

Teaching Plan for Physical Education (2024-25)

RKMV Shimla, Department of Physical Education

The following teaching plan provides a structured approach to delivering both theoretical and practical components of the curriculum over three years, ensuring comprehensive student learning and skill development.

1st Year: Foundation Phase

Semester 1 (22 Credits)

1. Discipline-Specific Course-1A (DSC-1A): Introduction to Physical Education (PED101TH)

- **Weekly Distribution:**
 - **August:** Historical development and role of physical education in society.
 - **September:** Objectives, scope, and significance in personal development.
 - **October:** Physical fitness, wellness concepts, and their implications.
 - **November:** Career opportunities in physical education and sports.
 - **December:** CCA (Assignments, quizzes, and short presentations).
 - **February:** Revision and ETE preparation.
- **Teaching Methods:**
 - Lectures with PowerPoint presentations.
 - Case studies on global trends in physical education.
 - Group discussions on the role of physical education in modern lifestyles.

2. Discipline-Specific Course-1A Practical (DSC-1A PR): Athletics and Game-1 (PED101PR)

- **Focus:** Basic skills in track events (sprints, middle-distance running) and selected games (e.g., Volleyball).
- **Weekly Plan:**
 - **August:** Introduction to track and field events.
 - **September:** Techniques in sprinting and middle-distance running.
 - **October & November:** Basic rules, skills, and drills for Volleyball.
 - **December:** Game situations and practice matches.
 - **February:** Practical assessment and skill evaluation.

Semester 2 (22 Credits)

1. Discipline-Specific Course-1B (DSC-1B): Olympic Movement and Organisation of Tournaments (PED102TH)

- **Weekly Distribution:**
 - **August:** History and evolution of the Olympic movement.
 - **September:** Major milestones and challenges in the modern Olympic Games.
 - **October & November:** Structure of national and international sports organizations.
 - **December:** Types of tournaments (knockout, league, etc.) and their management.
 - **February:** Project presentations and CCA evaluations.
- **Teaching Methods:**
 - Documentaries on Olympic history.
 - Guest lectures by sports administrators.

- Hands-on tournament organization tasks.
- 2. **Discipline-Specific Course-1B Practical (DSC-1B PR): Athletics and Game-2 (PED102PR)**
 - **Focus:** Advanced athletics techniques and introduction to a second game (e.g., Basketball).
 - **Weekly Plan:**
 - **August:** Hurdles and long jump techniques.
 - **September:** Relay race practice.
 - **October & November:** Dribbling, passing, and shooting in Basketball.
 - **December:** Game strategies and team drills.
 - **February:** Practical skill assessment.

2nd Year: Development Phase

Semester 3 (22 Credits)

1. **DSC-1C: Human Anatomy and Physiology (PED201TH)**
 - **Focus:** Study of human body systems in relation to physical activity.
 - **Teaching Plan:**
 - **August:** Skeletal and muscular systems.
 - **September:** Cardiovascular and respiratory systems.
 - **October:** Nervous system and its role in movement.
 - **November:** Hormonal influences on physical performance.
 - **December:** CCA and application-based assignments.
 - **February:** Revision and ETE preparation.
2. **DSC-1C Practical (PED201PR): Athletics and Game-3**
 - **Focus:** Advanced track and field events (e.g., high jump) and game strategies.
 - Weekly training in technical skills and practice matches.
3. **SEC-1: Sports Medicine, Physiotherapy, and Rehabilitation (PED203TH)**
 - **Focus:** Basics of injury prevention, treatment, and rehabilitation.
 - **Teaching Plan:**
 - **August:** Common sports injuries and their management.
 - **September & October:** Physiotherapy techniques for recovery.
 - **November & December:** Role of rehabilitation in sports performance.
 - **February:** Practical demonstrations and project work.

Semester 4 (22 Credits)

1. **DSC-1D: Sports Psychology (PED202TH)**
 - **Focus:** Application of psychology in sports performance.
 - **Teaching Plan:**
 - **August:** Motivation theories and their relevance.
 - **September & October:** Stress management and focus techniques.
 - **November & December:** Team dynamics and leadership in sports.
 - **February:** CCA presentations on psychological case studies.
2. **SEC-2: Sports Training (PED204TH)**
 - **Focus:** Principles of physical training and performance optimization.
 - **Teaching Plan:**
 - Lectures on periodization, training loads, and recovery.
 - Practical demonstrations of fitness tests and training methods.

3rd Year: Specialization Phase

Semester 5 (22 Credits)

1. **SEC-3 Practical: Specialization in Volleyball/Football/Kabaddi**
 - Advanced skill development and strategic play.
2. **DSE-1A: Recreation/Kinesiology and Biomechanics**
 - Understanding movement science and its application to sports.
3. **GE-1: Health Education and Nutrition**
 - Study of balanced diets and their impact on athletic performance.

Semester 6 (22 Credits)

1. **SEC-4 Practical: Specialization in Athletics**
 - Technical mastery of selected athletic events.
2. **DSE-1B: Methods of Teaching Physical Education/Officiating and Coaching**
 - Training in modern teaching and coaching techniques.
3. **GE-2: Yoga**
 - Comprehensive study of yoga for holistic well-being.

Evaluation Strategy

- **Theoretical Courses:** Regular quizzes, assignments, and ETE.
- **Practical Courses:** Weekly skill assessments, peer reviews, and final demonstrations.
- **Skill Enhancement Courses:** Projects, workshops, and hands-on evaluations.

This plan emphasizes active learning, practical exposure, and comprehensive assessments to prepare students for careers in sports and allied fields.

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