GOVERNMENT P. G. COLLEGE FOR WOMEN, PANCHKULA

**Session 2020-2021(ODD SEMESTER)**

Name of Professor : Rano Gill

Designation : A. Professor

Subject/Paper : **Health & Physical Education**

Class : B.A. 1st

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| Sr. No. | Month | Topics to be Covered | Remarks if any |
| 1. | October |  | Due to admission of class B.A. 1st |
| 2. | November | Meaning and definition and scope of Physical Education, Relationship of Physical Education with General Education, Aim, Objective and Importance of physical Education in Modern society, Misconceptions regarding Physical Education. | Unit Test: Introduction of Physical Education |
| 3. | December | Meaning, definition and importance of Health, Factor influencing Health, Meaning and importance of Personal Hygiene, Hygiene of various body parts and factors influencing Personal hygiene, Yoga-Meaning, concepts and historical Development and types of Yoga. | Assignment:  Health & Hygiene |
| 4. | January | Importance of yoga in Healthy living, Pranyama- meaning, types and their benefits, Meaning and definition of Human Anatomy and Physiology, Importance of human Anatomy and Physiology in Physical Education, Definition of Cell, Tissue, organ and System, Structure and Properties of Cell. | Assignment:  Introduction of Yoga  Unit Test:  Introduction of Human Anatomy and Physiology |

Signature of A. Professor

GOVERNMENT P. G. COLLEGE FOR WOMEN, PANCHKULA

**Session 2020-2021(ODD SEMESTER)**

Name of Professor : Rano Gill

Designation : A. Professor

Subject/Paper : **Health & Physical Education**

Class : B.A. II

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| Sr. No. | Month | Topics to be Covered | Remarks if any |
| 1. | October | Meaning, need and importance of Safety Education, Sports injuries, Types and causes, Principles of Prevention of Sports injuries, General treatment for common injuries i.e. abrasion, Contusion, Sprain, Strain, Fracture and Dislocation of Joints. | Unit Test: Concept of Safety Education |
| 2. | November | Meaning of Communicable and non Communicable diseases, Modes of transmission, prevention, and control of Communicable diseases, Common diseases: HIV/AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza, Allergy related diseases: Asthma and Sinuses. | Assignment:  Common Diseases |
| 3. | December | Balance Diet: Meaning and importance, Components of balance diet and their sources, Factors affecting balance diet and Harmful effects of Junk food. | Assignment:  Concept of Balance Diet. |
| 4. | January | Circulatory System: Structure of Heart, Functioning of Heart, Types of Circulation: Systemic and Pulmonary and effects of exercise on Circulatory system. | Unit Test: Anatomy and Physiology of Body System |

Signature of A. Professor

GOVERNMENT P. G. COLLEGE FOR WOMEN, PANCHKULA

Session 2020-2021(ODD SEMESTER)

Name of Professor : Rano Gill

Designation : A. Professor

Subject/Paper : **Health & Physical Education**

Class : B.A. III

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| Sr. No. | Month | Topics to be Covered | Remarks if any |
| 1. | October | Meaning and definition of Growth and Development, Stages of Growth and Development, Principles and Factors Influencing Growth and Development. | Unit Test: Growth and Development |
| 2. | November | Meaning and importance of Organization and Administration of Intramural and Extramural Activities, Tournaments and their types (League and Knock out). | Assignment:  Concept of Sports Organization and Administration |
| 3. | December | Meaning of Posture and importance of good Posture Causes of poor Posture, Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Flat Feet, Knock Knee and Blow Legs, Precautions and Remedies for Postural deformities. | Assignment:  Concept of Posture |
| 4. | January | Gross Anatomy of Muscle, Types of Muscles in Human Body, Effects of exercise on Muscular System, Composition of Human Blood and Functions of Blood. | Unit Test: Anatomy and Physiology |

Signature of A. Professor