

महाराणा प्रताप पी.जी. कॉलेज, जंगल धूसड़, गोरखपुर

कक्षा : बी.ए. चतुर्थ सेमेस्टर			पाठ्यक्रम योजना : सत्र 2024-25		विषय : शारीरिक शिक्षा
दिनांक	व्याख्यान	प्रध्यापक का नाम	प्रश्नपत्र	अध्यापन	शीर्षक
16-01-2025	1	Dr. S.N. Shukla	PHED 203	Introduction	Meaning of Sports Psychology
20-01-2025	2	Dr. S.N. Shukla	PHED 203	Introduction	Importance of Sports Psychology
21-01-2025	3	Dr. S.N. Shukla	PHED 203	Introduction	Scope of Sports Psychology
22-01-2025	4	Dr. S.N. Shukla	PHED 203	Introduction	Growth and Development
23-01-2025	5	Dr. S.N. Shukla	PHED 203	Introduction	Psycho-Physical Unity of Human Behaviour
27-01-2025		Dr. S.N. Shukla	PHED 203	Class Teaching	
28-01-2025	6	Dr. S.N. Shukla	PHED 203	Learning	Nature of Learning
29-01-2025	7	Dr. S.N. Shukla	PHED 203	Learning	Brief Introduction of Theories of Learning
30-01-2025	8	Dr. S.N. Shukla	PHED 203	Learning	Brief Introduction of Theories of Learning
04-02-2025	9	Dr. S.N. Shukla	PHED 203	Learning	Laws of Learning
05-02-2025	10	Dr. S.N. Shukla	PHED 203	Learning	Plateau in Learning
06-02-2025		Dr. S.N. Shukla	PHED 203	Class Teaching	
10-02-2025	11	Dr. S.N. Shukla	PHED 203	Learning	Transfer of Learning
11-02-2025	12	Dr. S.N. Shukla	PHED 203	Motivation	Nature and Type of Motivation
13-02-2025	13	Dr. S.N. Shukla	PHED 203	Motivation	Factor Influencing Motivation
17-02-2025	14	Dr. S.N. Shukla	PHED 203	Motivation	Motivation Techniques and their Impact on Sport Performance
18-02-2025	15	Dr. S.N. Shukla	PHED 203	Motivation	Motivation Techniques and their Impact on Sport Performance
19-02-2025		Dr. S.N. Shukla	PHED 203	Monthly Evaluation	
20-02-2025	16	Dr. S.N. Shukla	PHED 203	Personality	Meaning of Personality
24-02-2025	17	Dr. S.N. Shukla	PHED 203	Personality	Defination of Personality
25-02-2025	18	Dr. S.N. Shukla	PHED 203	Personality	Characteristics of Personality
27-02-2025	19	Dr. S.N. Shukla	PHED 203	Personality	Dimension of Personality
03-03-2025	20	Dr. S.N. Shukla	PHED 203	Personality	Personality and Sports Performance
04-03-2025		Dr. S.N. Shukla	PHED 203	Class Teaching	
05-03-2025	21	Dr. S.N. Shukla	PHED 203	Anxiety and Aggression	Meaning and Nature of Anxiety
06-03-2025	22	Dr. S.N. Shukla	PHED 203	Anxiety and Aggression	Types of Anxiety
10-03-2025	23	Dr. S.N. Shukla	PHED 203	Anxiety and Aggression	Aggression and Sports
11-03-2025	24	Dr. S.N. Shukla	PHED 203	Anxiety and Aggression	Anxiety, Stress Arosol and their Effect on Sports Performance
17-03-2025	25	Dr. S.N. Shukla	PHED 203	Anxiety and Aggression	Anxiety, Stress Arosol and their Effect on Sports Performance
18-03-2025		Dr. S.N. Shukla	PHED 203	Monthly Evaluation	
19-03-2025	26	Dr. S.N. Shukla	PHED 203	play	Meaning of Play
20-03-2025	27	Dr. S.N. Shukla	PHED 203	Play	Defination of Play
01-04-2025	28	Dr. S.N. Shukla	PHED 203	Play	Importance of Play
02-04-2025	29	Dr. S.N. Shukla	PHED 203	Play	Function of Play

03-04-2025	30	Dr. S.N. Shukla	PHED 203	Play	Relationship between Learning and Play
07-04-2025		Dr. S.N. Shukla	PHED 203	Class Teaching	
08-04-2025	31	Dr. S.N. Shukla	PHED 203	Recreation	Meaning of Recreations
09-04-2025	32	Dr. S.N. Shukla	PHED 203	Recreation	Importance of Recreation
15-04-2025	33	Dr. S.N. Shukla	PHED 203	Recreation	Recreation of Physical Education
16-04-2025	34	Dr. S.N. Shukla	PHED 203	Recreation	Principles of Recreation in Physical Education
17-04-2025	35	Dr. S.N. Shukla	PHED 203	Recreation	Principles of Recreation in Physical Education
21-04-2025		Dr. S.N. Shukla	PHED 203	Class Teaching	
22-04-2025	36	Dr. S.N. Shukla	PHED 204	Recreation	Classification and Ways of Recreations
23-04-2025	37	Dr. S.N. Shukla	PHED 205	Recreation	Classification and Ways of Recreations
24-04-2025	38	Dr. S.N. Shukla	PHED 203	Recreation	Classification and Ways of Recreations
28-04-2025	39	Dr. S.N. Shukla	PHED 203	Traditional Game	Meaning of Traditional Games
29-04-2025	40	Dr. S.N. Shukla	PHED 203	Traditional Game	Types of Traditional Games
30-04-2025		Dr. S.N. Shukla	PHED 203	Monthly Evaluation	
06-05-2024	41	Dr. S.N. Shukla	PHED 203	Traditional Game	Importance of Traditional Games
07-05-2024	42	Dr. S.N. Shukla	PHED 203	Traditional Game	Importance of Traditional Games
08-05-2024	43	Dr. S.N. Shukla	PHED 203	Traditional Game	Benefits of Traditional Games
09-05-2024	44	Dr. S.N. Shukla	PHED 203	Traditional Game	Mental Development through Traditional Games
13-05-2024	45	Dr. S.N. Shukla	PHED 203	Traditional Game	Physical Development through Traditional Games
14-05-2024		Dr. S.N. Shukla	PHED 203	Class Teaching	
15-05-2024	46	Dr. S.N. Shukla	PHED 203	Traditional Game	Mental Physical Development through Traditional Games