

Mahavir Mahavidyalaya, Kolhapur (Autonomous)

TEACHING PROGRAMME 2022-23

Term I / II: From 01-09-2022 to 15-12-2022

1. Name of the Teacher: - Varsha Balasaheb Lokhande 2. Class: B.A-I, Sem. I
 3. Title of the Paper – Introduction Physical Education and Sports 4. Date of commencement of Lecture:
 5. No. of lectures per week: 04 6. Total Lectures required:

Month	Topics to be covered (in detail)		No. of lectures required
September 2022	Unit: I. The meaning of physical education & sports	2	
	Meaning of Physical Education	2	
	Definition of Physical Education	2	
	Concept of Physical Education	2	
	Practical Syllabus:- Shot put 100 m sprint	08	16
October 2022	Unit: II. Changing concept of physical education	1	
	1.Exercise	1	
	2. Gymnastics	1	
	3. Recreation	1	
	4. Games And Sports	2	
	5. Physical Education	2	16
	6. Health And Physical Education		
	Practical Syllabus:-Suraynamaskar..., Project book	08	
November 2022	Unit : III Aim and Objectives of physical Education		
	General aim	2	
	Objectives of physical Education		
	1. Organic Power 2. Physical skills	2	
	3.Mental & Emotional Health 4.Socail Development	2	
	5.Professional Development 6.National Integration	2	16
		Practical Syllabus:- Kabaddi, Project Book	08
December 2022	Unit : IV –		
	Practical Syllabus:- Kabaddi, Project Book	2	
	Practical Syllabus:-Suraynamaskar..., Project book	2	
	Concept of Physical Education	2	08
	Changing concept of physical education	2	
Total Lectures			56

Subject Teacher Sign

Name

Head of the Department Sign.

Name

Principal