

Name of College: GCW Rohtak

Session 2025-26

Name of Assistant Professor: Dr. Basant Kumar

Class: B.A. (First Year) 1st Sem.

Subject: Physical Education.

Month	Description of the Syllabus to be covered	Other activities
12 Aug to 15 Sep	Concept of Physical Education: Meaning, Definition & Scope. Aims & Objectives of Physical Education. Importance of physical education in modern era. Misconception about Physical Education.	Classroom Quiz
16 Sep to 14 Oct	History of Physical Education in Ancient Greek, Comparative Study of Spartan and Athenian Education History of Physical Education in Germany, Sweden & Denmark. History of Physical Education in India (Pre-Independence & Post Independence Era).	Unit Test
15 Oct to 12 Nov	Origin and Development of Olympic Games (Ancient & Modern). Origin and Development of Commonwealth Games. Origin and Development of Asian Games. Origin and Development of National Games.	Group discussion
13 Nov to 30 Nov	National awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Dhyan Chand Award. National Programmes/Schemes: Sports Authority of India, Fit India Movement, Khelo India, Target Olympic Podium Scheme.	Unit Test

Name of College: GCW Rohtak

Session 2025-26

Name of Assistant Professor: Dr. Basant Kumar

Class: B.A. (Second Year) 3rd Sem.

Subject: Physical Education.

Month	Description of the Syllabus to be covered	Other activities
01 Aug to 25 Aug	Concept of Health, Meaning and definitions of Health and Health Education, Aim and Objectives of Health Education, Health and Physical Fitness. WHO, UNICEF, Role of Physical Activity towards different dimension of health.	Classroom Quiz
26 Aug to 20 Sep	Balance diet, Factors affecting diet, Elements, and functions of the balanced diet. Nutritional tips, Vegetarian verses non vegetarian diet.	Unit Test
21 Sep to 12 Nov	Posture: Concept of posture, value of posture, causes of poor posture, types of postural deformities, their causes, and precautions First-Aid General Principles of first aid, Common first-aid measures for: a) Snake biting (b) Choking (c) Drowning (d) Fainting (e) Fracture (f) Burns (g) Poison and Unconsciousness (h) Heat Stroke.	Group discussion
13 Nov to 30 Nov	Exercise and life style disease - Exercise and obesity - Exercise & Heart disease - Exercise & diabetes- Exercise & Stress Management.	Unit Test