

Teaching Plan of B.P.E.S.
(BACHELORE OF PHYSICAL EDUCATION & SPORTS)

Academic Session :2022-23

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Chand Mohammad

Year: 1st Year

Department: Physical Education

Paper Code: BPES101

Paper Name: ENGLISH

Learning Objective: Enhance the power of vocabulary which is attained only by the knowledge of synonyms , verbs ,proverb etc .Correct the grammatical mistake with the knowledge of tenses and voice includes the abilities of writing i.e. : correspondence, application resume, essay writing etc. They will also have an exposure on English literature with the help of Indian and world section contemporary writers book like Malgudi days and Silasmarners.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential / Participating Learning Used	Mode of Assessment for CIE
1.	Vocabulary: Synonyms practice	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	Antonyms practice	Text Book	Chalk, Black Board, Discussion	-	-
3.	Proverbs practice	Text Book	Chalk, Black Board, Discussion	-	-
4.	Idioms practice	Text Book	Chalk, Black Board, Discussion	-	-
5.	One word substitution.	Text Book	Chalk, Black Board, Discussion	-	-
6.	Revision of unit 1	Text Book	Chalk,	-	-

			Black Board, Discussion		
7.	Grammar : Tenses	Text Book	Chalk, Black Board, Discussion	-	-
8.	Narration	Text Book	Chalk, Black Board, Discussion	-	-
9.	Simple compound and complex sentences	Text Book	Chalk, Black Board, Discussion	-	-
10.	Class test	Text Book	Chalk, Black Board, Discussion	-	-
11.	Correspondence: Application for leave, scholarship etc.	Text Book	Chalk, Black Board, Discussion	-	-
12.	Invitation : formal and informal with reply.	Text Book	Chalk, Black Board, Discussion	-	-
13	Application for job.	Text Book	Chalk	-	-
14	Resume, Curriculum vitae	Text Book	Chalk	-	-
15	Report writing and completion of events., Agenda of meeting. , Minutes of meeting.	Text Book	Chalk	-	-
16	Descriptive writing Essay writing (250 words).	Text Book	Chalk	-	-
17	Comprehension of unseen passage.	Text Book	Chalk	-	-

18	Precis writing.	Text Book	Chalk	-	-
19	Class test.	Text Book	Chalk	-	-
20	Texts prescribed : R.K Narayan - Malgudi Days. About author R.K Narayan, explanation of chapters	Text Book	Chalk	-	-
21	Discussion about the character of Novel	Text Book	Chalk	-	-
22	revesion of the lessons. Explanation of the plots of stories, Given notes of malgudi day chapters wise.	Text Book	Chalk	-	-
23	George Eliot - Silasmarner. Introduction of character of the novel				
24	Discussion about the role played the characters.				
25	Overall explanation of the novel				
26	Given notes of unit five				

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Giren Ch. Deka

Year: 1st Year

Department: Physical Education
BPES102

Paper Code:

Paper Name: SOCIOLOGY & ENVIRONMENTAL SCIENCE

Learning Objective: From unit 1 and & 2 student will know the proper consideration the themes seated to overview on sociology (meaning, scope & methods) .Considers the Indian rural social trends in rural change. The paper considers the themes on basic concept of environmental, human health & environmental family welfare. It provide the scope for the student a specifically learning how to control or find out the controlling measures of environmental pollution and natural disaster and this management.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Meaning definition of sociology sociology structure and It's effects on personality.	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	Culture , Indian policy-secularism Democracy, social ,justice.	Text Book	Chalk, Black Board, Discussion	-	-
3.	Revision	Text Book	Chalk, Black Board, Discussion	-	-
4.	Given notes to unit One	Text Book	Chalk, Black Board, Discussion	-	-
5.	Class test	Text Book	Chalk, Black Board, Discussion	-	-
6.	Indian urban seen , Rural family	Text Book	Chalk,	-	-

	Rural education		Black Board, Discussion		
7.	Village community Trends in Rural change	Text Book	Chalk, Black Board, Discussion	-	-
8.	sports and sociology	Text Book	Chalk, Black Board, Discussion	-	-
9.	Meaning and definition of sports sociology socialization through games and s	Text Book	Chalk, Black Board, Discussion	-	-
10.	sports and politics, Family and sports participation	Text Book	Chalk, Black Board, Discussion	-	-
11.	Sports as a social phenomenon Given notes of unit two	Text Book	Chalk, Black Board, Discussion	-	-
12.	Revision of the unit Two	Text Book	Chalk, Black Board, Discussion	-	-
13	class test	Text Book	Chalk	-	-
14	ENVIRONMENTAL SCIENCE: Definition scope Importance of environmental scien	Text Book	Chalk	-	-
15	Concepts of environmental studies Environmental science and human health	Text Book	Chalk	-	-

16	Family welfare programmes Given notes of unit three	Text Book	Chalk	-	-
17	class test.	Text Book	Chalk	-	-
18	Natural resources Forest resources	Text Book	Chalk	-	-
19	water Resources Food resources	Text Book	Chalk	-	-
20	Energy Resources Disaster of natural resources	Text Book	Chalk	-	-
21	Schemes of conservation of natural resources	Text Book	Chalk	-	-
22	measurements to conserve the natural resources.	Text Book	Chalk	-	-
23	Revision Given notes to unit 4				
24	class test				

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Phanindra deka & Anjanjyoti sarma

Year: 1st Year

Department: Physical Education

Paper Code:

BPES103

Paper Name: GENERAL SCIENCE

Learning Objective: Physics:-The unit helps students understand the mechanics of movement, optimize performance, and understand safety awareness. It helps design effective training programs, improve technique, and prevent injuries. Students can analyze factors like projectile motion and aerodynamics to optimize sports performance. Physics also helps design equipment, understanding factors like friction and buoyancy in running shoes and swimming.

Chemistry :- The unit focuses on chemistry, allowing students to understand the basic structures, behaviors, and properties of elements, molecules, and chemical composition. It covers chemical law and theories, highlighting important processes in daily life, and biochemistry, focusing on key compounds and life processes.

BIOLOGY:- is a crucial biological foundation for physical education professionals, enabling the design of safe exercise programs, improved athletic performance, and overall health. Students learn about the musculoskeletal system, cardiovascular and respiratory systems, and energy systems, which help in injury prevention, training methods, and optimizing performance for various sports and fitness goals.

