



PREM CHAND MARKANDA COLLEGE FOR WOMEN, JALANDHAR CITY

Re-accredited 'A+' grade (2nd Cycle) by NAAC Bangalore

A unique prestigious Post Graduate Institution of Northern India

DEPARTMENT OF PHYSICAL EDUCATION

TEACHING PLAN

EVEN SEMESTER

Bachelor of Arts

Session- 2025-26

Semester- 2nd

Faculty Name- Ms. Harvinder Kaur

Subject- PHYSICAL EDUCATION

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A • Cell • Skeletal system • Muscular system Practical- Athletics	January	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

(event-100m)		
Theory- Section:- B • Nutrition: Elements of balance diet, functional diet/food. • Pre, During and Post competition diet for Sports Persons. • Doping In Sports. Practical- Athletics (event-Long jump)	February	• Lecture based teaching (chalk and talk) • Group discussion learning TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- C • Meaning and Scope of Health Education. Hygiene problems of educational institutions and their measures. • Air and water pollution and its remedial measures. • First aid Practical- Game (Handball)	March	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- D • Effect of Alcohol and	April	• Lecture based learning (chalk and talk)

smoking on health. • Communicable Diseases. • History, Fundamentals, Rules, Dimensions and regulations of Handball and Kho-Kho. Practical- Game (Kho-Kho)		TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
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Course outcome

CO.1	Give knowledge regarding various organs and system of human body. Like- Cell, Skeletal system, Muscular system
CO.2	Students able to learn about the Nutrition and Balance diet.
CO.3	It helps to aware students regarding Health education.
CO.4	Provide knowledge regarding Diseases, sports injuries and their preventions or treatments.
CO.5	Provide theoretical as well as Practical knowledge regarding games and sports.

Bachelor of Arts

Semester-4th

Faculty Name- Ms. Harvinder Kaur

Subject- Physical Education

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A • Meaning, aim and objectives, types of Yoga. • The practice of Asanas and their importance. Practical- Athletics (event-200m)	January	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- B • Pranayam, its types, objectives Physiological value. • Shudhi kriya, its types, objectives Physiological value. • Effects of Yogic Physical exercise on various systems of the body.	February	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

Practical- Athletics (event-200m)		
Theory- Section:- C • Respiratory System • Excretory System • Endocrine System • Digestive System Practical- Game (Hockey)	March	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- D • Nervous System • Circulatory System • Effect of exercise on muscular, circulatory and respiratory Systems. • History, Fundamentals, Rules, Dimensions and regulations of Hockey. Practical- Game (Hockey)	April	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

Course outcome

CO.1	Student able to learn Yoga and practice Asans.
CO.2	Provide knowledge regarding effects of yoga on various systems of body.
CO.3	Give knowledge regarding various organs and system of human body.
CO.4	Provide knowledge regarding effects of Exercises on systems of body.
CO.5	Provide theoretical as well as Practical knowledge regarding games and sports.

Bachelor of Arts

Semester-6th

Faculty Name- Mrs. Harvinder Kaur

Subject- Physical Education

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A • Effect of exercises on muscular, respiratory and circulatory system. • General concept of Vital capacity, Blood pressure, General and Specific conditioning. • Tournaments: Draw of fixture, type of tournament. Practical- Athletics (event-800m)	January	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- B • Organisation of camps, Play days(Sports Meet) • Need and scope of coaching in India.	February	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

Practical- Athletics (event-Javelin Throw)		
Theory- Section:- C • Meaning and Importance of Kinesiology • Joints, Muscles, their types and Movement. • Therapeutic Exercises, their classification and benefits. Practical- Game (Kabbadi)	March	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- D • Components of Physical Fitness • Training Methods • Methods of improving Strength, Speed, Endurance, Flexibility and Agility. Practical- Game (Badminton)	April	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

CO.1	Student able to gain knowledge about common sports injuries their cause and management.
CO.2	Provide knowledge about tournaments.
CO.3	It gives information regarding sports competitions and organizing sports meets.
CO.4	Provide knowledge regarding sports biomechanics and kinesiology.
CO.5	Provide theoretical as well as Practical knowledge regarding games and sports.

