

## **DEPARTMENT OF PHYSICAL EDUCATION**

ABHEDANANDA MAHAVIDYALAYA, SAINTHIA

### ACADEMIC PLAN (SUGGESTIVE)

Semester:	I
Courses:	CORE COURSE I (CC1A)- <b>Foundation and history of Physical Education</b>
TotalMarks:	75
Total credit:	06
Total no. of lectures:	60
Objective:	To have a tentative course of action well in advance through the said Academic Plan to be able to: <ul style="list-style-type: none"><li>• execute the new CBCS with ease</li><li>• finish syllabus and conduct evaluations on time to the satisfaction of both the student and the teacher</li></ul>
Evolution method:	C1- 10% of the total marks (class test/assignment/seminar + attendance) C2- 10% of total marks (class test/assignment/seminar + attendance) C3- 60 marks [(10x2) + (4x5) + (2x10)]- semester-end examination
C1:	7 <sup>th</sup> week from the beginning of the semester Completion of 1/3 <sup>rd</sup> of the total course syllabus Around 3 <sup>rd</sup> week of September 2017
C2:	16 <sup>th</sup> week from the beginning of semester Completion of 2/3 <sup>rd</sup> of the syllabus Around 3 <sup>rd</sup> week of November 2017
C3:	21 <sup>st</sup> -23 <sup>rd</sup> week Full Syllabus Around Last Week of December, 2018

<b>Syllabus CC1</b>	
Texts prescribed by university	Unit- I: Introduction of Physical Education Unit- II: Biological and Sociological Foundations of Physical Education Unit- III: History of Physical Education Unit- IV: Yoga Education FIELD PRACTICAL

<b>ACADEMIC PLAN</b>	
Semester Begins	Fourth Week of July 2017
Number of lectures or demonstration/week (1hr/lecture)	
Tentative no. of classes/topic taken and syllabus covered before C1  <b>1/3<sup>rd</sup> of CC-I should have been covered</b>	SECTION A <ul style="list-style-type: none"> <li>• Introduction of Physical Education .....of the text)</li> </ul> SECTION B Biological and Sociological Foundations of Physical Education .....of the text) History of Physical Education
1 <sup>nd</sup> week of September 2017	<ul style="list-style-type: none"> <li>• Deciding of method of evaluation for C1</li> <li>• Topic/area-.....</li> <li>• Notifying students about the topic and the method of assessment</li> </ul>
2 <sup>nd</sup> week of September 2017	<ul style="list-style-type: none"> <li>• Submitting question papers for class test/ topic for seminar/ assignment</li> </ul>
3 <sup>rd</sup> week of September 2017	<ul style="list-style-type: none"> <li>• Conducting C1 (8<sup>th</sup> week of sem.)</li> <li>• Class test/seminar/assignment</li> <li>• Calculating class attendance</li> </ul>
4 <sup>th</sup> week of September 2017 (before college breaks for Puja vacation)	<ul style="list-style-type: none"> <li>• Department meeting</li> <li>• Keeping record marks for C1</li> </ul>

Syllabus covered before college breaks for puja vacation	<ul style="list-style-type: none"> <li>• Introduction of Physical Education</li> <li>• Biological and Sociological Foundations of Physical</li> <li>• FIELD PRACTICAL Suryanamaskar</li> </ul>
Puja break	
Tentative no. of classes/topic taken and syllabus covered before C2  <b>2/3<sup>rd</sup> of CC1 should have been covered</b>	Unit- I: Introduction of Physical Education Unit- II: Biological and Sociological Foundations of Physical Education Unit-IV : Yoga Education
1 <sup>st</sup> week of November 2017	<ul style="list-style-type: none"> <li>• Deciding of method of evaluation for C2</li> <li>• Topic/area-.....</li> <li>• Notifying students about the topic and the method of assessment</li> </ul>
2 <sup>nd</sup> week of November 2017	<ul style="list-style-type: none"> <li>• Submitting question papers for class test/ topic for seminar/ assignment</li> </ul>
3 <sup>rd</sup> week of November 2017	<ul style="list-style-type: none"> <li>• Conducting C2 (16<sup>th</sup> week of sem.)</li> <li>• Class test/seminar/assignment</li> <li>• Calculating class attendance</li> </ul>
4 <sup>th</sup> week of November 2017	<ul style="list-style-type: none"> <li>• Department meeting</li> <li>• Keeping record marks for C2</li> </ul>
3 <sup>rd</sup> week of December 2017	<b>Syllabus for CC1 should have been completed</b> including providing necessary guidelines, pointers, study materials leaving them enough time to prepare for C3
1 <sup>st</sup> week of January 2018	Clearing last moment doubts of students regarding any portion of CC1 for C3