

**MAHARANA PRATAP GOVT PG COLLEGE**  
**BILSI BADAUN**

**TIME TABLE FOR CLASSES OF PHYSICAL EDUCATION AND SPORTS**  
**(04 May 2020 – 17 MAY 2020)**

<b><u>SNO</u></b>	<b><u>DATE</u></b>	<b><u>TOPICS</u></b>
1.	04-05-2020	Meaning, definition and dimensions of health
2.	05-05-2020	Objectives, principles and importance of Health Education
3.	06-05-2020	Meaning and definition of Anatomy and Physiology
4.	07-05-2020	Definition of Cell, tissue, organ, and system.
5.	08-05-2020	Structure and functions of Cell
6.	09-05-2020	Balance diet, its elements and sources
<b>7.</b>	<b>10-05-2020</b>	<b>Social interaction and doubt clearance if any by students</b>
8.	11-05-2020	Importance of Balance diet
9.	12-05-2020	Factors affecting Balance diet
10.	13-05-2020	Meaning, definition and importance of first aid in Physical Education and Sports.
21	14-05-2020	Introduction to sports injuries.
22	15-05-2020	Factors causing sports injuries
23	16-05-2020	Common sports injuries and First aid to various sports injuries
<b>24</b>	<b>17-05-2020</b>	<b>Social interaction and doubt clearance if any by students</b>

(TIME – 1000-1045H)

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