Program: Bachelor of Physical Education & Sports

Program Outcome: PO No.	Upon Completion of the B.P.E.S (3 year) Programme, the graduates will be able to:
PO.1	Demonstrate an understanding of foundational concepts, theories, and practices in physical education, sports sciences, and fitness management.
PO.2	Apply knowledge of anatomy, physiology, biomechanics, and nutrition to enhance performance and prevent injuries in sports and physical activities.
PO.3	Develop competency in teaching methods, lesson planning, and coaching to inspire and train individuals or teams in sports and fitness.
PO.4	Work in schools, colleges, or universities to teach physical education and promote fitness among students.
PO.5	Study human movement and develop programs to improve physical performance and prevent injury.

Teaching Plan

Session 2025-26

CLASS: B.P.E.S 1st year

SUBJECT: INTRODUCTION TO PHYSICAL EDUCATION

Faculty Name: Mrs. Harvinder Kaur

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A (Introduction) • Definition, aims and objectives of Physical Education. • Importance of Physical Education in the modern age. • Relationship of Physical Education with health education and recreation. (History of Physical Education) • History of Physical Education in Ancient Greece with special reference to the evolution of Olympics games. • History of Physical Education in the Roman Empire with special emphasis on circus, gladiatorial contests and the downfall of Olympics. Practical- Athletics and Games	August-September	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

Theory- Section:- B • A brief account of the history of gymnastics in (1) Sweden (2) Denmark (3) Germany - With special stress on educational gymnastics. • Contribution of the English people to spread modern games in India. • Modern Olympic Games – A comparison with ancient Olympics. i) Asian Games. ii) Hockey World Cup. iii) S.A.F.Games. iv) Indian National Games. Practical- Athletics and Games	October- November	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- C • History of Physical Education in India from Ancient times to 1947. • Modern Trends in Physical Education in India with special reference to the	December – January	• Lecture based teaching learning (chalk and talk)

following: i) AICS (All India Council of Sports) ii) C.A.B. Physical Education (Central Advisory Board in Physical Education) iii) Sports Awards iv) N.F.C. (National Fitness Corps) v) N.P.E. Drive (National Physical Education Efficiency Drive) vi) Indian Olympic Association. Practical- Athletics and Games		TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- D • Development and Achievement of the following organizations Movement. i. S.N.I.P.E.S (Society for National Institute of Physical Education and Sports) ii. S.A.I. (Sports Authority of India) iii. Scouts and Guides iv. Youth Services	February- March	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

v. Punjab's contribution to Sports in India. vi. Compulsory Physical Education in Punjab Schools. Practical- Athletics and Games		
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Course outcome

CO.1	Understand the aims, objectives, and importance of Physical Education in modern life.
CO.2	Explain the historical development of Physical Education in Greece, Rome, India, and other countries.
CO.3	Analyze the role of national and international organizations in promoting sports and Physical Education.
CO.4	Compare ancient and modern Olympics and evaluate major international and national games.
CO.5	Assess government initiatives, awards, and compulsory Physical Education policies in India.

Teaching Plan

Session 2025-26

CLASS: B.P.E.S 1st year

SUBJECT: Anatomy and Physiology

Faculty Name: Ms. Harvinder Kaur

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A Introduction: • Meaning of Anatomy, Physiology; its importance in Physical Education. • Meaning of cell, tissue, organs and systems. • Structure of the cell in general and its various functions Skeletal System: • General Structure of the bone, various kinds of bones, functions of the bones. • Structures of skull, humerus, femur, scapula • Joints, their structure, kinds and	August-September	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

their movements. Practical- Athletics and Games		
Theory- Section:- B Muscular System: • Meaning and structure of various kinds of muscles and their functions. Circulatory System: • Structure of the heart, artery, veins and capillaries. • Mechanism of circulation • Systemic, pulmonary and portal circulation. • Blood Pressure and its measurements. Practical- Athletics and Games	October- November	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- C Digestive System: • Structure of	December – January	• Lecture based teaching learning (chalk and talk)

digestive tract. • Elements of food • Digestion of food, action of various enzymes on food. • Assimilation and absorption of food. Respiratory System: • Structure of respiratory organs. • Mechanism of respiration • Internal and external respiration. • Vital capacity and its measurement. Practical- Athletics and Games		TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- D Excretory System: • Structure and functions of skin and kidney. Nervous System: • Parts of the brain, their structure and functions. • Spinal cord,	February- March	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

functions and structure • Reflex Arc and reflex action. • Name, location, structure and functions of endocrine, pituitary, adrenal, thyroid and gland. Practical- Athletics and Games		
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Course outcome