Sl. No. of Lecture	Topic/ Subtopics	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Physics: 1.basics of fundamental particles-electron, protons& neutrons 2.Postulates of Daltons atomic Theory	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	3.concept of mole and related numerical 4,.elements o of atomic no 1-20 . Atomic no, mass member & electronic configuration	Text Book	Chalk, Black Board, Discussion	-	-

3.	5.concept of physical changes and chemical changes	Text Book	Chalk, Black Board, Discussion	-	-
4.	6.chemical equation and its balancing, Reversible reactions	Text Book	Chalk, Black Board, Discussion	-	-
5.	7.chemical equilibrium, its properties, conditions with examples	Text Book	Chalk, Black Board, Discussion	-	-
6.	8. Law of mass action 9.H ₂ O-preparation and properties	Text Book	Chalk, Black Board, Discussion	-	-
7.	10.D ₂ O- preparation and properties" 11.Hard water- temporary hardness and permanent hardness	Text Book	Chalk, Black Board, Discussion	-	-
8.	12.Removing of water hardness 13. oxygen-it's simple compounds, properties and uses	Text Book	Chalk, Black Board, Discussion	-	-
9.	14.concept of oxidation and reduction 15. concept of oxidizing agent and reducing agent.	Text Book	Chalk, Black Board, Discussion	-	-
10.	16. Removal of hard water and uses of oxygen. 17.structure of atom. Basic concept of electrolysis	Text Book	Chalk, Black Board, Discussion	-	-
11.	18.Basic concept of acid, base and salts and neutralization 19.Allotropic forms of carbon, properties CO ₂ & CO	Text Book	Chalk, Black Board, Discussion	-	-
12.	20.Some basic concepts of organic compounds 21. Classification and naming of organic compounds	Text Book	Chalk, Black Board, Discussion	-	-

13	22. Classification, structure and properties of carbohydrates	Text Book	Chalk	-	-
14	23.classification, characteristics and uses of proteins	Text Book	Chalk	-	-
15	Revision of all topic	Text Book	Chalk	-	-
16	Class Test	Text Book	Chalk	-	-
17	Biology: Definition of cell, tissue, organs and system. Microscopic structure composition and functions of cell	Text Book	Chalk	-	-
18	Classification, structure and function of tissue, Revision of unit one and doubt salving season	Text Book	Chalk	-	-
19	Class Test	Text Book	Chalk	-	-

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Diganta Talukdar

Year: 1st Year

Department: Physical Education

Paper Code: BPES104

Paper Name: HISTORY AND ELEMENTS OF PHYSICAL EDUCATION

Learning Objective: This paper is the base of physical education as it provides with the knowledge of ancient times from where physical education has evolved. It gives the difference between education and physical education and its relation. It gives the historical development of physical education in India during different periods from ancient to modern India, also foreign countries like USSR, GREECE, ROME EGYPT etc. and the contribution of YMCA and its origins, and the knowledge about the games like ANCIENT OLYMPIC, MODERN OLYMPIC, ASIAN GAMES ETC

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Meaning and definition of Physical Education., Scope and misconception about the Physical Education.	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	The modern trends of Physical Education.	Text Book	Chalk, Black Board, Discussion	-	-
3.	Aim and objectives of Education.	Text Book	Chalk, Black Board, Discussion	-	-
4.	Relationship of Physical Education with general Education.	Text Book	Chalk, Black Board, Discussion	-	-
5.	Physical Education as a profession.	Text Book	Chalk, Black Board, Discussion	-	-
6.	Revision of the unit 1 and doubt solving session.	Text Book	Chalk, Black Board, Discussion	-	-

7.	class test	Text Book	Chalk, Black Board, Discussion	-	-
8.	Physical Education as an art or science.	Text Book	Chalk, Black Board, Discussion	-	-
9.	Contribution of allied Science to health Education,- like. Anatomy, physiology, kinesiology, sport medicine Sports, Biomechanics.	Text Book	Chalk, Black Board, Discussion	-	-
10.	the various terms used in health Education- like, Athletics, Games and sports, gymnastics Formal activities.	Text Book	Chalk, Black Board, Discussion	-	-
11.	Revision of Unit two and doubt solving session.	Text Book	Chalk, Black Board, Discussion	-	-
12.	class test-	Text Book	Chalk, Black Board, Discussion	-	-
13	History of Physical Education in Greece, Rome, Egypt.	Text Book	Chalk	-	-
14,15	Development of Physical Education during 20th century with special reference to Germany, Sweden, Denmark, U.S.S.R, USA, Great Briton, Japan.	Text Book	Chalk	-	-
16	Revision of unit 3 and doubt solving session.	Text Book	Chalk	-	-
17	History and development of Physical Education in India from ancient time to modern age.	Text Book	Chalk	-	-

18	Contribution of YMCA and AKHADAS and VYAM SALES in development of Physical Education.	Text Book	Chalk	-	-
19	Nature and system of Physical Education in ancient, medieval and modern India.	Text Book	Chalk	-	-
20	Revision of Unit 4 and doubt solving session.	Text Book	Chalk	-	-
21	Olympic movement. Ancient and modern Olympic	Text Book	Chalk	-	-
22,23	IOC and its function common wealth Games, Asian games, After Asian games.	Text Book	Chalk	-	-
24	Revision of Unit 5 and doubt solving session.	Text Book	Chalk		
25	class test-	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Anjanjyoti Sarma

Year: 1st Year

Department: Physical Education

Paper Code: BPES105

Paper Name: ANATOMY AND PHYSIOLOGY

Learning Objective: The course aims to provide a comprehensive understanding of human anatomy and physiology relevant to physical education. Students learn to identify and describe anatomical structures, understand physiological processes underlying movement and exercise, and apply this knowledge to promote safe and effective physical activity. Emphasis is placed on injury prevention, performance enhancement, and health promotion through exercise. By mastering these outcomes, students are equipped to design tailored exercise programs, provide basic first aid, and support individuals in achieving their fitness goals. This foundational knowledge enhances their ability to excel as physical educators, coaches, or fitness professionals.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Discuss course outcome of the anatomy and physiology	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	Meaning and concept of anatomy and physiology and their implication in the field of Physical Education and sports.	Text Book	Chalk, Black Board, Discussion	-	-
3.	Definition of cell, tissue, organs and system.	Text Book	Chalk, Black Board, Discussion	-	-
4.	Microscopic structure composition and functions of cell	Text Book	Chalk, Black Board, Discussion	-	-
5.	Classification, structure and function of tissue	Text Book	Chalk, Black Board, Discussion	-	-
6.	Revision of unit one and doubt salving session	Text Book	Chalk, Black Board,	-	-

