

Name : Dr. Sanjay Vij
 Class and Section : B.Sc IInd year , IV sem.
 Subject : Athletics and gymnastics

Week	Date	Topic
1	1-Jan-19	Review of preview syllabus
	2-Jan-19	Review of preview syllabus
	3-Jan-19	
	4-Jan-19	
	5-Jan-19	
	6-Jan-19	Sunday
	2	7-Jan-19
8-Jan-19		Marking and specific measurement
9-Jan-19		Of throwing sector & discuss
10-Jan-19		
11-Jan-19		
12-Jan-19		
13-Jan-19		Sunday
3	14-Jan-19	General rules of discus throw competition
	15-Jan-19	General rules of discus throw competition
	16-Jan-19	General rules of discus throw competition
	17-Jan-19	
	18-Jan-19	
	19-Jan-19	
	20-Jan-19	Sunday
4	21-Jan-19	Introduction of rotational technique
	22-Jan-19	Introduction of rotational technique
	23-Jan-19	Introduction of rotational technique
	24-Jan-19	
	25-Jan-19	Sir Chhotu Ram Jayanti
	26-Jan-19	Republic Day
	27-Jan-19	Sunday
5	28-Jan-19	Holding

	29-Jan-19	Initial stance
	30-Jan-19	Preliminary swings
	31-Jan-19	

Week	Date	Topic
1	1-Feb-19	
	2-Feb-19	
	3-Feb-19	Sunday
2	4-Feb-19	Turns
	5-Feb-19	Turns
	6-Feb-19	Delivery action
	7-Feb-19	
	8-Feb-19	
	9-Feb-19	
	10-Feb-19	VasantPanchami / Sunday
3	11-Feb-19	Reverse
	12-Feb-19	Score shut of discus throw
	13-Feb-19	Score shut of discus throw
	14-Feb-19	
	15-Feb-19	
	16-Feb-19	
	17-Feb-19	Sunday
4	18-Feb-19	Class Test
	19-Feb-19	Guru Ravi Dass Birthday
	20-Feb-19	Revision and doubts

	21-Feb-19	
	22-Feb-19	
	23-Feb-19	
	24-Feb-19	Sunday
5	25-Feb-19	Introduction of long distance running
	26-Feb-19	Introduction of long distance running
	27-Feb-19	Events of long distance running
	28-Feb-19	

Week	Date	Topic
1	1-Mar-19	MahaShivratri
	2-Mar-19	
	3-Mar-19	Sunday
2	4-Mar-19	Correct running style
	5-Mar-19	Correct running style
	6-Mar-19	Emphasis on foot placement & body position
	7-Mar-19	
	8-Mar-19	
	9-Mar-19	
	10-Mar-19	Sunday
3	11-Mar-19	Emphasis on foot placement & body position
	12-Mar-19	Proper leg & arm action in long distance races
	13-Mar-19	
	14-Mar-19	
	15-Mar-19	
	16-Mar-19	
	17-Mar-19	Sunday

4	18-Mar-19	University Holidays
	19-Mar-19	University Holidays
	20-Mar-19	University Holidays
	21-Mar-19	University Holidays
	22-Mar-19	University Holidays
	23-Mar-19	University Holidays
	24-Mar-19	Sunday
5	25-Mar-19	Tactics of long distance races
	26-Mar-19	Tactics of long distance races
	27-Mar-19	Tactics of long distance races
	28-Mar-19	
	29-Mar-19	
	30-Mar-19	
	31-Mar-19	Sunday

Week	Date	Topic
1	1-Apr-19	Class Test
	2-Apr-19	Detailed list of officials of athletic meet
	3-Apr-19	Detailed list of officials of athletic meet
	4-Apr-19	
	5-Apr-19	
	6-Apr-19	
	7-Apr-19	Sunday
2	8-Apr-19	Duties of referee
	9-Apr-19	Jump
	10-Apr-19	Throw
	11-Apr-19	
	12-Apr-19	
	13-Apr-19	

	14-Apr-19	Vaisakhi / AmbedkarJyanti / Sunday
3	15-Apr-19	Duties of starter & assto starter
	16-Apr-19	Duties of reseller , marshal and time keeper
	17-Apr-19	MahavirJayanti
	18-Apr-19	
	19-Apr-19	
	20-Apr-19	
	21-Apr-19	Sunday
4	22-Apr-19	Duties of lap scorer and judges & recorder
	23-Apr-19	Duties of lap scorer and judges & recorder
	24-Apr-19	Duties of Jury of appeal
	25-Apr-19	
	26-Apr-19	
	27-Apr-19	
	28-Apr-19	Sunday
5	29-Apr-19	Revision & doubts
	30-Apr-19	Revision & doubts