CO.1	Understand the meaning and importance of anatomy and physiology in physical education.
CO.2	Explain the structure and functions of the skeletal and muscular systems.
CO.3	Describe the circulatory and respiratory systems and their roles in physical activity.
CO.4	Analyze the digestive and excretory systems with emphasis on food assimilation and waste removal.
CO.5	Understand the structure and functions of the nervous and endocrine systems in human performance.

Teaching Plan

Session 2025-26

CLASS: B.P.E.S 1st year

SUBJECT: Health Education

Faculty Name: Ms. Harvinder Kaur

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A Introduction: • Meaning and scope of health education. • Factors influencing health, (personal health/hygiene) and characteristics of a healthy individual. Maintaining of Health: • Health and fitness, dental health, vision and hearing, • Elimination of body wastes. • Postural fitness, fatigue, rest, sleep, relaxation and recreation Practical- Athletics and Games	August-September	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
	October- November	• Lecture based teaching learning (chalk and talk)

Theory- Section:- B Health Programme: • Health Service: Physico–medical Examination and their follow up, health inspection of pupils, Centers of communicable diseases. • Healthful School living: Buildings and facilities for Healthful School Living. • Health Instruction: Organization for health instruction Methods of teaching health Education. Community Health Services: • The Voluntary Agencies. • The Professional Health Organisation. • The Local Public Health Department. • The State Department of Public Health. • The World Health Organisation.		• Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
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Practical- Athletics and Games		
Theory- Section:- C Communicable Diseases: • Modes of transmission, • Methods of prevention control and sanitation of Common • Communicable diseases (Influenza, Malaria, Small Pox, Typhoid, Dysentary, Tuber-culosis, Cholera, Measles). Nutrition and Health: • Basic food essential— carbohydrates, proteins, fats, vitamins, minerals and Water Malnutrition, over weight underweight, • Nutrition Deficiency diseases, balanced diet for athletics and sportsmen. Cardio Vascular Health: • Heart disease and	December – January	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

prevention. - Hypertension and arterise arosis, Hypotension. - The Blood type and transfusion. Practical- Athletics and Games		
Theory- Section:- D Common Health Problems: - Drugs and Narcotics, Alcohol, Smoking, Food infection Common Health Disorders: - Diabetes, Endocrine Allergies, Cancer. Family and Sex Education: - General instructions on sex, hygiene, family planning - first-aid, home nursing, - Athletic injuries and safety education. Practical- Athletics and	February- March	Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- - Demonstration method - Whole-part-whole method

Games		
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Course outcome

CO.1	Understand the meaning, scope, and importance of health education in daily life.
CO.2	Explain methods of maintaining health through hygiene, fitness, rest, and recreation.
CO.3	Analyze school and community health programmes and the role of health organizations.
CO.4	Identify causes, prevention, and control of communicable and non-communicable diseases.
CO.5	Apply knowledge of nutrition, family life education, and safety to promote healthy living.