			Discussion		
7.	Skeletal system- Types of bones, its gross and microscopic structure and functions.	Text Book	Chalk, Black Board, Discussion	-	-
8.	Joint - Its types and classification of different types of joints. Names and movement around the joints	Text Book	Chalk, Black Board, Discussion	-	-
9.	Muscular system- Type structure and function of muscle Names of major muscles in different body parts.	Text Book	Chalk, Black Board, Discussion	-	-
10.	Revision of Unit two and doubt solving session.	Text Book	Chalk, Black Board, Discussion	-	-
11.	Class test	Text Book	Chalk, Black Board, Discussion	-	-
12.	Respiratory system- Organs of Respiratory system and types of respiration,	Text Book	Chalk, Black Board, Discussion	-	-
13	Mechanism of respiration and function of respiratory system.	Text Book	Chalk	-	-
14	Circulatory system- Anatomical position and structure of heart, function of the heart. Blood vessels- Artery view and capillaries.	Text Book	Chalk	-	-
15	Digestive system- Organs, mechanism and functions of digestive system.	Text Book	Chalk	-	-
16	Excretory system- Organs of excretory system and their structure and functions.	Text Book	Chalk	-	-

17	Revision of Unit three and doubt solving session.	Text Book	Chalk	-	-
18	Endocrine system- meaning of glands endocrine glands, Their location and functions.	Text Book	Chalk	-	-
19	Reproductive system Male and female reproductive Revision of Unit four and doubt solving session	Text Book	Chalk	-	-
20	Class test	Text Book	Chalk	-	-
21	Nervous system- Organs of nervous system and their functions.	Text Book	Chalk	-	-
22	Structural and functional division of nervous system.	Text Book	Chalk	-	-
23	Sensory system- Kinesthetic sense, visual and auditory senses, Senses organs.	Text Book	Chalk		
24	Uses of sensory system for better use of nervous system. Temperature regulation.	Text Book	Chalk		
25	Revision of Unit five and doubt solving session	Text Book	Chalk		
26	Class test	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Hirak jyoti Barman

Year: 1st Year

Department: Physical Education

Paper Code: BPES106

Paper Name: BASIC COMPUTER SCIENCE AND INFORMATION TECHNOLOGY

Learning Objective: It aims to equip students with fundamental knowledge and skills in utilizing computer science and information technology within the context of physical education. This includes understanding basic concepts of computer science relevant to the field, such as software applications for fitness tracking, biomechanical analysis, and sports performance evaluation. Students learn to integrate technology effectively to enhance teaching methodologies, training programs, and performance assessment in physical education settings. By the end of the course, students should be proficient in utilizing various software tools and applications to analyze sports data, design training programs, and promote healthy lifestyles. Additionally, they should be able to critically evaluate the role of technology in advancing physical education practices and advocating for its integration in professional settings.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Computer Basics	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	Types of computer	Text Book	Chalk, Black Board, Discussion	-	-
3.	Different memories	Text Book	Chalk, Black Board, Discussion	-	-
4.	Different I/O devices	Text Book	Chalk, Black Board, Discussion	-	-
5.	Operating System basics	Text Book	Chalk, Black Board,	-	-

			Discussion		
6.	Computer languages basics	Text Book	Chalk, Black Board, Discussion	-	-
7.	Windows OS basics	Text Book	Chalk, Black Board, Discussion	-	-
8.	MS Word basics	Text Book	Chalk, Black Board, Discussion	-	-
9.	Formatting in MS Word	Text Book	Chalk, Black Board, Discussion	-	-
10.	Tables in MS word	Text Book	Chalk, Black Board, Discussion	-	-
11.	Graphics in MS Word	Text Book	Chalk, Black Board, Discussion	-	-
12.	Mail Merge in MS Word	Text Book	Chalk, Black Board, Discussion	-	-
13	MS Power Point basics	Text Book	Chalk	-	-
14	Slides making details	Text Book	Chalk	-	-
15	Transition details of power point	Text Book	Chalk	-	-
16	MS Excel basics	Text Book	Chalk	-	-
17	Creating, editing in cells	Text Book	Chalk	-	-

18	Formatting cells	Text Book	Chalk	-	-
19	Functions	Text Book	Chalk	-	-
20	Excel charts	Text Book	Chalk	-	-
21	MS access details	Text Book	Chalk	-	-
22	Create, edit, update tables	Text Book	Chalk	-	-
23	Internet basics	Text Book	Chalk	-	-
24	Different protocols	Text Book	Chalk	-	-
25	E mail basics	Text Book	Chalk	-	-

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Diganta Talukdar

Year: 2nd Year

Department: Physical Education

Paper Code: BPES201

Paper Name: HEALTH EDUCATION CORRECTIVE & REHABILITATION

Learning Objective: This Paper is provides the knowledge of hygiene and proper care of health, uses and scope of health education and where we can implement them. It gives knowledge or enlightens the individual's prospective towards personal hygiene which protects from disease. it is also provides the knowledge about how to prevent from pollution. on another unit provides the knowledge of how to correct postural deformities and their Remedial exercise and its techniques and method

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential / Participating Learning Used	Mode of Assessment for CIE
1.	basic overview and learning outcome of paper Health Education Corrective and Rehabilitation	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	Meaning and definition of health. Concept of health and fitness	Text Book	Chalk, Black Board, Discussion	-	-
3.	Dimension of health, factors affecting health characteristics of health	Text Book	Chalk, Black Board, Discussion	-	-
4.	Meaning definition and scope of health Education	Text Book	Chalk, Black Board, Discussion	-	-
5.	Aim and objectives of health Education	Text Book	Chalk, Black Board, Discussion	-	-
6.	Principles method and media of health Education	Text Book	Chalk, Black Board, Discussion	-	-

7.	Revision of unit one and doubt solving session	Text Book	Chalk, Black Board, Discussion	-	-
8.	Personal and Environmental hygiene meaning and important of personal hygiene	Text Book	Chalk, Black Board, Discussion	-	-
9.	Food and nutrition components of food, misconception of food Food allergies and their prevention	Text Book	Chalk, Black Board, Discussion	-	-
10.	Communicable and non communicable disease. Communicable disease their mode of spread and their prevention.	Text Book	Chalk, Black Board, Discussion	-	-
11.	Mental health meaning and principle of mental health	Text Book	Chalk, Black Board, Discussion	-	-
12.	Revision of unit two and doubt solving session	Text Book	Chalk, Black Board, Discussion	-	-
13	Class test of unit one and two	Text Book	Chalk	-	-
14	Environmental health condition in rural. And Urban. Metropolitan and industrial areas in India.	Text Book	Chalk	-	-
15	Environmental pollution - water pollution, land pollution, radiation, occupational hazard. All effect of environmental on health	Text Book	Chalk	-	-
16	Principles of community health programme Need and scope of community health programme and school health service and it's aspect	Text Book	Chalk	-	-

