

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

कक्षा : B.A 5th sem		पाठ्यक्रम योजना : सत्र-2025-26		विषय : Physical Education	
दिनांक	व्याख्यान सं.	प्राध्यापक का नाम	Unit प्रश्नपत्र	अध्याय	शीर्षक
16/07/25	1	DR. S.N. Shukla	I	Athletic Injuries and Athletic Care	Concept and Significance of Athletic Care
17/07/25	2	"	"	" "	" "
18/07/25	3	"	"	" "	Factors Causing Injuries
19/07/25	4	"	"	" "	" "
21/07/25	5	"	"	" "	" "
22/07/25				CLASS TEACHING	
23/07/25	6	"	I	Athletic Injuries and Athletic Care	General Principles of Preventing Injuries
24/07/25	7	"	II	Common Sports Injuries	Strain and Sprain
25/07/25	8	"	"	"	Lower back Pain
26/07/25	9	"	"	"	Tennis Elbow, Shin Pain
28/07/25	10	"	"	"	Blisters, Contusion, Abrasion
29/07/25				CLASS TEACHING	
30/07/25	11	"	II	Common Sports Injuries	Laceration, Hematoma, Fracture

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31/07/25	12	Dr. S.N. Shukla	"	"	Dislocation
01/08/25	13	" "	III	Postural Deformities	Causes and respective corrective exercises of
02/08/25	14	" "	"	" "	" " "
4/08/25	15	" "	"	" "	" " "
5/08/25				CLASS TEACHING	
6/08/25	16	" "	III	Postural Deformities	Kyphosis, Lordosis
7/08/25	17	" "	"	"	knock knees, Flat foot
8/08/25	18	" "	"	"	" " "
11/08/25	19	" "	IV	Rehabilitation	RICE - Rest, Ice, Compression - on
12/08/25	20	" "	"	"	" " "
13/08/25				CLASS TEACHING	
14/08/25	21	" "	IV	Rehabilitation	DRABC - Danger Response
18/08/25	22	" "	"	"	Airways, Breathing

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19/08/25	23	Dr. S.N. Shukla	IV	Bandage	Types of Bandage
20/08/25	24	"	"	"	" "
21/08/25	25	"	"	"	" "
25/08/25				Monthly Evaluation	
26/08/25	26	" "	IV	Bandage	Taping and Supports
27/08/25	27	" "	"	"	" "
28/09/25	28	" "	V	Physiotherapy	Definition and Guiding Principles of Physiotherapy
01/09/25	29	" "	"	"	" " "
02/09/25	30	" "	"	"	" " "
03/09/25		" "		Class Teaching	
04/09/25	31	" "	V	Physiotherapy	Importance of Physio-therapy
08/09/25	32	" "	"	"	" " "
09/09/25	33	" "	VI	Hydrotherapy	Meaning and Methods of Hydrotherapy

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दिनांक	व्याख्यान सं.	प्राध्यापक का नाम	प्रश्नपत्र	अध्याय	शीर्षक
10/09/25	34	"	"	" "	Brief Introduction of Cryotherapy
11/09/25	35.	"	"	" "	Thermotherapy, Contrast bath, Steam bath
15/09/25				CLASS TEACHING	
16/09/25	36.	"	VI	Hydrotherapy	Sauna Bath, Hot Water fomentation
17/09/25	37.	"	VII	Massage	Meaning and types of Massage
18/09/25	38.	"	"	"	Contradictions of Massage
22/09/25	39.	"	"	"	Importance of Massage in rehabilitation and Sports
23/09/25	40	"	"	"	" " "
24/09/25				Monthly Evaluation	
25/09/25	41.	"	VIII	Therapeutic Exercise	Meaning, Definition and Importance of therapeutic Exercise
29/09/25	42.	"	"	"	" " "
30/09/25	43.	"	"	"	" " "
6/10/25	44	"	"	"	Muscle Strengthening through Active and Passive Exercise

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7/10/25	45	"		" "	" " "
8/10/25				CLASS TEACHING	
9/10/25	46	"		Introduction	Meaning, Definitions, Aims & Objective of Kinesiology
27/10/25	47	"		"	" " "
29/10/25	48	"		"	Importance of Kinesiology for games and sports
30/10/25	49	"		"	" " "
31/11/25	50	"		"	fundamental Movements of Human body
4/11/25				Class Teaching	
6/11/25	51	"		Introduction	Center of Gravity
10/11/25	52	"		"	Line of Gravity
11/11/25	53	"		"	Axis and planes
12/11/25	54	"		"	Types of Muscular Contraction
13/11/25	55	"		Major Muscles at Various joints	Upper extremity- Shoulder girdle, shoulder joint, ankle joint