Teaching Plan

Session 2025-26

CLASS: B.P.E.S 2nd year

SUBJECT: Kinesiology and Physiology of Exercise

Faculty Name: Ms. Harvinder Kaur

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A (i). Definition of Kinesiology, its need and scope in Physical Education, and its origin and development. (ii). (a) Axes and Planes of movements, line of pull (b) Types of muscular contraction – isometric and isotonic and Excentric (c) Muscle's angle of pull, two joint muscles (d) Strength of muscular contraction in terms of motor units, All or none law, Reciprocal innervation and inhibition group action of muscles and muscular coordination. (e) Terminology of motion of the following muscles: (i). Shoulder and shoulder girdle (ii). Elbow and Wrist joint (iii). Hip, knee and Ankle joint and Methods to understand.	July-August	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

Practical- Athletics and Games		
Theory- Section:- B (i). Structural Classification of the muscles (ii). Origin insertion and action of the following muscles: Sterno Mastoid, Trapezies, Serratus, Another Deltocel, Biceps, Pectoralis, Major latissimus–dorsi, Triceps, glutens, Quardriceps, Hamstrings gastrocnemus Practical- Athletics and Games	September	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- C (i). Meaning, scope and importance of physiology of exercise – its scope in Physical Education. (ii). Effects of training on muscular system (iii). Role of Energy cycle in Physical Activities. Practical- Athletics and Games	October	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- D (i). General effects of systematic Exercise on cardiac respiratory system.	November	• Lecture based teaching learning (chalk and talk)

(ii). Physical Fitness, sources of fitness, common test of fitness. Practical- Athletics and Games		TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
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Course outcome

CO.1	Students will understand the fundamental concepts, need, and scope of kinesiology in Physical Education.
CO.2	Students will be able to identify and explain the structure, origin, insertion, and actions of major muscles in the human body.
CO.3	Students will gain knowledge of different types of muscular contractions and their role in movement and coordination.
CO.4	Students will analyze the physiological effects of exercise on muscular, respiratory, and cardiac systems.
CO.5	Students will apply concepts of energy cycle and physical fitness in planning and improving sports performance.

Teaching Plan

Session 2025-26

CLASS: B.P.E.S 2nd year

SUBJECT: PSYCHOLOGY WITH SPECIAL REFERENCE TO PHYSICAL EDUCATION

Faculty Name: Ms. Harvinder Kaur

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A 1. Meaning of psychology and educational psychology; Psychology as Science and its usefulness to teaching in Physical Education. 2. Emotion – Meaning and their psychological change and sublimations; Instincts definition, characteristics and their training. 3. Motivation: definition and kinds of motivation. Practical- Athletics and Games	July-August	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- B 1. Relationship between body and mind. 2. Learning – Meaning and nature of learning, laws of learning and learning curve, transfer of training, kinds of transfer in various sports situation.	September	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

3. Growth and development at different stages with special reference to adolescence. Practical- Athletics and Games		
Theory- Section:- C 1. Heredity and environment and their influence on child's development. 2. Mental health, factors affecting mental health and characteristics of mentally healthy individual. 3. Play and its theories – playway in education and physical education. Practical- Athletics and Games	October	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- D 1. Group formation, leadership and its qualities. 2. Meaning of guidance and its importance in the field of Physical Education 3. Personality: definition, characteristics, factors responsible for development of personality. Practical- Athletics and	November	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

Games		
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Course outcome

CO.1	Students will understand the basic concepts of psychology, educational psychology, and their applications in Physical Education.
CO.2	Students will analyze emotions, motivation, instincts, and their influence on learning and performance in sports.
CO.3	Students will gain knowledge about growth, development, heredity, environment, and their effects on a child's overall development.
CO.4	Students will evaluate the importance of mental health, personality, and guidance in maintaining a healthy and balanced individual.
CO.5	Students will apply psychological principles to leadership, group formation, and playway methods in the field of Physical Education.

Teaching Plan

Session 2025-26

CLASS: B.P.E.S 2nd year

SUBJECT: METHODS OF PHYSICAL EDUCATION

Faculty Name: Mrs. Harvinder Kaur

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A 1. Meaning, scope and importance of methods of Physical Education. 2. Factors for determining methods of teaching. 3. Types of Commanding: a) For beginners – children b) For advanced groups c) For large groups d) For complicated exercises e) Commands, order and directions f) Techniques of commanding and leading (i). Countings (ii). Continuous counting (iii). Counting the beat (iv). Rhythmic counting (v). Counting aloud (vi). Use of whistle (vii). Use of precession instrument and music. Practical- Athletics and Games	July-August	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

