

PHYSICAL EDUCATION
LESSION PLAN
2023-2024

SEMESTER	PAPER/Course	UNIT	TOPIC	HOURS	FACULTY NAME
SEMESTER 1	CC1/CC2 MDC1 Foundation of Physical Education PE-MD-CC1- 1- TH	1	1.Introduction to Physical Education	8 hrs	Sayanti Banerjee
SEMESTER 1	CC1 CC1/CC2 MDC1 Foundation of Physical Education PE-MD-CC1- 1- TH	2	Historical development of Physical Education.	9 hrs	Tania Nag
SEMESTER 1	CC1 CC1/CC2 MDC1 Foundation of Physical Education PE-MD-CC1- 1- TH	3	Biological foundation of Physical Education	9 hrs	Sayanti Banerjee
SEMESTER 1	CC1/CC2 MDC1 Foundation of Physical Education PE-MD-CC1- 1- TH	4	Sociological foundation of Physical Education	8 hrs	Tania Nag
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	1	Introduction of Officiating and Coaching	5 hrs	Sayanti Banerjee

SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	2	Methods of Officiating	6 hrs	Sayanti Banerjee
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	3	Introduction of Coaching	6 hrs	Tania Nag
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	4	Planning and application of Coaching in sports	5 hrs	Tania Nag
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- P		Rules & Regulations of Athletics, Gymnastics, cricket, yoga	5 hrs	Tania Nag
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- P		Rules & Regulations of kho kho, kabaddi, volley ball, Badminton	5 hrs	Sayanti Banerjee
SEMESTER 2	CC1/CC2 Health Education PE-MD-CC2- 2- TH	1	1.Introduction to Health Education	9 hrs	Tania nag

SEMESTER 2	CC1/CC2 Health Education PE-MD-CC2- 2- TH	2	Health & Hygiene	9 hrs	Sayanti Banerjee
SEMESTER 2	CC1/CC2 Health Education PE-MD-CC2- 2- TH	3	Common health problems & its prevention and control	10 hrs	Tania Ng
SEMESTER 2	CC1/CC2 Health Education PE-MD-CC2- 2- TH	4	First Aid and emergency care	11	Sayanti Banerjee
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	1	Introduction of Officiating and Coaching	5 hrs	Sayanti Banerjee
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	2	Methods of Officiating	6 hrs	Sayanti Banerjee
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	3	Introduction of Coaching	6 hrs	Tania Nag

SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	4	Planning and application of Coaching in sports	5 hrs	Tania Nag
SEMESTER 3	CC3 Anatomy, Physiology and Exercise Physiology PEDN-G-CC- 3-3-TH-P	1	1.Introductio n on Anatomy, Physiology and Exercise Physiology.	8 hrs	Sayanti Banerjee
SEMESTER 3	CC3 Anatomy, Physiology and Exercise Physiology PEDN-G-CC- 3-3-TH-P	2	2.Musculo- skeletal System.	9 hrs	Sayanti Banerjee
SEMESTER 3	CC3 Anatomy, Physiology and Exercise Physiology PEDN-G-CC- 3-3-TH-P	3	Circulatory System	9 hrs	Tania Nag
SEMESTER 3	CC3 Anatomy, Physiology and Exercise Physiology PEDN-G-CC- 3-3-TH-P	4	Respiratory System	8 hrs	Tania Nag
SEMESTER 3	SEC-A1 Track and Field PEDN-G- SEC-A-3-1-P	1	Track Events	35 hrs	Sayanti Banerjee

SEMESTER 3	SEC-A1 Track and Field PEDN-G- SEC-A-3-1-P	2	Field Events	35 hrs	Tania Nag
SEMESTER 4	CC4 Psychology and Sociology in Physical Education and Sports PEDN-G-CC- 4-4-TH-P	1	Introduction	8 hrs	Sayanti Banerjee
SEMESTER 4	CC4 Psychology and Sociology in Physical Education and Sports PEDN-G-CC- 4-4-TH-P	2	Learning	9 hrs	Sayanti Banerjee
SEMESTER 4	CC4 Psychology and Sociology in Physical Education and Sports PEDN-G-CC- 4-4-TH-P	3	Psychological Factors	9 hrs	Tania Nag
SEMESTER 4	CC4 Psychology and Sociology in Physical Education and Sports PEDN-G-CC- 4-4-TH-P	4	Sociological Aspects	9 hrs	Tania Nag
SEMESTER 4	SEC-B1 Gymnastics and Yoga PEDN-G- SEC-B-4-1-P	1	Gymnastics	38 hrs	Sayanti Banerjee

SEMESTER 4	SEC-B1 Gymnastics and Yoga PEDN-G-SEC- B-4-1-P	2	Yoga	40 hrs	Tania Nag
SEMESTER 5	DSE-A1 Management in Physical Education and sports PEDN-G-DSE- A-5-1-TH-P	1	Introduction	10 hrs	Tania Nag
SEMESTER 5	DSE-A1 Management in Physical Education and sports PEDN-G-DSE- A-5-1-TH-P	2	Tournaments	10 hrs	Tania Nag
SEMESTER 5	DSE-A1 Management in Physical Education and sports PEDN-G-DSE- A-5-1-TH-P	3	Facilities and Equipment	9 hrs	Sayanti Banerjee
SEMESTER 5	DSE-A1 Management in Physical Education and sports PEDN-G-DSE- A-5-1-TH-P	4	Financial Management	9 hrs	Sayanti Banerjee
SEMESTER 5	SEC-A2 Ball Games PEDN-G-SEC- A-5-2-P	1	FootBall	35 hrs	Tania Nag

SEMESTER 5	SEC-A2 Ball Games PEDN-G-SEC- A-5-2-P	2	VolleyBall	35 hrs	Sayanti Banerjee
SEMESTER 6	DSE-B1 Sports Training PEDN-G-DSE- B-6-1-TH-P	1	Introduction	8 hrs	Tania Nag
SEMESTER 6	DSE-B1 Sports Training PEDN-G-DSE- B-6-1-TH-P	2	Method of Training and Conditioning in Sports	10 hrs	Tania Nag
SEMESTER 6	DSE-B1 Sports Training PEDN-G-DSE- B-6-1-TH-P	3	Training Load and Adaptation	10 hrs	Sayanti Banerjee
SEMESTER 6	DSE-B1 Sports Training PEDN-G-DSE- B-6-1-TH-P	4	Training Techniques	9 hrs	Sayanti Banerjee
SEMESTER 6	SEC-B2 Indian Games and Racket Sports PEDN-G-SEC- B-6-2-P	1	Kho-Kho	38 hrs	Sayanti Banerjee

SEMESTER 6	SEC-B2 Indian Games and Racket Sports PEDN-G-SEC- B-6-2-P	2	Badminton	40 hrs	Tania Nag
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