17	World Health organization, family planning . Revision of unit three and doubt solving session.	Text Book	Chalk	-	-
18	Meaning scope and objectives of corrective physical education	Text Book	Chalk	-	-
19	Meaning concept and classification of posture Postural deformities. Their causes and remedial exercise	Text Book	Chalk	-	-
20	Sport injury - types and its prevention	Text Book	Chalk	-	-
21	Definition objectives and scope of rehabilitation	Text Book	Chalk	-	-
22	Therapeutic modalities and effect and use of rehabilitation	Text Book	Chalk	-	-
23	Therapeutic exercise definition aims and objectives and its classification	Text Book	Chalk		
24	Massage meaning techniques and their therapeutic uses contradiction of massage	Text Book	Chalk		
25	Revision of unit five and doubt solving session	Text Book	Chalk		
26	Class test of unit four and five	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Anjanjyoti Sarma

Year: 3rd Year

Department: Physical Education

Paper Code: BPES202

Paper Name: PHYSIOLOGY OF EXERCISE

Learning Objective: The course aims to provide students with a comprehensive understanding of exercise physiology within the context of physical education. Students learn the physiological responses and adaptations of the human body to various forms of exercise, including cardiovascular, respiratory, muscular, and metabolic systems. Emphasis is placed on the principles of training, exercise prescription, and performance optimization. Through theoretical knowledge and practical applications, students develop skills in designing exercise programs tailored to individual needs, enhancing athletic performance, and promoting overall health and fitness. Mastery of these outcomes equips students to apply evidence-based approaches in exercise science, coaching, and physical education settings, facilitating optimal performance and well-being.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Basic overview and learning outcome of paper physiology of exercise.	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	Energy meaning types of energy production and use of energy.	Text Book	Chalk, Black Board, Discussion	-	-
3.	Aerobic and anaerobic sources of muscular energy.	Text Book	Chalk, Black Board, Discussion	-	-
4.	Definition of terminologies - training, conditioning ,warm-up, oxygen debt ,second wind, stitch etc.	Text Book	Chalk, Black Board, Discussion	-	-
5.	Revision of unit one and doubt solving session.	Text Book	Chalk, Black Board, Discussion	-	-

6.	----class text-----	Text Book	Chalk, Black Board, Discussion	-	-
7.	Skeletal muscle - types and characteristics.	Text Book	Chalk, Black Board, Discussion	-	-
8.	Microscopic structure of muscle fiber.	Text Book	Chalk, Black Board, Discussion	-	-
9.	Effect of exercise on muscle. Biomechanical changes in muscle during exercise.	Text Book	Chalk, Black Board, Discussion	-	-
10.	muscular contraction theory sliding filament theory-	Text Book	Chalk, Black Board, Discussion	-	-
11.	Local muscular fatigue and recovery.	Text Book	Chalk, Black Board, Discussion	-	-
12.	Revision of unit two doubt solving session.	Text Book	Chalk, Black Board, Discussion	-	-
13	Class test	Text Book	Chalk	-	-
14	Function of heart during exercise.	Text Book	Chalk	-	-
15	Stroke volume, cardiac output, heart rate, blood pressure - systolic and diastolic blood pressure.	Text Book	Chalk	-	-
16	Effect of training on circulatory system.	Text Book	Chalk	-	-
17	Effect of exercise on respiratory system - vital capacity, residual air, tidal air,	Text Book	Chalk	-	-
18	The respiratory muscle. , Hyper tension and exercise.	Text Book	Chalk	-	-
19	Revision of unit three and doubt solving session.	Text Book	Chalk	-	-
20	Class test.	Text Book	Chalk	-	-

21	Role of endocrine system during exercise. Training and attitude, altitude, Acclimatization.	Text Book	Chalk	-	-
22	Nutrition and it's planning during training Heat balance - heat exchange systems, convection, conduction, radiation, evaporation	Text Book	Chalk	-	-
28	Temperature regulations - thermal receptor, thermal effectors Exercise in the heat and cold conditions.	Text Book	Chalk		
29	Revision of unit four and Doubt solving session.	Text Book	Chalk		
30	Body composition- the seldom somatotype, Somatotype and physical activity.	Text Book	Chalk		
31	Body fat and measurement of body fat. Obesity and body weight control.	Text Book	Chalk		
32	Physiological changes accompanying process. Monitoring of heart rate during exercise.	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Diganta Talukdar

Year: 2nd Year

Department: Physical Education

Paper Code: BPES203

Paper Name: METHODS IN PHYSICAL EDUCATION

Learning Objective: The course focuses on equipping students with essential methods and strategies for effective teaching and learning in physical education. Students learn various instructional techniques, curriculum development, and assessment methods tailored to diverse learners and educational contexts. Emphasis is placed on fostering student engagement, skill development, and lifelong physical activity participation. Through theoretical insights and practical applications, students gain proficiency in designing and implementing age-appropriate physical education programs, promoting inclusive learning environments, and utilizing technology for enhanced teaching. Mastery of these outcomes enables students to excel as competent and confident physical education educators, positively impacting the lives of individuals through quality physical education instruction

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Meaning of the term teaching, Principles of teaching and Maxims of teaching.	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	Criteria and perquisites of good method.	Text Book	Chalk, Black Board, Discussion	-	-
3.	Methods of teaching in Physical Education - Lecture Method- Demonstration Method, Limitation Method,	Text Book	Chalk, Black Board, Discussion	-	-
4.	Command Method, Project Method, Group Direct Method, Practical Method.	Text Book	Chalk, Black Board, Discussion	-	-
5.	Teaching procedure in Physical Education - Whole method, Whole part method.	Text Book	Chalk, Black Board, Discussion	-	-
6.	Part whole method, stage of whole method.	Text Book	Chalk, Black Board, Discussion	-	-

7.	Revision of Unit one and Doubt solving season.	Text Book	Chalk, Black Board, Discussion	-	-
8.	Class Test	Text Book	Chalk, Black Board, Discussion	-	-
9.	Lesson planning, meaning, definition, objectives and values of lesson plan.	Text Book	Chalk, Black Board, Discussion	-	-
10.	Principles of lesson plan and importance of lesson plan.	Text Book	Chalk, Black Board, Discussion	-	-
11.	Types of lesson plan, coaching lesson, lesson and it's parts along with their significance.	Text Book	Chalk, Black Board, Discussion	-	-
12.	Revision and Doubt solving season of Unit two	Text Book	Chalk, Black Board, Discussion	-	-
13	Presentation techniques - Personal preparation, Technical preparation.	Text Book	Chalk	-	-
14	Organizing subject matter, class management, meaning and principles.	Text Book	Chalk	-	-
15	Command, it's types and used in different situation. Formation it's types and uses.	Text Book	Chalk	-	-
16	Micro teaching concept and importance and it's principles limitation.	Text Book	Chalk	-	-
17	Principle and advantage of team teaching.	Text Book	Chalk	-	-
18	Revision and Doubt solving season.	Text Book	Chalk	-	-
19	Teaching Aids- meaning, definition and importance.	Text Book	Chalk	-	-

