

**Mahavir Mahavidyalaya, Kolhapur (Autonomous)****TEACHING PROGRAMME 2023-24****Term II :- From 24-11-2023 to 09-05-2024**

- Name of the Teacher: - Varsha Balashabe Lokhande
- Class:- B.A.II, Sem. IV
- Title of the Paper -V - Development of physical education & Sports
- Date of commencement of Lecture:-
- Subject :- Physical Education
- No. of lectures per week:- 04
- Total Lectures required:- 96

Month	Topics to be covered (in detail)		No. of lectures required
November 2023	<b>Unit : I Revision of the physical education in Ancient times</b>		06
	Unit : II Revision of reflections of physical education in Olympic games	02	
	Unit: III Revision of Modern Olympic Games	02	
	Unit : IV Revision of Asian Games	02	
December 2024	<b>Unit -I Development of Physical Education in Maharashtra</b>	01	16
	a) Maratha Period: 1600 A. D. onward	02	
	b) British Period: 1800 A. D. onwards	02	
	C) Period of Nationalism: 1920 onwards iv) Modern Period: 1937 onwards	02	
	d)Post Independence period e) Mongol Period	01	
	Practical Syllabus: -Record Book, Ground marking Basketball or handball	08	
January 2024	<b>Unit- II Different Institutions for training in Physical Education in India</b>	02	16
	a) Netaji subhash National Institute of sports	03	
	b) Lakshmibai National Institute of Physical Education:	03	
	c) Sports India:- structure, functions	03	
	Practical Syllabus: -Record Book, Ground marking:-khokho, Handball	05	
February 2024	<b>III :- Sports Awards in India</b>		16
	a) National Level Awards i) Rajiv Gandhi Khel Ratna ii) Arjun Award iii) Dronacharya Award	04	
	b) State Level Awards (In Maharashtra) i) Shiv Chhatrapati Rajya Krida Puraskar ii) Jijamata Rajya Krida Puraksar iii) Eklavya Puraskar	04	
	Practical Syllabus: -Ground marking:-khokho, Handball, Basketball,Record Book	04	
Marh 2024	<b>Revision of Module I SPORTS PERSONALITIES IN INDIA</b>	04	16
	Abhinav Bindra. Major Dhan Chand.. Khashaba Jadhav.	04	
	Pilavullakandi Thekkeparambil.Usha (P.T.Usha)	04	

	Practical Syllabus:-Athletic High jump 1500 mtr Running, Ground marking Basketball, Khokho or handball.	04	
<b>April 2024</b>	<b>Revision ,Unit Test , Best Practice</b>	08	16
	Record Books Submission, Chking.	02	
	Exam Preparations Test,	02	
	Practical Syllabus Revision	04	
<b>May 2024</b>			10
	<b>Revision All Modules</b>	06	
	Record Books Chking.	02	
	Practical Exam	02	
<b>Total Lectures</b>			<b>96</b>

Varsha Balashabe Lokhande

**Principal**