

MAHARANA PRATAP GOVT PG COLLEGE
BILSI BADAUN

TIME TABLE FOR CLASSES OF PHYSICAL EDUCATION AND SPORTS
(01 June 2020 – 15 June 2020)

| <u>SNO</u> | <u>DATE</u> | <u>TOPICS</u> |
|-------------------|--------------------|--|
| 1 | 01-06-2020 | Growth and Development. |
| 2 | 02-06-2020 | Differences between growth and development |
| 3 | 03-06-2020 | Factors affecting growth and development. |
| 4 | 04-06-2020 | Age and Sex differences in relation to Physical activities and Sports. |
| 5 | 05-06-2020 | Heart, its structure, functions and control of the Heart Rate. |
| 6 | 06-06-2020 | Cardiac Cycle. |
| 7 | 07-06-2020 | Social Interaction and leisure activities |
| 8 | 08-06-2020 | Meaning, functions compositions of Blood, maintenance of Blood supply |
| 9 | 09-06-2020 | Meaning of a Communicable disease. Communicable disease such as HIV / AIDS, Tuberculosis, Hepatitis-A, B, C. |
| 10 | 10-06-2020 | Mode of transmission and method of prevention of communicable disease. |
| 11 | 11-06-2020 | Meaning need and scope of Biomechanics. |
| 12 | 12-06-2020 | Definition, Types of motion (linear & angular), Relationship of linear & angular motion |
| 13 | 13-06-2020 | Newton's Laws of motion as applicable to linear & angular motion. |
| 14 | 14-06-2020 | Social Interaction and leisure activities |
| 15 | 15-06-2020 | Nutritional intake for the athletes before and after training session or competition. |

(TIME – 1000-1045H)

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