



PREM CHAND MARKANDA SD 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

(Session 2025-26)

Program: Bachelor of Arts

Program Outcome: PO No.	Upon Completion of the B.A (Physical Education) Programme, the graduates will be able to:
PO.1	Develop a comprehensive understanding of the principles, theories, and practices of physical education and sports science.
PO.2	Acquire skills in a variety of physical activities, games, and sports to promote health, fitness, and performance.
PO.3	Exhibit leadership qualities and teamwork skills essential for organizing sports events, managing teams, and guiding individuals.
PO.4	Prepare for careers in teaching, coaching, sports management, fitness training, or further studies in related fields.

PO.5	Promote active lifestyles through community outreach programs and encourage participation in physical activities.
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Teaching Plan
Session 2025-26
Odd Semester
CLASS: B.A 1st Semester
SUBJECT: Physical Education
Faculty Name: Mrs. Harvinder Kaur

TOPIC		DURATION	TEACHING TOOLS
Theory- Section:- A - Definition of the term: Education, Physical edu, Physical Training and Coaching. - Aims and objective of phy. Edu. - Relationship of Education and Phy. Edu Practical- Athletics (event-100m)		July-August	Lecture based teaching learning (chalk and talk) Group discussion TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
Theory- Section:- B - Biological Principles - Body types Practical- Athletics (event- Shot put)		September	Lecture based teaching (chalk and talk) Group discussion learning TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
Theory- Section:- C		October	Lecture based teaching learning (chalk and talk)

- Development of Physical Education and sports in India. - Pre- Independence - Post- Independence - Sports schemes in India- N.S.N.I.S. , Sports Authority of India, Punjab Sports Department, Punjab State Sports Council. Practical- Game (Volleyball)		TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
Theory- Section:- D - Olympic games - Commonwealth games - Asian games - History, Fundamentals, Rules, Dimensions and regulations of Volleyball and Cricket. Practical- Game (Cricket)	November	Lecture based learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

Course outcome

CO.1	Student able to gain knowledge regarding concept of Physical education.
CO.2	Student able to gain knowledge about Biological Principles and Body types.
CO.3	It helps to understand the development of physical education and sports in India.
CO.4	Provide knowledge about Olympics, Commonwealth and Asian games.
CO.5	Provide theoretical as well as Practical knowledge regarding games and sports.

Teaching Plan
Session 2025-26
Odd Semester

CLASS: B.A 3rd Semester

SUBJECT: Physical Education

Faculty Name: Ms. Manpreet Kaur

TOPIC	DURATION	TEACHING TOOLS
Theory- Section:- A • Meaning of Learning, Nature of skill learning and laws of learning. • Learning curve • Motivation in physical education • Different Theories of Motivation Practical- Athletics (event-200m)	July-August	Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
Theory- Section:- B • Play meaning and theory • Psychological factors effecting sports performance. • Psychological characteristics of the adolescent in sports situations. Practical- Athletics (event-Discus Throw)	September	Lecture based teaching learning (chalk and talk) Group discussion TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
Theory- Section:- C • Transfer of training • Growth and development during childhood. • Causes of poor performance in India. Practical- Game (Football)	October	Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
Theory- Section:- D • Sports and economy • Sports and socialization-integration through Sports • Sports, politics and their relationship	November	Lecture based learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

History, Fundamentals, Rules, Dimensions and regulations of Football and wrestling. Practical- Game (Wrestling)		
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Course outcome

CO.1	Students able to gain knowledge regarding Learning and Motivation.
CO.2	It provides the knowledge about Psychology and Psychological factors.
CO.3	Student able to know about the Growth and development different stages.
CO.4	It gives the knowledge about Sports and economy and socialization.
CO.5	Provides theoretical as well as Practical knowledge regarding games and sports.

Teaching Plan

Session 2025-26

Odd Semester

CLASS: B.A 5th Semester

SUBJECT: Physical Education

Faculty Name: Ms. Manpreet Kaur

TOPIC		DURATION	TEACHING TOOLS
Theory- Section:- A - Recreation: Meaning and importance of recreation - Aims and objectives of recreation - Types and Principles of Recreation. - Agencies providing recreation in India Practical- Athletics (event-800m)		July-August	Lecture based learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
Theory- Section:- B - Intramural and extramural sports competitions - Muscular contraction - Laws of motion, lever, equilibrium, centre of gravity, forces		September	Lecture based teaching learning Chalk and talk TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

Practical- Athletics (event-Triple jump)		
Theory- Section:- C - Posture: Meaning and types of posture - Postural deformities Practical- Game (Basketball)	October	Lecture based teaching learning Chalk and talk TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
Theory- Section:- D - Meaning and aims of sports training - Principles of sports training - Normal load, crest load, over load - Warming up and cooling down in sports. Practical- Game (Judo)	November	Lecture based teaching learning Chalk and talk TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

Course outcome

CO.1	Students able to gain knowledge regarding the term Recreation.
CO.2	Provide knowledge regarding Sports awards.
CO.3	It helps to students to understand the concept of weight management and obesity.
CO.4	Student able to understand the concept of Sports training.
CO.5	Provide theoretical as well as Practical knowledge regarding games and sports.