20	Criteria for selecting teaching aids. Classification of teaching aids- Audio, Visual and Audio-Visual.	Text Book	Chalk	-	-
21	Advantage and suggestion for effective use of selected teaching aids -verbal, check board, charts, models, slide projector.	Text Book	Chalk	-	-
22	Motion picture, self experiment and projects, multi media. Communication- it's types, communication cycle and communication in class room.	Text Book	Chalk	-	-
23	Revision of unit Four and Doubt solving season.	Text Book	Chalk		
24	Class test of Unit three and Four.	Text Book	Chalk		
25	Tournaments - meaning, importance and types of tournament.	Text Book	Chalk		
26	Fixture and Track marking.	Text Book	Chalk		
27	Programme planning - meaning and principles.	Text Book	Chalk		
28	New Teaching techniques and evaluation devices - Examination.	Text Book	Chalk		
29	Interview standardized test, Rating scale observation.	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Anjanjyoti Sarma

Year: 2nd Year

Department: Physical Education

Paper Code: BPES204

Paper Name: RECREATION AND YOGA

Learning Objective: The course aims to provide students in Physical Education program with a comprehensive understanding of recreation and yoga principles. Students explore various recreational activities and yoga practices, focusing on their physical, mental, and social benefits. Emphasis is placed on experiential learning, skill development, and personal well-being enhancement. Through theoretical knowledge and practical application, students learn to design and facilitate recreational programs and yoga sessions that cater to diverse populations and promote holistic health. Mastery of these outcomes equips students to effectively engage individuals in leisure pursuits, enhance quality of life, and contribute to the promotion of wellness and active living in communities.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Meaning , scope and Important and misconception of Recreation	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	Philosophy and principles of Recreation	Text Book	Chalk, Black Board, Discussion	-	-
3.	Objective of Recreation	Text Book	Chalk, Black Board, Discussion	-	-
4.	Revision of unit one and doubt solving session	Text Book	Chalk, Black Board, Discussion	-	-
5.	Class test	Text Book	Chalk, Black Board, Discussion	-	-
6.	Influence of Recreation in social institutions. Rural, urban and Industrial recreation.	Text Book	Chalk, Black Board, Discussion	-	-

7.	Recreation in educational Institutions i.e school college.	Text Book	Chalk, Black Board, Discussion	-	-
8.	Recreation in family and community and religious organization Recreation for ill and disabled persons	Text Book	Chalk, Black Board, Discussion	-	-
9.	Revision of unit two and doubt solving session	Text Book	Chalk, Black Board, Discussion	-	-
10.	Given note of unit two	Text Book	Chalk, Black Board, Discussion	-	-
11.	Planning for recreation and programme planning Planning criteria and objectives of Recreation facilities	Text Book	Chalk, Black Board, Discussion	-	-
12.	Different types of indoor and outdoor recreation for urban and rural population.	Text Book	Chalk, Black Board, Discussion	-	-
13	Classification of Recreation activity:-Indoor and outdoor Activities. Natural and outing, cultural and literary activity	Text Book	Chalk	-	-
14	Water and adventure activities, social events. Agencies providing recreation	Text Book	Chalk	-	-
15	Revision of unit three and doubt solving session	Text Book	Chalk	-	-
16	Camping. meaning aim and objective and importance of camping.	Text Book	Chalk	-	-
17	Organization and types of camp camping leadership.	Text Book	Chalk	-	-

18	Types and functions of Recreation leader quality and qualifications of Recreational leaders	Text Book	Chalk	-	-
19	Conducting a recreation survey and administrative set up.	Text Book	Chalk	-	-
20	Revision of unit four and doubt solving session.	Text Book	Chalk	-	-
21	Class test	Text Book	Chalk	-	-
22	Given note of unit four	Text Book	Chalk	-	-
23	Meaning, definition and historical background of yoga	Text Book	Chalk		
24	Importance of yoga in the field of physical education.	Text Book	Chalk		
25	Importance of yoga - karma Yoga, bhakti, Hatha yoga, Raj yoga . . . Astanaga Yoga, with special reference to-yamas, Niyamas, Asanas, Pranayam.	Text Book	Chalk		
26	Chat karmas - personal hygiene of yogic practices	Text Book	Chalk		
27	Therapeutic and corrective value of yogic practices	Text Book	Chalk		
28	Revision of unit five and doubt solving session Given note of unit five	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Diganta Talukdar

Year: 2nd Year

Department: Physical Education
BPES205

Paper Code:

Paper Name: MANAGEMENT IN PHYSICAL EDUCATION & SPORTS

Learning Objective: The course aims to equip students in the Bachelor of Physical Education program with essential management skills and knowledge relevant to the field of physical education and sports. Students learn principles of organizational management, leadership, and Administration in educational and sports settings. Emphasis is placed on strategic planning, budgeting, facility management, event coordination, and risk management. Enables students to successfully manage sports programs, events, and facilities, ensuring efficient operations and fostering a culture of excellence in physical education and sports Management. It's also provides the knowledge about how to maintain equipment and care them, knowledge of preparing fixture and how & where to construct and maintained the facilities like gymnasium, swimming pool, and also enlightens

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Meaning and definition of terms management Administration management and their important in physical education and sports	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	chief elements of organization and administration. Qualities and qualification of manager.	Text Book	Chalk, Black Board, Discussion	-	-
3.	Basic principles and guiding principles of organization and administration- Autocratic and Democratic administration.	Text Book	Chalk, Black Board, Discussion	-	-
4.	schemes of organization of health and physical education	Text Book	Chalk, Black Board, Discussion	-	-
5.	Revision and doubt solving	Text Book	Chalk, Black	-	-

	season of unit one.		Board, Discussion		
6.	The need for out door and indoor facilities I. E gymnasium swimming pools, play ground etc. Principles for their location and recommend The need, construction care, maintains, issue, disposal and repair	Text Book	Chalk, Black Board, Discussion	-	-
7.	Equipments need, purchase, maintains, issue, Disposal and repairs. Store, room management.	Text Book	Chalk, Black Board, Discussion	-	-
8.	Storekeeping of equipments like - leather , Rubber, wooden, cloth, matters track and field equipment.	Text Book	Chalk, Black Board, Discussion	-	-
9.	Revision and doubt solving season of unit tow.	Text Book	Chalk, Black Board, Discussion	-	-
10.	Class test.	Text Book	Chalk, Black Board, Discussion	-	-
11.	Meaning and principles of prepare time table, factors affecting. Staff and leadership, meaning and definition need and importance of trail leader in physical education, Qualities good leader.	Text Book	Chalk, Black Board, Discussion	-	-
12.	camping - meaning , types and educational value of camping. Revision and doubt salving season of unit three.	Text Book	Chalk, Black Board, Discussion	-	-

