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 Class and Section : B.Sc. Sports , Ist year , IInd sem.  
 Subject : Foundation of physical education& sports

Week	Date	Topic
1	1-Jan-19	Physical Education : Science or not
	2-Jan-19	Physical Education : Science or not
	3-Jan-19	Scientific basis of physical education
	4-Jan-19	Scientific basis of physical education
	5-Jan-19	<b>Importance of knowledge of science</b>
	6-Jan-19	<b>Sunday</b>
2	7-Jan-19	<b>Importance of knowledge of science</b>
	8-Jan-19	Importance of Anatomy
	9-Jan-19	Importance of Anatomy
	10-Jan-19	Importance of physiology
	11-Jan-19	Importance of physiology
	12-Jan-19	Importance of kinesiology in sports & physical education
13-Jan-19	<b>Sunday</b>	
3	14-Jan-19	<b>Contribution of kinesiology in sports</b>
	15-Jan-19	Importance of psychology
	16-Jan-19	Importance of psychology
	17-Jan-19	Contribution of sports psychology
	18-Jan-19	Contribution of sports psychology
	19-Jan-19	Contribution of sports psychology
20-Jan-19	<b>Sunday</b>	
4	21-Jan-19	<b>Impact of sociology on sports</b>
	22-Jan-19	<b>and an physical education</b>
	23-Jan-19	Importance of biomechanics
	24-Jan-19	Importance of biomechanics
	25-Jan-19	<b>Sir Chhotu Ram Jayanti</b>
	26-Jan-19	<b>Republic Day</b>
27-Jan-19	<b>Sunday</b>	
5	28-Jan-19	<b>Contribution of biomechanics in the</b>

	29-Jan-19	Field of physical education
	30-Jan-19	Anthro pometny ( Importance of
	31-Jan-19	<b>Contribution )</b>

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Feb-19	National Coaching scheme
	2-Feb-19	National Coaching scheme
	3-Feb-19	<b>Sunday</b>
<b>2</b>	4-Feb-19	National Coaching scheme
	5-Feb-19	National Coaching scheme
	6-Feb-19	Rural Sports
	7-Feb-19	Rural Sports
	8-Feb-19	Women Sports
	9-Feb-19	Women Sports
	10-Feb-19	<b>VasantPanchami / Sunday</b>
<b>3</b>	11-Feb-19	<b>National fitness program</b>
	12-Feb-19	<b>National fitness program</b>
	13-Feb-19	<b>National fitness program</b>
	14-Feb-19	National awards & Gonours
	15-Feb-19	National awards & Gonours
	16-Feb-19	Arjun Award
	17-Feb-19	<b>Sunday</b>
<b>4</b>	18-Feb-19	<b>Arjun Award</b>
	19-Feb-19	<b>Guru Ravi Dass Birthday</b>
	20-Feb-19	Drona charya Award
	21-Feb-19	Drona charya Award

	22-Feb-19	Rajiv Gandhi khel ratna
	23-Feb-19	Other Awards & Gonours
	24-Feb-19	<b>Sunday</b>
<b>5</b>	25-Feb-19	<b>State Awards</b>
	26-Feb-19	MAKA Trophy
	27-Feb-19	Revision & doubts
	28-Feb-19	Revision & doubts

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Mar-19	<b>MahaShivratri</b>
	2-Mar-19	<b>NCC</b>
	3-Mar-19	<b>Sunday</b>
<b>2</b>	4-Mar-19	<b>NCC</b>
	5-Mar-19	<b>NCC</b>
	6-Mar-19	<b>NSS</b>
	7-Mar-19	<b>NSS</b>
	8-Mar-19	<b>NSU</b>
	9-Mar-19	<b>NSU</b>
	10-Mar-19	<b>Sunday</b>
<b>3</b>	11-Mar-19	<b>Scouting &amp; Guiding</b>
	12-Mar-19	<b>Scouting &amp; Guiding</b>
	13-Mar-19	<b>Scouting &amp; Guiding</b>
	14-Mar-19	Youth Hostels
	15-Mar-19	Class Test
	16-Mar-19	Youth Hostels
	17-Mar-19	<b>Sunday</b>
<b>4</b>	18-Mar-19	<b>University Holidays</b>

	19-Mar-19	<b>University Holidays</b>
	20-Mar-19	<b>University Holidays</b>
	21-Mar-19	<b>University Holidays</b>
	22-Mar-19	<b>University Holidays</b>
	23-Mar-19	<b>University Holidays</b>
	24-Mar-19	<b>Sunday</b>
<b>5</b>	25-Mar-19	<b>Youth Festival</b>
	26-Mar-19	Nehru Yuva Kendra
	27-Mar-19	Nehru Yuva Kendra
	28-Mar-19	Nehru Yuva Kendra
	29-Mar-19	<b>Revision &amp; doubts</b>
	30-Mar-19	
	31-Mar-19	<b>Sunday</b>

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Apr-19	Class Test
	2-Apr-19	Olympic movement & its impact on physical education & sports
	3-Apr-19	Olympic movement & its impact on physical education & sports
	4-Apr-19	Olympic movement & its impact on physical education & sports
	5-Apr-19	Olympic movement & its impact on physical education & sports
	6-Apr-19	Olympic movement & its impact on physical education & sports
	7-Apr-19	<b>Sunday</b>
<b>2</b>	8-Apr-19	<b>Contribution of Olympic movements towards International understanding</b>
	9-Apr-19	<b>Contribution of Olympic movements towards International understanding</b>
	10-Apr-19	<b>Contribution of Olympic movements towards International understanding</b>
	11-Apr-19	<b>Contribution of Olympic movements towards International understanding</b>
	12-Apr-19	<b>Contribution of Olympic movements towards International understanding</b>

	13-Apr-19	<b>Contribution of Olympic movements towards International under standing</b>
	14-Apr-19	<b>Vaisakhi / AmbedkarJyanti / Sunday</b>
<b>3</b>	15-Apr-19	<b>Revision &amp;doubts</b>
	16-Apr-19	<b>Revision &amp;doubts</b>
	17-Apr-19	<b>MahavirJayanti</b>
	18-Apr-19	<b>Revision &amp;doubts</b>
	19-Apr-19	<b>Revision &amp;doubts</b>
	20-Apr-19	<b>Revision &amp;doubts</b>
	21-Apr-19	<b>Sunday</b>
<b>4</b>	22-Apr-19	<b>Revision &amp;doubts</b>
	23-Apr-19	<b>Revision &amp;doubts</b>
	24-Apr-19	<b>Revision &amp;doubts</b>
	25-Apr-19	<b>Revision &amp;doubts</b>
	26-Apr-19	<b>Revision &amp;doubts</b>
	27-Apr-19	<b>Revision &amp;doubts</b>
	28-Apr-19	<b>Sunday</b>
<b>5</b>	29-Apr-19	<b>Revision &amp;doubts</b>
	30-Apr-19	<b>Revision &amp;doubts</b>