig-Zag, Close Control) Shooting (Power & Accuracy), Heading	Drill + Practice	8
February	Unit 3	Defensive Skills (Positioning, Tackling, Pressing) Game Awareness (Scanning, Decision Making)	Lecture + Field Practice	8
March	Unit 4	Goalkeeping (Ready Position, Footwork, Diving) Fitness Drills	Demo + Practice	8
			Game-Based Learning	
April		EXAM		—

PAPER NO.-07 NAME: Physical Education & Daily Life

B.A -III SEMISTER-V

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Active Lifestyle	Lecture + Discussion	8
August	Unit 2	Heart Diseases & Preventive Physical Activities	Lecture + PPT	8
September	Unit 3	Mental Health & Obesity	Lecture + Case Study	8
October	—	Practice, Assignment & Pre-Examination Vacation	—	8
November	—	Exam	—	—

PAPER NO.- 08 NAME: Nutrition & Balanced Diet

B.A -III

SEMISTER-V

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Nutrition & Balanced Diet	Lecture	8
August	Unit 2	Carbohydrates, Fats & Proteins	Lecture + Chart	8
September	Unit 3	Vitamins, Minerals & Importance of Water	Lecture + Discussion	8
October	—	Practice, Assignment & Pre-Examination Vacation	—	8
November	—	Exam	—	—

PAPER NO.- 09 NAME: Sports Psychology

B.A -III

SEMISTER-V

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Motivation – Meaning	Lecture	8
August	Unit 2	External & Internal Motivation	Lecture + Discussion	8
September	Unit 3	Emotions, Self-Confidence & Concentration	Lecture + Activity	8
October	—	Practice, Assignment & Pre-Examination Vacation	—	8
November	—	Exam	—	—

PAPER NO.-10 (A) NAME: Ashtanga Yoga

B.A -III

SEMISTER-V

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Yama & Niyama	Lecture + Discussion	8
August	Unit 2	Asana & Pranayama (Conceptual Part of Ashtanga Yoga)	Lecture + Demonstration	8
September	Unit 3	Pratyahara, Dharana, Dhyana & Samadhi	Lecture + Explanation	8
October	—	Practice, Assignment & Pre-Examination Vacation	—	8
November	—	Exam	—	—

PAPER NO. - 10 (B)

NAME: Pranayama

B.A -III

SEMISTER-V

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
July	Unit 1	Kapalbhati&Sheetkari Pranayama	Demonstration + Practice	8
August	Unit 2	AnulomVilom&Bhramari Pranayama	Practical + Guidance	8
September	Unit 3	Omkar Chanting & Benefits of Pranayama	Practice + Discussion	8
October	—	Practice, Assignment & Pre-Examination Vacation	—	8
November	—	Exam	—	—

PAPER NO.-11

NAME: Sports Training

B.A -III

SEMISTER-VI

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
December	Unit 1	Training Load – Meaning, Characteristics & Principles	Lecture	8
January	Unit 2	Methods & Means of Training Load	Lecture + PPT	8
February	Unit 3	Application of Training Load	Lecture + Case Study	8
March	—	Practice, Assignment & Pre-Examination Vacation	—	8
April	—	Exam	—	—

PAPER NO.- 12

NAME: Measurement & Evaluation

B.A -III

SEMISTER-VI

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
December	Unit 1	Meaning of Measurement & Evaluation	Lecture	8
January	Unit 2	Health Related Physical Fitness Measurement	Demonstration	8
February	Unit 3	Skill Related Physical Fitness Measurement	Practical	8
March	—	Practice, Assignment & Pre-Examination Vacation	—	8
April	—	Exam	—	—

PAPER NO.- 13

NAME: Sports Psychology

B.A -III

SEMISTER-VI

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
December	Unit 1	Motivation & Mental Preparation	Lecture	8
January	Unit 2	Psychological Preparation (Before, During, After Competition)	Lecture + Discussion	8
February	Unit 3	Youth Sports Psychology	Lecture	8
March	—	Practice, Assignment & Pre-Examination Vacation	Practical	8
April	—	Exam	—	—

PAPER NO.- 14(A)NAME: Awards & Modern Sports Equipment

B.A -III

SEMISTER-VI

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
December	Unit 1	National & State Level Sports Awards	Lecture	8
January	Unit 2	Sports Awards System	Lecture	8
February	Unit 3	Modern Sports Equipment	Lecture + Demo	8
March	—	Practice, Assignment & Pre-Examination Vacation	Practical	8
April	—	Exam	—	—

PAPER NO.- 14(B) NAME: Modern Sports Equipment

B.A -III

SEMISTER-VI

Month	Unit	Topics (Short Points)	Method	Periods
December	Unit 1	Introduction, Types & Importance of Equipment	Lecture + Discussion	8
January	Unit 2	Sports Technology (VAR, Hawk-Eye, Smart Devices)	Lecture + Video	8
February	Unit 3	Safety Equipment	Lecture + Demo	8
March	Unit 4	Fitness Equipment & Trends, Assignment	Discussion + Practical	8
April	—	EXAM	-	-