13	Meaning and educational outcomes of the term extramural and Rules to be followed in extramural and intramurals rewards and intramural. for winner.	Text Book	Chalk	-	-
14	Team management - selection of player and training (coaching, conduct)	Text Book	Chalk	-	-
15	Tournament management opening and closing ceremony. Responsible of various committees	Text Book	Chalk	-	-
16	Public relations - meaning, definition, Techniques and importance of public relation.	Text Book	Chalk	-	-
17	Relation of the Physical education leaders with the students, parents colleagues principal, supervisor etc.	Text Book	Chalk	-	-
18	Revision and doubt solving session of unit four.	Text Book	Chalk	-	-
19	class test.	Text Book	Chalk	-	-
20	supervisor meaning and importance of supervisor qualities and qualification of supervisor. class management teachers preparation student preparation attendance system and preparing report	Text Book	Chalk	-	-
21	office management its location and setup and office function. meaning and importance of budget in physical education and sports	Text Book	Chalk	-	-

22	budget making ,account keeping.	Text Book	Chalk	-	-
23	revision of unit five and dou solving season of it.	Text Book	Chalk		
24	class test	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Diganta Talukdar

Year: 3rd Year

Department: Physical Education

Paper Code: FPES

Paper Name: FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

Learning Objective: On that paper student will have some fundamental foundational knowledge from various aspects of physical education. Here they will know about sociology, biology, psychology, anatomical & physiological subject put a ray on interrelation between above subjects with sports and implication of above listed subject in the field of physical education and sports.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	meaning of philosophy, need ,understand and study the philosophy to physical education teacher and coach	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	importance and implication of sociology in phy. edu.	Text Book	Chalk, Black Board, Discussion	-	-
3.	Tradition and their influences on behavior pattern	Text Book	Chalk, Black Board, Discussion	-	-
4.	Role of games and sports in national and international integration	Text Book	Chalk, Black Board, Discussion	-	-
5.	Revision of unit 1	Text Book	Chalk, Black Board, Discussion	-	-
6.	Growth and development-principle and stages	Text Book	Chalk, Black Board, Discussion	-	-
7.	Heredity and environment and their influences on growth and development	Text Book	Chalk, Black Board, Discussion	-	-
8.	Chronological age ,Anatomical age, physiological age, and their implementation in	Text Book	Chalk, Black Board, Discussion	-	-

	the field of phy. Edu. & Sports				
9.	Body types, structural and functional differences between male and female	Text Book	Chalk, Black Board, Discussion	-	-
10.	Revision & Doubt solving of unit 2	Text Book	Chalk, Black Board, Discussion	-	-
11.	Class test	Text Book	Chalk, Black Board, Discussion	-	-
12.	Psychophysical unity of man	Text Book	Chalk, Black Board, Discussion	-	-
13	Factors affecting learning Principle of motor skill learning	Text Book	Chalk	-	-
14	Psychological factors effecting physical performance	Text Book	Chalk	-	-
15	Revision of unit 3	Text Book	Chalk	-	-
16	importance and implication of anatomy and physiological in the physical education & Sports	Text Book	Chalk	-	-
17	kinesthetic sense and performance Basic principles of exercise	Text Book	Chalk	-	-
18	physiological factors effecting physical performance Altitude and performance	Text Book	Chalk	-	-
19	Revision and doubt solving of unit 4	Text Book	Chalk	-	-
20	Aerodynamics- it's meaning and application in physical education &Sports	Text Book	Chalk	-	-

21	Equilibrium it's principle Newton's law of motion and its implication in physical education &Sports	Text Book	Chalk	-	-
22	Force meaning, it's types a implication of force in spo	Text Book	Chalk	-	-
23	Revision of unit 5	Text Book	Chalk		
24	class test	Text Book	Chalk		
25	Given note of unit2 Given note of unit3	Text Book	Chalk		
26	Given note of unit4 Given note of unit5	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Anjanjyoti Sarma

Year: 3rd Year

Department: Physical Education

Paper Code: KIBI

Paper Name: KINSIOLOGY AND BIOMECHANICS

Learning Objective: Paper consist with five unit ,there first three unit is deal with kinesiology. Here student will know about meaning, aim , importance and historical details of kinesiology and anatomy as well as body joints ,movement and related Terminologies with them. Also in third and fourth unit student will have idea about biomechanics, national and equilibrium. As well as they will have knowledge and terminologies like liver ,force , friction, locomotion and it is related with sports performance.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Meaning, aim, and objectives and importance of kinesiology in Physical Education and, sports.	Syllabus given by Gauhati University	Chalk, Black Board, Discussion		-
2.	historical background of kinesiology Fundamental concept and application of the terms A.	Text Book	Chalk, Black Board, Discussion	-	-
3.	Axis and plane. B. Centre of gravity. C. Line of gravity.	Text Book	Chalk, Black Board, Discussion	-	-
4.	Revision of unit one and doubt solving session.	Text Book	Chalk, Black Board, Discussion	-	-
5.	Construction and classification of joints and muscles.	Text Book	Chalk, Black Board, Discussion	-	-
6.	Types of muscle contraction. Terminology of fundamental movements.	Text Book	Chalk, Black Board,	-	-

			Discussion		
7.	Angle of pull, torque, all or none low reciprocal innovation. Revision of unit two and doubt solving session.	Text Book	Chalk, Black Board, Discussion	-	-
8.	Class test of unit one and two.	Text Book	Chalk, Black Board, Discussion	-	-
9.	Major characteristics of joints. Location and action of major muscles activity of the joints like shoulder joint, elbow joint, hip joint, knee joint, ankle joint.	Text Book	Chalk, Black Board, Discussion	-	-
10.	Movement structure cyclic, Acyclic and movement combination.	Text Book	Chalk, Black Board, Discussion	-	-
11.	Movement qualities movement coupling movement aptitude, movement rhythm	Text Book	Chalk, Black Board, Discussion	-	-
12.	Movement flow movement precision.	Text Book	Chalk, Black Board, Discussion	-	-
13	Revision of Unit Three and doubt solving session.	Text Book	Chalk	-	-
14	Meaning and importance of Biomechanics.	Text Book	Chalk	-	-
15	Motion definition and types. Newton's law of motion.	Text Book	Chalk	-	-
16	Equilibrium definition and principles of Equilibrium. Its role in sports	Text Book	Chalk	-	-
17	Revision of unit Four and doubt solving session.	Text Book	Chalk	-	-
18	class test of unit three and four.	Text Book	Chalk	-	-

