

A.V.E. Society's  
**DEGLOOR COLLEGE DEGLOOR**


Annual Teaching Plan

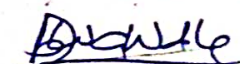


Department : Physical Education  
Name of the Teacher : Wadhane D.P.  
Paper Name : History of physical Education  
Paper No. : 1  
Semester : 1

Class : B.A. & B.Com.  
Year : 2023-24

Chap. No	Topic Title	Expected lectures	Expected Duration*	
			From	To
1	<b>Unit - I History</b> 1) Physical Education ancient Greece Rome 2) Ancient physical Education in India 1) Vedic period 2) Ramayan and mahabhatart period 3) Boudha period 4) Maratha period 5) British period	15	1/7	31/7
2	<b>Unit - II History Development of stone Institue</b> 1) YMCA Madras deccan gym khan 2) Deccan gumkhana pune 3) Hanuman vayam prasarate madal amrevah 4) netaji subhash national in on of sports patialg	12	1/8	31/8
3	<b>Unit - III History and Development of sports</b> 1) Olymic movement 2) Ancientolymic games 3) Modern olympic associations 4) Indianolympic associations 5) Asiangames 6) commonwealth games	12	1/9	30/9
4	<b>Unit - IV Awards in game and sports</b> 1) Rajiv gandhi khel ratna awards 2) Dronacharya and aryan award 3) Maharashtra Jeevan Gaurav awards 4) Shivchaatrapati knid awards 5) district award (Best cuan, player organiser)	12	1/10	30/10

  
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Department : Physical Education,  
 Name of the Teacher : Wawdhane D.P.  
 Paper Name : History of physical Education / *practical*  
 Paper No. : II  
 Semester : I

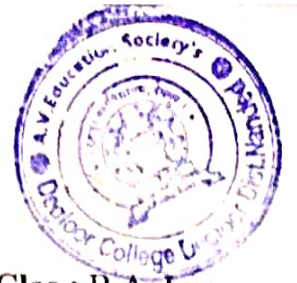
Clas : B.A. I yr  
 Year : 2023-24

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project Weight measurement	12	1/7	31/7
2	Running Events Skills Technisyes 100 M. sprints (for men and women)	8	1/8	15/8
3	Optinal games (any one) 1) Kabaddi 2) atya patya (fundamental skills knowledge rules and regulation)	16	16/8	30/9
4	Indian exercise surya namaskar (mens & women)	10	1/10	20/10
5	Record book all practical events related a) Brief History b) Various Diagrams c) name of differentfundamental skill in the events d) officials e) awards	4	21/10	31/10

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Department : Physical Education  
 Name of the Teacher : *Wadhane D.P.*  
 Paper Name : Principles of Physical Education  
 Paper No. : III  
 Semester : II

Clas : B.A. I yr  
 Year : 2023-24

Chap No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit - I Principles of physical education</b> 1) Meaning need importance and scope of phy.Edu. 2) Aims and objectives of physical education 3) Philosophy of Physical - Education (Idealism, Naturalism, Realism) 4) Classification of Activities 5) Suitable activities of different age group	15	1/8	30/8
2	<b>Unit -II Biology Basis of Physical Eduation</b> 1) Affecting factors of growth and development 2) Differences in between male and famale 3) Benefits exercise underload, normalload, Overload, Training principles.	13	1/8	31/8
3	<b>Unit - III Psychological basis of physical Education</b> 1) Psychlological factors affecting short-performance 2) Mental Health and cogmitive abilities 3) Meaning and importance of play 4) theories of play 5) Principles of growth and development	12	1/9	30/9
4	<b>Unit - IV Sociological basis of physical Education.</b> 1) Games and Sports as a cultural heritage of mankind 2) Role of sports in national integration. 3) Role of Society to culture development	14	1/10	31/10

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Department : Physical Education

Name of the Teacher : Wawdhane D.P.