Teaching Plan Session 2025-26 Odd Semester

CLASS: BBF 3rd Semester

SUBJECT: Health, Fitness and Wellness

Faculty Name: Ms. Manpreet Kaur

TOPIC	DURATION	TEACHING TOOLS
(Theory) UNIT-I (INTRODUCTION) Definition, aim and	July-August	TOOLS FOR THEORY- Lecture based teaching learning Chalk and talk Group discussion

objectives of health, fitness and wellness. • Importance and scope of health, fitness and wellness. • Modern concept of fitness and wellness. (Practical) Aerobic Exercises		TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
(Theory) UNIT-II (FITNESS, WELLNESS AND LIFESTYLE) • Types and components of health • Understanding of wellness • Modern lifestyle and how to improve our lifestyle. (Practical) Dumbbell exercises	September	Lecture based teaching learning Chalk and talk TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
(Theory) UNIT-III (HEALTH AND BASIC NUTRITION) • Types and components of health • Understanding of wellness • Modern lifestyle and how to improve our lifestyle. (Practical) Lezium and Indian clubs	October	Lecture based teaching learning Chalk and talk TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method)
(Theory) UNIT-III (WEIGHT MANAGEMENT)	November	Lecture based teaching learning Chalk and talk

• Meaning of weight management. • Concept of weight management in modern era. • Factors affecting weight management. • Concept of BMI (Practical) General Fitness Test		TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
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Course outcome

CO.1	Students able to gain knowledge regarding the term Health ,Fitness and Wellness.
CO.2	Provide knowledge Healthy Lifestyle and its impact.
CO.3	It helps to students to understand the concept of weight management and obesity.
CO.4	Student able to understand the concept of Nutrition.
CO.5	Provide theoretical as well as Practical knowledge regarding different Fitness activities.

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	August-September	Lecture based teaching learning (chalk and talk) Group discussion TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

emphasis on circus, gladiatorial contests and the downfall of Olympics. Practical- Athletics and Games		
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 (chalk and talk) Group discussion learning 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 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	December – January	Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

Association.		
Practical- Athletics and Games		
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 v. Punjab's contribution to Sports in India. vi. Compulsory Physical Education in Punjab Schools. Practical- Athletics and Games	February- March	Lecture based learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

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. Manpreet 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 their movements. 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 Muscular System: • Meaning and structure of various kinds of muscles and their functions. Circulatory System: • Structure of the heart, artery, veins and capillaries.	October- November	Lecture based teaching (chalk and talk) Group discussion learning TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

• Mechanism of circulation • Systemic, pulmonary and portal circulation. • Blood Pressure and its measurements. Practical- Athletics and Games		
Theory- Section:- C Digestive System: • Structure of 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	December – January	Lecture based teaching learning (chalk and talk) 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, functions and structure • Reflex Arc and reflex	February- March	Lecture based learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

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. Manpreet 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	August-September	Lecture based teaching learning (chalk and talk) Group discussion TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

wastes. • Postural fitness, fatigue, rest, sleep, relaxation and recreation Practical- Athletics and Games		
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. Practical- Athletics and Games	October- November	Lecture based teaching (chalk and talk) Group discussion learning TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
Theory- Section:- C	December – January	Lecture based teaching learning (chalk and talk)

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 prevention. • Hypertension and arterise arosis, Hypotension. • The Blood type and transfusion. Practical- Athletics and Games		TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
Theory- Section:- D Common Health Problems: • Drugs and Narcotics, Alcohol, Smoking, Food infection Common Health Disorders: • Diabetes, Endocrine Allergies, Cancer.	February- March	Lecture based learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

Family and Sex Education: • General instructions on sex, hygiene, family planning • first-aid, home nursing, • Athletic injuries and safety education. Practical- Athletics and 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. Manpreet 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	July-August	Lecture based teaching learning (chalk and talk) Group discussion TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

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. 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, Quardiceps, Hamstrings gastrocnemus Practical- Athletics and Games	September	Lecture based teaching (chalk and talk) Group discussion learning 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	November	Lecture based learning (chalk and talk)

cardiac respiratory system. (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. Manpreet 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	September	Lecture based teaching

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. 3. Growth and development at different stages with special reference to adolescence. Practical- Athletics and Games		(chalk and talk) Group discussion learning TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method
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 Games	November	Lecture based learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

Course outcome

CO.1	Students will understand the basic concepts of psychology, educational psychology,
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	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:	September	Lecture based teaching (chalk and talk) Group discussion learning

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		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 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	October	Lecture based teaching learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

n) Safety precautions o) Teaching of minor games and their classifications according to the age and sex. Practical- Athletics and Games		
Theory- Section:- D (i) Lesson Plans: a. Movement Lesson b. General Lesson Plan 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	November	Lecture based learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

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.
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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 (chalk and talk) Group discussion learning TOOLS FOR PRACTICAL-

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		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 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	November	Lecture based learning (chalk and talk) TOOLS FOR PRACTICAL- Demonstration method Whole-part-whole method

Course outcome

CO.1	Understand philosophy and aims of Yoga.
CO.2	Perform and explain yogic practices and benefits.
CO.3	Know scope and importance of recreation in India.
CO.4	Develop leadership skills in recreation.
CO.5	Apply yoga and recreation for health and well-being.