19	Lever definitions, types and application of level to Human body.	Text Book	Chalk	-	-
20	Force definition and magnitude of force, types of force.	Text Book	Chalk	-	-
21	Friction definition and types	Text Book	Chalk	-	-
22	Analysis of locomotion- Running and walking.	Text Book	Chalk	-	-
23	Revision of unit Five and doubt solving session.	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name Of the Teacher: Diganta Talukdar

Year: 3rd Year

Department: Physical Education

Paper Code: EDSP

Paper Name: EDUCATION AND SPORTS PSYCHOLOGY

Learning Objective: In this paper student will know about psychology specifically sport psychology under five different units. In Unit 1st student will learn about meaning, definition, scope, importance and methods of psychology and sports psychology. In Second and third unit student will gain knowledge about developmental psychology, Here growth & development history and environmental, motivational learning theories are discussed where various factors related with personality are viewed. On fifth unit counseling and guideline method are included, where students are getting groups of counselor task, their qualities etc.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Meaning and definition and scope of psychology and Sports Psychology .	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	Need and importance of educational and sports psychology to a teacher, physical education teacher or coacher.	Text Book	Chalk, Black Board, Discussion	-	-
3.	Method of psychology - of psychology test and Observation method, Interview method.	Text Book	Chalk, Black Board, Discussion	-	-
4.	Experimental method and Interview method. Case study method of psychology test.	Text Book	Chalk, Black Board, Discussion	-	-
5.	Mental process -Body mine relationship. Cognitive process - meaning, characteristics.	Text Book	Chalk, Black Board, Discussion	-	-
6.	Role of various cognitive	Text Book	Chalk,	-	-

	function in Physical Activity and Sports. -Preception, Sensation, Thinking, Attention, Memory, Concentration and Inteligency.		Black Board, Discussion		
7.	Revision of Unit one and Doubt solving.	Text Book	Chalk, Black Board, Discussion	-	-
8.	Class test	Text Book	Chalk, Black Board, Discussion	-	-
9.	Growth and development - Meaning, Principles and stages of growth and development.	Text Book	Chalk, Black Board, Discussion	-	-
10.	Individual difference. Heredity and Environment -its effect on growth and development and individual difference.	Text Book	Chalk, Black Board, Discussion	-	-
11.	Nature and Characteristics of growth and development in various stages. Motivation -meaning, types and techniques of general innate tendencies.	Text Book	Chalk, Black Board, Discussion	-	-
12.	Mental Hygiene, its meaning and importance.	Text Book	Chalk, Black Board, Discussion	-	-
13	Revision of Unit two and Doubt solving.	Text Book	Chalk	-	-
14	Learning Meaning, Definition and Nature Theories of learning and their implications. -Trial and Error Theory	Text Book	Chalk	-	-
15	Condition reflex theory . Insight Theory	Text Book	Chalk	-	-
16	Principal of law of learning and learning curve.	Text Book	Chalk	-	-

17	Transfer of training, factor affecting transfer of training.	Text Book	Chalk	-	-
18	Nature and Principle of motor skill learning.	Text Book	Chalk	-	-
19	Revision of Unit three and Doubt solving season.	Text Book	Chalk	-	-
20	Class test.	Text Book	Chalk	-	-
21	Personality - Meaning, Definition and Dimensions of personality.	Text Book	Chalk	-	-
22	Factors affecting Personality and environment. Personality Traits, Personality difference among various sports groups.	Text Book	Chalk	-	-
23	Emotion -Meaning and types, emotion role of emotion in physical education and sports.	Text Book	Chalk		
24	Relaxation techniques.	Text Book	Chalk		
25	Fatigue - Physical/Physiological and Psychological aspect.	Text Book	Chalk		
26	Revision of Unit four and Doubt solving season.	Text Book	Chalk		
27	Class test.	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Anjanjyoti Sarma

Year: 3rd Year

Department: Physical Education

Paper Code: TMPE

Paper Name: TEST AND MEASUREMENT IN PHYSICAL EDUCATION

Learning Objective: Test and measurement are some important element in physical education. In this paper in a first unit student will learn the meaning definition, history etc. On Second unit student will going to know how to select a test and classification of test .On third and fourth unit the help of statistics. On fifth unit student will learn how to conduct fitness as well as sports test.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Meaning, Definition and interrelationships of the term: Test, Measurement and Evaluation.	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	History and Modern trends of test and measurement Importance of Test, Measurement and Evaluation in the field of Physical Education and Sports.	Text Book	Chalk, Black Board, Discussion	-	-
3.	Meaning of statistics and it's definition and Frequency Table	Text Book	Chalk, Black Board, Discussion	-	-
4.	Need and importance of statistics and Explanation of data and frequency table.	Text Book	Chalk, Black Board, Discussion	-	-
5.	Revision of Unit 1	Text Book	Chalk, Black Board, Discussion	-	-
6.	Criteria of selecting and Construction of test. Technical standard-Validity,	Text Book	Chalk, Black Board, Discussion	-	-

	Reliability, Objectivity, Norms.				
7.	Administrative standard, and Development standard.	Text Book	Chalk, Black Board, Discussion	-	-
8.	Sometotyping-Anthropomet somatotyping, body composition.	Text Book	Chalk, Black Board, Discussion	-	-
9.	Classification of test-written test and Psychomotor test	Text Book	Chalk, Black Board, Discussion	-	-
10.	Revision and Doubt solving season of Unit 1 and 2	Text Book	Chalk, Black Board, Discussion	-	-
11.	Measurement of Central Tendency, mean, median, mode meaning.	Text Book	Chalk, Black Board, Discussion	-	-
12.	Exercise of mean with group and ungroup data.	Text Book	Chalk, Black Board, Discussion	-	-
13	Exercise of median with group and ungroup data	Text Book	Chalk	-	-
14	Exercise of mode with group and ungroup data.	Text Book	Chalk	-	-
15	Measure of variability, quartile variation and Standard deviation.	Text Book	Chalk	-	-
16	Graphical representation of data, frequency polygon, cumulative frequency curve, histogram/bar diagram	Text Book	Chalk	-	-
17	Knowledge test types and it's importance.	Text Book	Chalk	-	-
18	Correlation -meaning, uses calculation by : Product method.	Text Book	Chalk	-	-

