

MAHARANA PRATAP GOVT PG COLLEGE
BILSI BADAUN

TIME TABLE FOR CLASSES OF PHYSICAL EDUCATION AND SPORTS
(18 May 2020 – 31 MAY 2020)

<u>SNO</u>	<u>DATE</u>	<u>TOPICS</u>
1.	18-05-2020	Importance and scope of Physical Education in the Modern Society and its relationship with General Education
2.	19-05-2020	Misconception about physical Education importance of physical Education in Modern era
3.	20-05-2020	Idealism and Physical Education.
4.	21-05-2020	Growth and Development, Differences between growth and development, Factors affecting growth and development
5.	22-05-2020	Sociological implications of Physical Education and Sports
6.	23-05-2020	Physical activities and Sports as a men's cultural heritage.
7.	24-05-2020	Social interaction and doubt clearance if any by students
8.	25-05-2020	Nutritional intake for the athletes before and after training session or competition.
9.	26-05-2020	Effects of Drugs and tobacco on an individual and its effects on sports performance. Doping in sports.
10.	27-05-2020	Meaning of a Communicable disease and types with example
21	28-05-2020	Modes of transmission and method of prevention of communicable diseases.
22	29-05-2020	Definition, values of good posture, causes & drawbacks of bad
23	30-05-2020	Common postural deviations, their causes and remedial exercises
24	31-05-2020	Social interaction and doubt clearance if any by students

(TIME – 1000-1045H)

DR RENU TOMAR
ASSISTANT PROFESSOR
DEPARTMENT OF PHY EDU & SPORTS