

Name : Dr. Bodh Raj
 Class and Section : B.Sc. IIIrd year , VIth sem.
 Subject : Fundamental of sports training

Week	Date	<u>Theory</u>	Topic	Practical	
1	1-Jan-19	Meaning of Flexibility		Continuous Running	
	2-Jan-19	Definition of Flexibility		Continuous Running	
	3-Jan-19	Forms of Flexibility		Continuous Running	
	4-Jan-19	Active Flexibility		Continuous Running	
	5-Jan-19	Passive Flexibility		Continuous Running	
	6-Jan-19	Sunday			
2	7-Jan-19	Dynamic Flexibility		Continuous Running	
	8-Jan-19	Static Flexibility		Continuous Running	
	9-Jan-19	Method and Development of Flexibility		Continuous Running	
	10-Jan-19	Ballasting stretching method		-----Do-----	
	11-Jan-19	Slow stretching method		-----Do-----	
	12-Jan-19	Slow stretching and Holding method		-----Do-----	
13-Jan-19	Sunday				
3	14-Jan-19	Basis of Flexibility		-----Do-----	
	15-Jan-19	Precaution of Flexibility		-----Do-----	
	16-Jan-19	Meaning of speed training		-----Do-----	
	17-Jan-19	Definition of speed training		-----Do-----	
	18-Jan-19	Forms of speed training		-----Do-----	
	19-Jan-19	Speed movement		-----Do-----	
20-Jan-19	Sunday				
4	21-Jan-19	Acceleration Ability		-----Do-----	
	22-Jan-19	Speed Endurance		-----Do-----	
	23-Jan-19	Means and Method of speed Training		-----Do-----	
	24-Jan-19	Development of simple Reaction Ability		-----Do-----	
	25-Jan-19	Sir Chhotu Ram Jayanti			
	26-Jan-19	Republic Day			
27-Jan-19	Sunday				
5	28-Jan-19	Development of speed movement		-----Do-----	
	29-Jan-19	Development of Speed Endurance		-----Do-----	
	30-Jan-19	Development of Locomotor Ability		-----Do-----	
	31-Jan-19	Development of Acceleration Ability		-----Do-----	

Week	Date	Topic	
1	1-Feb-19	Revision of Unit – I	-----Do-----
	2-Feb-19	Class Test – I	-----Do-----
	3-Feb-19	Sunday	
2	4-Feb-19	Meaning of Co-ordination Ability	Weight Training
	5-Feb-19	Definition of Co-ordination Ability	Weight Training
	6-Feb-19	Forms of Co-ordination Ability	-----Do-----
	7-Feb-19	Orientation Ability	-----Do-----
	8-Feb-19	Reaction Ability	-----Do-----
	9-Feb-19	Balance Ability	-----Do-----
	10-Feb-19	VasantPanchami / Sunday	
3	11-Feb-19	Coupling Ability	-----Do-----
	12-Feb-19	Differentiation Ability	-----Do-----
	13-Feb-19	Rhythm Ability	-----Do-----
	14-Feb-19	Development method of co-ordination Ability	-----Do-----
	15-Feb-19	Method of practice different physical Exercise means	-----Do-----
	16-Feb-19	Use of General and specific Exercise	-----Do-----
	17-Feb-19	Sunday	
4	18-Feb-19	Correct Execution of sports movement and their control	-----Do-----
	19-Feb-19	Guru Ravi Dass Birthday	
	20-Feb-19	Systematic increase in Compexity of co-ordination	-----Do-----
	21-Feb-19	Veriation in movement execution	-----Do-----
	22-Feb-19	Veriation in External condition	-----Do-----
	23-Feb-19	Practice under Fatigue condition	-----Do-----
	24-Feb-19	Sunday	
5	25-Feb-19	More variation in exercise	-----Do-----
	26-Feb-19	Practice under pressure of time	-----Do-----
	27-Feb-19	Revision unit – II	

	28-Feb-19	Revision unit – II
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Week	Date	Topic
1	1-Mar-19	MahaShivratri
	2-Mar-19	Meaning of Tactical Training Interval Training
	3-Mar-19	Sunday
2	4-Mar-19	Definition of Tactical Training Interval Training
	5-Mar-19	Method and Principles of Tactical Training -----Do-----
	6-Mar-19	Unity of theory and practical -----Do-----
	7-Mar-19	Organization for competition -----Do-----
	8-Mar-19	Observation and perception & tactical task -----Do-----
	9-Mar-19	Forming competition plan -----Do-----
	10-Mar-19	Sunday
3	11-Mar-19	Competition Qualities -----Do-----
	12-Mar-19	Tactical Evaluation -----Do-----
	13-Mar-19	Training for tactics -----Do-----
	14-Mar-19	Meaning of competition -----Do-----
	15-Mar-19	Definition of competition -----Do-----
	16-Mar-19	Importance of competition -----Do-----
	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	Main competition Canadian test for physical fitness
	26-Mar-19	Build up competition -----Do-----
	27-Mar-19	Competition Frequency -----Do-----
	28-Mar-19	Direct preparation for important competition -----Do-----
	29-Mar-19	Psychological preparation for competition
	30-Mar-19	Revision unit III

	31-Mar-19	Sunday	
Week	Date	Topic	
1	1-Apr-19	Class Test	Canadian test for physical fitness
	2-Apr-19	Meaning of warming-up and cooling down	-----Do-----
	3-Apr-19	Definition of warming-up and cooling down	-----Do-----
	4-Apr-19	Types of warming-up	-----Do-----
	5-Apr-19	Specific and formal warming-up	-----Do-----
	6-Apr-19	Passive and Active warming-up	-----Do-----
	7-Apr-19	Sunday	
2	8-Apr-19	Significance of warming-up	-----Do-----
	9-Apr-19	Methods of warming-up	-----Do-----
	10-Apr-19	Methods of cooling-down	-----Do-----
	11-Apr-19	Physiological effects of warming-up	-----Do-----
	12-Apr-19	Physiological effects of cooling-down	-----Do-----
	13-Apr-19	Advantage of cooling-down	-----Do-----
	14-Apr-19	Vaisakhi / AmbedkarJyanti / Sunday	
3	15-Apr-19	Exercise for warming-up	Circuit Frainin
	16-Apr-19	Exercise of cooling-down	Circuit Frainin
	17-Apr-19	MahavirJayanti	
	18-Apr-19	Free hand and stretching exercise for warming-up	-----Do-----
	19-Apr-19	Free hand and stretching exercise for cooling-down	-----Do-----
	20-Apr-19	Guiding principles of warming-up	
	21-Apr-19	Sunday	
4	22-Apr-19	Revision of unit – IV	Revision of Practical
	23-Apr-19	Revision of full syllabus	Revision of Practical
	24-Apr-19	Revision of full syllabus	-----Do-----
	25-Apr-19	Class Test – III	-----Do-----
	26-Apr-19	Practical copy and Viva Preparation	-----Do-----
	27-Apr-19	Practical copy and Viva Preparation	-----Do-----
	28-Apr-19	Sunday	
5	29-Apr-19	Class Test Unit – I , II	Revision of Practical
	30-Apr-19	Class Test Unit – III , IV	Revision of Practical