Theory- Section:- B 1. Presentation techniques: i. Personal preparation ii. Technical preparation iii. Steps of preparation iv. Commands and their techniques v. Situation which require different words of command vi. Types of formations vii. Principles of Class Management. 2. Lesson Planning: Types of Lessons and their values i. Objectives of different lessons, plans and parts of the lessons. Introductory and developments. ii. Skill Practice/Group work iii. Class activity/Recreation Part (Reassembly, Revision and dismissal) Practical- Athletics and Games	September	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- C Teaching of Games: a) Whole part, whole method of teaching skills and games	October	• Lecture based teaching learning (chalk and talk)

b) Command method c) Discussion method d) Project method e) Demonstration method f) Imitation method g) Reciprocal method h) Small group method i) Problem solving method j) Teaching of fundamental skills k) Teaching and directing beginners l) Use and improvisation of Apparatus m) Planning and marking the pitches as per games in syllabus n) Safety precautions o) Teaching of minor games and their classifications according to the age and sex. Practical- Athletics and Games		TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- D (i) Lesson Plans: a. Movement Lesson b. General Lesson Plan	November	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method

c. Specific Lesson plan d. Theory lesson (ii) Tournaments: a. Organization and conduct of tournaments and athletic meet. b. Tournament types – Elimination, league, combination and challenge tournaments. (iii) Use of Audio–Visual Aid d. Evaluation – Need, importance and techniques e. Class Management for pupils for different groups f. Use of audio–visual aids in teaching. g. Improvisation–Evaluations – Need, importance and techniques. Practical- Athletics and Games		
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Course outcome

CO.1	Students will understand the meaning, scope, and importance of different methods of teaching in Physical Education.
CO.2	Students will acquire skills in presentation techniques, lesson planning, and effective class management.
CO.3	Students will apply various methods of teaching games and fundamental skills, including command, discussion, demonstration, and problem-solving methods.

CO.4	Students will develop competence in organizing tournaments, planning pitches, and ensuring safety precautions in sports activities.
CO.5	Students will effectively use audio-visual aids and improvisation techniques to enhance teaching and learning in Physical Education.

Teaching Plan

Session 2025-26

CLASS: B.P.E.S 2nd year

SUBJECT: METHODS OF PHYSICAL EDUCATION

Faculty Name: Mrs. Harvinder Kaur

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A 1. (a) Meaning, Philosophy, aims and objectives of Yoga. (b) Types of Yoga – Raja Yoga, Mantra Yoga, Bhakti Yoga, Karma Yoga and Laya Yoga and their approaches leading to their goal. 2. Meaning and Philosophy of Asthanga Yoga: Its eight steps – Yama, Niyama, Asana, Pranayama, Pratyahar, Dharma Dhyana, Samadhi, Role and mode of practice of each step in the attainment of goal, their psycho–physiological effects of human organizer. Practical- Athletics and Games	July-August	• Lecture based teaching learning (chalk and talk) • Group discussion TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- B 1. Techniques and therapeutic and general benefits of the following: i. Neti–Jal and Sutra	September	• Lecture based teaching learning (chalk and talk) • Group discussion

ii. Dhauti–Dand and Vastra iii. Kalpalbhati iv. Nauli 2. Asana – their major classification: (i) Meditative (ii) Relaxative (iii) Cultural Psycho–physiological effects of each category of asanas in general – techniques and benefits of the following Asanas: Bhujanga, Shalabha, Dhanush, Hal. Matsya, Ushtra, Paschimottan, Vakra. Ardhamatsyendra, Chakra, Standing, baka, Mayur, Padma, Sidha, Makar Shava, Vajra and Supta Vajra. Practical- Athletics and Games		TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- C Definition, need and scope of recreation, objectives of recreation, development of recreational activities in India since 1947, agencies which can provide recreation in India. Practical- Athletics and Games	October	• Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
Theory- Section:- D	November	• Lecture based teaching learning

1. Recreation, leadership, why leadership is needed? Types of leadership, qualifications and training. 2. Facilities needed for community recreation, type of activities in recreation. Practical- Athletics and Games		(chalk and talk) TOOLS FOR PRACTICAL- • Demonstration method • Whole-part-whole method
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