Subject Name : Practical

Subject No. : IV

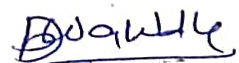
Semester : II

Class : B.A. I yr

Year : 2022-23

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project Height measurement	5	1/7	31/7
2	Throwing event (Skill / Techniques /shot- Phule for men/women)	8	1/8	31/8
3	Jumping event skill, / techniques long jump (approachrun, takeoff, air-position and landing.)	10	1/9	30/9
4	Optional Games (any one) i) Table tennis ii) Gymnastics (Mat exercise) (Fundamental Skills, Knowledge of rules and regulation)	25	1/10	25/10
5	Record Book All practical events related i) Brief History ii) Various Diagrams iii) Named of different fundamental skill in the event iv) Officials	2	25/0	30/10
6	Internal marks Attendance of practical period of oral (General shorts knowledge)	5	25/10	30/10

  
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Department : Physical Education  
 Name of the Teacher : Wawdhane Deepak P.  
 Paper Name : Basic Anatomy Physicology and First Aid  
 Paper No. : V  
 Semester : III

Clas : B.A. II nd  
 Year : 2023-24

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit- I</b> Antomy Cell - structure of cell types and function Tissue - types and functions of verious tissue	8	1/7	31/7
2	<b>Unit - II</b> Structure and functions of following system, skeletal system, muscular system, digestive system, Nervous System, Respiratory system, circulatory system, Endocrine system, and Reproductive system.	10	1/8	30/8
3	<b>Unit- III</b> Effect of ever ice on Muscullar system Endocrine system Circulatory System Respiratory System	10	1/3	30/9
4	<b>Unit- IV</b> Definitoin and improve of first aid Basic principal of firstaid . Injuty -It's type and their prevention common Injuries and their first aid.	8	1/10	31/10

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Annual Teaching Plan

Department : Physical Education

Name of the Teacher *Wawdhane D P.*

Paper Name : External Practical

Paper No. : VI

Semester : III

Clas : B.A. II nd

Year : 2023-24

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project Pulse rate mesurement (Before and after playing)	5	1/7	30/7
2	Track and field event Relay (u x 100/4x400) menanwomen	10	1/8	30/8
3	Optional Games Anyone Indian games in following i) Khokho ii) Yoga / weight lifting	12	1/9	30/9
4	Indian Eercise i) D and Baithak (men) ii) Bent knee situbs (women)	8	1/10	30/10
5	Recored Book Internal marks Attendance of Practical periods Oral (General shorts knowledge discipline / Behaviour)	5	1/11	15/11

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Annual Teaching Plan



Department : Physical Education

Name of the Teacher :

Wawdhane D.P.

Paper Name : Fitness & Diet

Paper No. : VII

Semester : IV

Clas : B.A. II nd

Year : 2023-24

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit- I Fintess</b> Definition and concept of fitness, need and importance of, Fitness, Physical, mental social fitness.	10	1/7	31/7
2	<b>Unit - II Body Posture</b> Postur- Definition, meaning concept, need and importance It's significiant and Benefits type of posture Postural deformities (KI/phosis, Lordosis, Scoliosis, knock - kne Bowlegs flatfoot) cause and remedies of postural Deformities	10	1/8	30/8
3	<b>Unit - III Diet</b> Definition need and impotance of diet forhealth, components of Balance diet (Carobhydrates, Fats, Protenis, Minerals, Vitamins, Water)	8	1/9	30/9
4	<b>Unit - IV</b> Concept of nutrition, dietaryaids calorie intake and expenditure energy balance Eating disorder.	8	1/10	30/10

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Department : Physical Education  
 Name of the Teacher : *W. A. Wadhane D.P.*  
 Paper Name : External Practical  
 Paper No. : VIII  
 Semester : IV

Clas : B  
 Year : 2022-24

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Practical Project</b> Blood Pressure (Mesure low and high B.P.)	5	1/7	30/7
2	<b>Track and fileds event</b> A) Throwing event - Discuss thow (Holding, styles, delivery and recovery) B) Jumping event - Tripple jump (Hop-Step-jump)	8	1/8	30/8
3	<b>Optional Game</b> 1) Cricket 2) Judo (Jundamental Skills Knowledge of rules & Regulations)	10	1/9	30/9
4	<b>Record book- All pratical events related</b> - Introduction, Historical development, grounds inesurement, rules and regulation and records	8	1/10	30/10
	<b>Internal Marks</b> Attendance of practical periods oral (General sports knowledge Discipline / Behaviour)	5	1/11	15/11

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Department : Physical Education

