

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

| कक्षा : B.A-3 <sup>rd</sup> |               | पाठ्यक्रम योजना : सत्र - 2015-26 |      | विषय : Physical Education |                                                    |
|-----------------------------|---------------|----------------------------------|------|---------------------------|----------------------------------------------------|
| दिनांक                      | व्याख्यान सं. | प्राध्यापक का नाम                | UNIT | अध्याय                    | शीर्षक                                             |
| 16/07/25                    | 1             | Dr. S. N. SHUKLA                 | I    | INTRODUCTION              | Meaning of Anatomy & Physiology                    |
| 17/07/25                    | 2             | "                                | "    | —                         | " " "                                              |
| 18/07/25                    | 3             | "                                | "    | —                         | Defination of Anatomy & Physiology                 |
| 19/07/25                    | 4             | "                                | "    | —                         | Field of Physical Education and Sports             |
| 21/07/25                    | 5             | "                                | "    | —                         | " " "                                              |
| 22/07/25                    |               | "                                | "    | CLASS TEACHING            |                                                    |
| 23/07/25                    | 6             | "                                | I    | INTRODUCTION              | Brief Introduction of Cell                         |
| 24/07/25                    | 7             | "                                | I    |                           | Brief Introduction of Tissues                      |
| 25/07/25                    | 8             | "                                | I    |                           | Brief Introduction of Organs                       |
| 26/07/25                    | 9             | "                                | I    |                           | Brief Introduction of Various System of Human Body |
| 28/07/25                    | 10            | "                                | I    |                           | " " "                                              |
| 29/07/25                    |               | "                                |      | CLASS TEACHING            |                                                    |
| 30/07/25                    | 11            | "                                | II   | SKELETAL SYSTEM           | Structural Classification of Bones                 |

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| दिनांक                     | व्याख्यान सं. | प्राध्यापक का नाम              | प्रश्नपत्र | अध्याय             | शीर्षक                                              |
| 31/07/25                   | 12            | Dr. S.N. Shukla                | II         | " "                | Types of Joints and Major Movement around them      |
| 01/08/25                   | 13            | "                              | II         | " "                | " " "                                               |
| 02/08/25                   | 14            | "                              | II         | " "                | " " "                                               |
| 04/08/25                   | 15            | "                              | II         | " "                | Functions of Skeleton System                        |
| 05/08/25                   |               | "                              |            | CLASS TEACHING     | *                                                   |
| 06/08/25                   | 16            | "                              | III        | MUSCULAR SYSTEM    | Classification Structure of & Functions Muscles     |
| 07/08/25                   | 17            | "                              | III        | "                  | " " "                                               |
| 08/08/25                   | 18            | "                              | III        | "                  | Major Group of Muscles                              |
| 11/08/25                   | 19            | "                              | IV         | "                  | " " "                                               |
| 12/08/25                   | 20            | "                              | III        | "                  | Effects of Exercise on Muscular and Skeletal System |
| 13/08/25                   |               | "                              |            | CLASS TEACHING     |                                                     |
| 14/08/25                   | 21            | "                              | IV         | CIRCULATORY SYSTEM | Structure and Function of Human Heart               |
| 18/08/25                   | 22            | "                              | IV         | "                  | Blood Pressure, Cardiac Output, Athlete Heart       |

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| दिनांक                        | व्याख्यान सं. | प्राध्यापक का नाम               | प्रश्नपत्र | अध्याय                                  | शीर्षक                                      |
| 19/08/25                      | 23            | Dr. S.N. Shukla                 | IV         | u                                       | u u u                                       |
| 20/08/25                      | 24            | u                               | IV         | u                                       | Functions of Blood                          |
| 21/08/25                      | 25            | u                               | IV         | u                                       | Mechanism of Blood Circulation              |
| 25/08/25                      |               | u                               |            | Monthly<br>CLASS TEACHING<br>EVALUATION |                                             |
| 26/08/25                      | 26            | u                               | IV         | CIRCULATORY SYSTEM                      | u u u                                       |
| 27/08/25                      | 27            | u                               | V          | u                                       | Effects of Exercise on Circulatory System   |
| 28/08/25                      | 28            | u                               | V          | u                                       | u u u                                       |
| 01/09/25                      | 29            | u                               | V          | u                                       | u u u                                       |
| 02/09/25                      | 30            | u                               | V          | u                                       | u u u                                       |
| 03/09/25                      |               | u                               |            | CLASS TEACHING                          |                                             |
| 04/09/25                      | 31            | u                               | VI         | RESPIRATORY SYSTEM                      | Organs, Structure and Functions Respiratory |
| 08/09/25                      | 32            | u                               | VI         | u                                       | u u u                                       |
| 09/09/25                      | 33            | u                               | VI         | u                                       | u u u                                       |

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| 10/09/25                    | 34            | Dr. S.N. Shukla                | <u>VI</u>   | Digestive system             | Organs of Digestive System            |
| 11/09/25                    | 35.           | u                              | <u>VI</u>   | u                            | u u u                                 |
| 15/09/25                    |               | u                              |             | CLASS TEACHING               |                                       |
| 16/09/25                    | 36.           | u                              | <u>VII</u>  | Digestive System             | Structure of Digestive System         |
| 17/09/25                    | 37.           | u.                             | <u>VII</u>  | u                            | u u u                                 |
| 18/09/25                    | 38.           | u                              | <u>VII</u>  | u                            | Function of Digestive System          |
| 22/09/25                    | 39.           | u                              | <u>VII</u>  |                              | u u u                                 |
| 23/09/25                    | 40            | u                              | <u>VII</u>  | u                            | Mechanism of Digestive System         |
| 24/09/25                    |               | u                              |             | Monthly Evaluation           |                                       |
| 25/09/25                    | 41.           | u                              | <u>VIII</u> | Excretory and Nervous System | Structure of Kidney                   |
| 29/09/25                    | 42.           | u                              | <u>VIII</u> | u                            | u u u                                 |
| 30/09/25                    | 42.           | u                              | <u>VIII</u> | u                            | Functions of Kidney                   |
| 6/10/25                     | 44            | u                              | <u>VIII</u> | u                            | Effects of Exercise at Nervous System |

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| 7/10/25                     | 45            | Dr. S.N. Shukla                | VIII       | u                            | Vital Capacity - VC               |
| 8/10/25                     |               | u                              |            | CLASS TEACHING               |                                   |
| 9/10/25                     | 46            | u                              | IX         | Excretory and Nervous System | Functions of Skin                 |
| 27/10/25                    | 47            | u                              | IX         | u                            | Parts and Function Nervous System |
| 29/10/25                    | 48            | u                              | IX         | u                            | Second Wind                       |
| 30/10/25                    | 49            | u                              | IX         | u                            | Oxygen Debt                       |
| 31/11/25                    | 50            | u                              | IX         | u                            | Fatigue                           |
| 4/11/25                     |               | u                              | IX         | CLASS TEACHING               |                                   |
| 6/11/25                     | 51            | u                              |            |                              | u u u                             |
| 10/11/25                    | 52            | u                              |            |                              | Revision                          |
| 11/11/25                    | 53            | u                              |            |                              | u                                 |
| 12/11/25                    | 54            | u                              |            |                              | u                                 |
| 13/11/25                    | 55            | u                              |            |                              | u                                 |