

Mahavir Mahavidyalaya, Kolhapur (Autonomous)**TEACHING PROGRAMME 2023-24**

Term II :- From 24-11-2023 to 09-05-2024

1. Name of the Teacher: - Varsha Balasaheb Lokhande
2. Class: B.A.I Sem. II
3. Title of the Paper –II- Foundation of physical education & sports
4. Date of commencement of Lecture:-
5. Subject : Physical Education
6. No. of lectures per week: 04
7. Total Lectures required: 96

Month	Topics to be covered (in detail)		No. of lectures required
November 2023	Module –I a) Concept of body posture.		10
	Meaning, definition	04	
	Kinds of body posture.	03	
	Practical Syallbus	03	
December 2023	Module –I Biological Foundation of physical education	02	16
	Meaning, definition and Body somatotype	02	
	Kinds of body posture.		
	Characteristics of good body posture. Gender Characteristics	02	
	1) Growth and development	02	
	Practical event:- Athletes Long jump	02	
Revision of Unit – I	06		
January 2024	Physical difference between genders a) strength b) speed	02	16
	Physical difference between genders c)endurance d)agility e) flexibility	03	
	Practical event Aasans...Vajrasan, Halasan, Sarvangasan, Pachimotansan	03	
	Long jump: Volleyball	03	
	Fundamental skills..., rules and regulations	05	
February 2024	Module II Psychological and Social Foundation of physical education		16
	1) Attitude and interest	04	
	2) Social acceptance and recognition	04	
	3) Leadership in physical education	04	
	Indian Exercise: Aasans .. Vajrasan, Halasan, Sarvangasan, Pachimotansan	04	
March 2024	Module III Theories of Play	02	16
	a) Meaning, definition and concept of play.		
	b) Difference Work and play	03	
	c)Theories of play:- i) Surplus energy theory ii) Anticipatory theory	04	
	iii) Re-adulatory theory iv) Human beings and importance of play	07	

	Practice of practical exam events Aasans ..Vajrasan,Halasan,Sarvangasan,Pachimotansan Long-Jump, Volleyball		
April 2024	Revision , Best Practice , Unit Test	08	16
	Record Books Submission	02	
	Exam Preparations Test,	02	
	Practical Syllabus Revision	04	
May 2024	Revision All Modules	03	06
	Record Books Submission, Chking.	02	
	Practical Exam , Test,	01	
Total Lectures			96

Varsha Balasaheb Lokhande

Principal