Clas : B.A. III rd

Name of the Teacher : *W. Q. Wadhane DP*

Year : *2023-24*

Paper Name : Organization & Management in Phy. Edu

Paper No. : IX

Semester : V

Chap . No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit - I</b> 1) Definition , scope need and importance of organi 2) Principle of organization 3) Skill Organization	8	1/7	30/7
2	<b>Unit- II</b> 1) Need and importance of Tournament . 2) Type of Tournment nock out system. Legue system Combination system, Challenges system. 3) Care and maintenance and play filed and equipme	10	1/8	30/8
3	<b>Unit - III</b> 1) Definition, scope need and importance of manage. in physical education 2) Principle of management 3) Qualification and qualities of the good manager. 4) Gum management (Need, Facilies and Maintance) 5) Management of different level tournmnet (School National level	10	1/9	30/9
4	<b>Unit - IV</b> 1) Function and importance at financial 2) Budget, criteria at budget, type of budget, 3) Pubilc relation, Principles, Need and importance, at public relation (Printmedia, Electronic Media, Soc Mediaauto 4) Sponsorship	12	1/10	30/10

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Annual Teaching Plan

Department : Physical Education

Name of the Teacher : *Wawdhane D.P.*

Clas : B.A. III rd

Year : *2023-24*

Paper Name : Generic Elective Physical Education Practical

Paper No. : X

Semester : V

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project (anyone)	5	1/7	30/7
2	Track and filed event - Javelint throw	10	1/8	30/8
3	Cardio VascularEndyrance - 12/9 m. Run Walk (Men/woman	10	1/9	30/9
4	Optional games (one Indian game) 1) Wrestling 2) Badminaton (Fundamental Skill, Techniques knowledge. Of rules and regulation )	20	1/10	30/11
5	Oral, related to all practical events (Knowledge about Historical development, ground measurements, rules and regulation award record.	5	1/12	30/12

Note : 1) Uniform is compulsory to the practical periods

2) Without uniform and recodbook is not allowed to the examination

Internal Marks -25 Marks

Attendance of Practical Periods - 10 Marks

Oral (General Sports - Knowledge - 10 Marks

Discipline / Behavior - 5 Marks

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Department : Physical Education  
 Teacher : W. Dhanu D.P.  
 Paper Name : Test Measurement & Psychology Physical Edu. & Sport Named  
 Paper : XI  
 Semester : VI

Class : B.A. IIIrd  
 Year : 2023-24

Chapter No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	<b>Unit - I</b> 1) Definition of test of measurement 2) Need and importance of test & measurement 3) Principles of test and measurement	10	1/7	30/7
2	<b>Unit - II</b> 1) Construction and classificational test 2) Criteria of hood test 3) Test of physical Fintess ( Hardward test) 4) ergent test AAHPERD yout physical fitness test)	1	1/8	30/8
3	<b>Unit - III</b> 1) Definition nature and scope of sport psychology 2) Learnings process - theories law set 3) Personality - meaning dimensions and personality 4) sports - man	10	1/9	30/9
4	<b>Unit - IV</b> 1) Affecting factors in growth and development - heredity and enviroment 2) Relationship between sports psychology and 3) performance of players	8	1/10	30/10

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Department : Physical Education

Name of the Teacher : *W. W. Dharm D. P.*

Paper Name : Heneric Elective Physical Education Practical

Paper No. : XII

Semester : VI

Clas : B.A. III rd

Year : *2023-24*

Chap. No	Topic Title	Expected lectures	Expected Duration	
			from	to
1	Practical Project (any one) A) Flexibility measures (sit and reacher bend and reach) B) Arm strength (Grip dynamomtor)	5	1/7	30/7
2	Track & Field event - High jump	10	1/8	30/8
3	Aerobics activities (Minimum to min) men/ women	10	1/9	30/9
4	Optional names - one foreign game 1) Volley Ball 2) Hnad ball (Fundamental skills, Techniques, Knowledge of rules and regulation	20	1/10	30/10
5	Oral - Related to all practical events (Historical development, ground measurements rules and regulation record and award.	5	1/11	15/11

Note : 1) Uniform is compulsory to the practical periods  
2) Without uniform and record book is not allowed to the

Internal Marks - 25 Marks

Attendance of Practical Periods - 10 Marks

Oral (Heneral sports Knowledge - 10 Marks

Discipline / Behavior - 5 Marks

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