19	Uses and calculation of Correlation by Rank difference method.	Text Book	Chalk	-	-
20	Sampling - meaning, techniques and importance of sampling	Text Book	Chalk	-	-
21	Cardiovascular Endurance test :Harvard step test , Tuttle pulse ratio test.	Text Book	Chalk	-	-
22	Sergeant test, sit and reach test and bridge up test for flexibility.	Text Book	Chalk	-	-
23	Revision of Unit 3 and 4.	Text Book	Chalk		
24	Fitness test: Various of AAPHER Youth Fitness test. National Physical Efficiency Test, Barrow Motor ability test.	Text Book	Chalk		
25	Iwa brace motor ability test and Philips JCR test	Text Book	Chalk		
26	Sports skill test-Mc Donnell soccer test, Johnson basketball test.	Text Book	Chalk		
27	Goal shooting test in hockey, Millar wall volley test. Bready Volleyball test and SAI soccer test.	Text Book	Chalk		
28	Give note of Unit one. & Unit two.	Text Book	Chalk		
29	Give note of Three & Four	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Diganta Talukdar

Year: 3rd Year

Department: Physical Education

Paper Code: OFCO

Paper Name: OFFICIATING AND COACHING

Learning Objective: On Unit one student will get knowledge what is officiating, duties and qualities of official, and how to improve standards of officials .On second unit students will know about training and coaching. On fourth and fifth unit they will know the history and present status of games and sports , where they also get the knowledge about various sports event. On fifth unit they will know about warming up and cool down, it's meaning and effect on sports performance.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Officiating meaning and importance and factors affecting officiating	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	Quality and qualifications of official	Text Book	Chalk, Black Board, Discussion	-	-
3.	Duties of officials and their relationship with management coaches. players and spectators	Text Book	Chalk, Black Board, Discussion	-	-
4.	Improving the standard of officials and officiating	Text Book	Chalk, Black Board, Discussion	-	-
5.	Revision of unit one and doubt solving session	Text Book	Chalk, Black Board, Discussion	-	-
6.	Coaching- meaning, definition, aims	Text Book	Chalk, Black Board,	-	-

	objectives of coaching		Discussion		
7.	Coaching philosophy , Methods of coaching	Text Book	Chalk, Black Board, Discussion	-	-
8.	Selection of players, measurer for maintaining and stimulating the interest of students in games and sports.	Text Book	Chalk, Black Board, Discussion	-	-
9.	Revision of unit two and doubt solving session.	Text Book	Chalk, Black Board, Discussion	-	-
10.	History and present States of the games and sports	Text Book	Chalk, Black Board, Discussion	-	-
11.	The fundamental skills of games and sports	Text Book	Chalk, Black Board, Discussion	-	-
12, 13, 14, 15	Rules and their interpretation in the following games and sports ,Gymnastics, Athletes, Aquatics, Football, volleyball, Hockey, wrestling, judo. Track and field, Boxing etc.	Text Book	Chalk, Black Board, Discussion	-	-
16, 17, 18, 19	Kho-kho. Badminton, Basketball, Hockey, wrestling Judo, Track and field, Boxing etc	Text Book	Chalk	-	-
20,21, 22,23	Marketing of various track and play field	Text Book	Chalk	-	-

24,25, 26,27	Preparation and furnishings score sheet of games.	Text Book	Chalk	-	-
22	Revision of unit four and doubt solve session.	Text Book	Chalk	-	-
23	Class test	Text Book	Chalk	-	-
24	Warming up and cooling down meaning and effect .	Text Book	Chalk	-	-
25	Preparation of sports coaching lesson Stages of teaching techniques	Text Book	Chalk	-	-
26	Sports hygiene and safety measures	Text Book	Chalk	-	-
27	Analysis of individual and team performance	Text Book	Chalk	-	-
28	Revision of unit five and doubt solve session	Text Book	Chalk	-	-
29	class test	Text Book	Chalk		
30,31, 32,33,	Marketing of various track and field and play field at group	Text Book	Chalk		

Signature of the Teacher

Nalbari College, Nalbari

Teaching Plan for the session (August to March: 2022-23)

Name of the Teacher: Anjanjyoti Sarma

Year: 3rd Year

Department: Physical Education

Paper Code: FOST

Paper Name: FUNDAMENTALS OF SPORTS TRAINING

Learning Objective: On the first unit student will know basic of sport training, aim characteristics principal and another unit they will know about load and recovery, factor effecting it, methods of sports training aim and its content, endurance factors determining endurance and last unit student will know the technique, tactics, skills and strategies of sport training.

Sl. No. of Lecture	Topic/Subtopic	Learning Resources	Mode of Teaching & ICT Tools	Experiential/ Participating Learning Used	Mode of Assessment for CIE
1.	Meaning, Definition, aim of sports training characteristic and principles of sports training	Syllabus given by Gauhati University	Chalk, Black Board, Discussion	-	-
2.	sports performance and various model of sports performance and its use	Text Book	Chalk, Black Board, Discussion	-	-
3.	Explained Terms- Teaching ,Training, coaching & conditioning	Text Book	Chalk, Black Board, Discussion	-	-
4.	Revision of previous unit topic and conducted class test	Text Book	Chalk, Black Board, Discussion	-	-
5.	Load and Recovery- Meaning & definition, Factors of load and judgment of load	Text Book	Chalk, Black Board, Discussion	-	-
6.	Overload and its causes and symptoms, Tackling overload ,	Text Book	Chalk, Black Board, Discussion	-	-
7.	Factors affecting pace of recovery and means of recovery	Text Book	Chalk, Black Board, Discussion	-	-

8.	Practice some practical task related with load and recovery	Text Book	Chalk, Black Board, Discussion	-	-
9.	Revision of unit 2	Text Book	Chalk, Black Board, Discussion	-	-
10.	Means and method of sports Training Periodization- Meaning and types and explanations	Text Book	Chalk, Black Board, Discussion	-	-
11.	Aims and contents of training Periodization	Text Book	Chalk, Black Board, Discussion	-	-
12.	Planning, Meaning and principles of planning	Text Book	Chalk, Black Board, Discussion	-	-
13	Explained various types of training plan with practice season	Text Book	Chalk	-	-
14	Revision of unit 3	Text Book	Chalk	-	-
15	Meaning and types of endurance, explained with example Factors determining endurance and method of improving endurance	Text Book	Chalk	-	-
16	Strength- Meaning, types, and determining factors of strength Methods of improving strength	Text Book	Chalk	-	-
17	Meaning and types of speed, explain with example factors determining speed and method of improving speed	Text Book	Chalk	-	-
18	Revision of unit 4	Text Book	Chalk	-	-

19	Meaning of the term - Technique, Tactics , style and strategy Aims of Technique and Tactics	Text Book	Chalk	-	-
20	Method of technical and tactical training	Text Book	Chalk	-	-
21	Talent identification and development, Meaning and its principles	Text Book	Chalk	-	-
22	Revision of unit 5	Text Book	Chalk	-	-
23	Note given & Q A practice	Text Book	Chalk		
24	class test	Text Book	Chalk		

Signature of the Teacher