

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

कक्षा : बी.ए. तृतीय सेमेस्टर			पाठ्यक्रम योजना : सत्र 2022-23		विषय : शारीरिक शिक्षा
दिनांक	व्याख्यान	प्रध्यापक का नाम	प्रश्नपत्र	अध्यापन	शीर्षक
08-07-2022	1	Dr. S.N. Shukla	PHED 201	Introduction	
09-07-2022	2	Dr. S.N. Shukla	PHED 201	Introduction	Meaning of Anatomy & Physiology
11-07-2022	3	Dr. S.N. Shukla	PHED 201	Introduction	Defination of Anatomy & Physiology
12-07-2022	4	Dr. S.N. Shukla	PHED 201	Introduction	Importance of Anatomy & Physiology in the Field of Physical Education & Sports
13-07-2022	5	Dr. S.N. Shukla	PHED 201	Introduction	Importance of Anatomy & Physiology in the Field of Physical Education & Sports
14-07-2022		Dr. S.N. Shukla	PHED 201	Class Teaching	
15-07-2022	6	Dr. S.N. Shukla	PHED 201	Introduction	Brief Introduction of Cell
16-07-2022	7	Dr. S.N. Shukla	PHED 201	Introduction	Brief Introduction of Tissues
18-07-2022	8	Dr. S.N. Shukla	PHED 201	Introduction	Brief Introduction of Organs
19-07-2022	9	Dr. S.N. Shukla	PHED 201	Introduction	Brief Introduction of Various System of Human Body
20-07-2022	10	Dr. S.N. Shukla	PHED 201	Introduction	Brief Introduction of Various System of Human Body
21-07-2022		Dr. S.N. Shukla	PHED 201	Class Teaching	
22-07-2022	11	Dr. S.N. Shukla	PHED 201	Skeletal System	Structural Classification of Bones
23-07-2022	12	Dr. S.N. Shukla	PHED 201	Skeletal System	Structural Classification of Bones
25-07-2022	13	Dr. S.N. Shukla	PHED 201	Skeletal System	Types of Joints and Major Movement around them
26-07-2022	14	Dr. S.N. Shukla	PHED 201	Skeletal System	Types of Joints and Major Movement around them
27-07-2022	15	Dr. S.N. Shukla	PHED 201	Skeletal System	Types of Joints and Major Movement around them
28-07-2022		Dr. S.N. Shukla	PHED 201	Monthly Evaluation	
29-07-2022	16	Dr. S.N. Shukla	PHED 201	Skeletal System	Function of Skeletal System
30-07-2022	17	Dr. S.N. Shukla	PHED 201	Skeletal System	Function of Skeletal System
01-08-2022	18	Dr. S.N. Shukla	PHED 201	Muscular System	Classification of Muscles
03-08-2022	19	Dr. S.N. Shukla	PHED 201	Muscular System	Structure of Muscles
04-08-2022	20	Dr. S.N. Shukla	PHED 201	Muscular System	Function of Muscles
05-08-2022		Dr. S.N. Shukla	PHED 201	Class Teaching	
06-08-2022	21	Dr. S.N. Shukla	PHED 201	Muscular System	Major Group of Muscles
08-08-2022	22	Dr. S.N. Shukla	PHED 201	Muscular System	Major Group of Muscles
10-08-2022	23	Dr. S.N. Shukla	PHED 201	Muscular System	Effects of Exercise on Musclar and Skeletal System

11-08-2022	24	Dr. S.N. Shukla	PHED 201	Muscular System	Effects of Exercise on Muscular and Skeletal System
13-08-2022	25	Dr. S.N. Shukla	PHED 201	Muscular System	Effects of Exercise on Muscular and Skeletal System
16-08-2022		Dr. S.N. Shukla	PHED 201	Class Teaching	
17-08-2022	26	Dr. S.N. Shukla	PHED 201	Circulatory System	Structure and Function of Human Heart
19-08-2022	27	Dr. S.N. Shukla	PHED 201	Circulatory System	Structure and Function of Human Heart
20-08-2022	28	Dr. S.N. Shukla	PHED 201	Circulatory System	Structure and Function of Human Heart
22-08-2022	29	Dr. S.N. Shukla	PHED 201	Circulatory System	Blood Pressure
23-08-2022	30	Dr. S.N. Shukla	PHED 201	Circulatory System	Blood Pressure
24-08-2022		Dr. S.N. Shukla	PHED 201	Class Teaching	
25-08-2022	31	Dr. S.N. Shukla	PHED 201	Circulatory System	Cardiac Output
26-08-2022	32	Dr. S.N. Shukla	PHED 201	Circulatory System	Cardiac Output
27-08-2022	33	Dr. S.N. Shukla	PHED 201	Circulatory System	Cardiac Output
29-08-2022	34	Dr. S.N. Shukla	PHED 201	Circulatory System	Athlete Heart
30-08-2022	35	Dr. S.N. Shukla	PHED 201	Circulatory System	Athlete Heart
31-08-2022		Dr. S.N. Shukla	PHED 201	Monthly Evaluation	
01-09-2022	36	Dr. S.N. Shukla	PHED 201	Circulatory System	Function of Blood
02-09-2022	37	Dr. S.N. Shukla	PHED 201	Circulatory System	Function of Blood
03-09-2022	38	Dr. S.N. Shukla	PHED 201	Circulatory System	Mechanism of Blood Circulation
05-09-2022	39	Dr. S.N. Shukla	PHED 201	Circulatory System	Mechanism of Blood Circulation
06-09-2022	40	Dr. S.N. Shukla	PHED 201	Circulatory System	Mechanism of Blood Circulation
07-09-2022		Dr. S.N. Shukla	PHED 201	Class Teaching	
10-09-2022	41	Dr. S.N. Shukla	PHED 201	Circulatory System	Effects of Exercise on Circulatory System
12-09-2022	42	Dr. S.N. Shukla	PHED 201	Circulatory System	Effects of Exercise on Circulatory System
13-09-2022	43	Dr. S.N. Shukla	PHED 201	Circulatory System	Effects of Exercise on Circulatory System
15-09-2022	44	Dr. S.N. Shukla	PHED 201	Respiratory System	Organs of Respiratory System
16-09-2022	45	Dr. S.N. Shukla	PHED 201	Respiratory System	Organs of Respiratory System
19-09-2022		Dr. S.N. Shukla	PHED 201	Class Teaching	
20-09-2022	46	Dr. S.N. Shukla	PHED 201	Respiratory System	Structure of Respiratory System
21-09-2022	47	Dr. S.N. Shukla	PHED 201	Respiratory System	Structure of Respiratory System
22-09-2022	48	Dr. S.N. Shukla	PHED 201	Respiratory System	Function of Respiratory System

23-09-2022	49	Dr. S.N. Shukla	PHED 201	Respiratory System	Function of Respiratory System
24-09-2022	50	Dr. S.N. Shukla	PHED 201	Respiratory System	Effect of Exercise on Respiratory System
26-09-2022		Dr. S.N. Shukla	PHED 201	Monthly Evaluation	
27-09-2022	51	Dr. S.N. Shukla	PHED 201	Digestive System	Organs of Digestive System
28-09-2022	52	Dr. S.N. Shukla	PHED 201	Digestive System	Organs of Digestive System
29-09-2022	53	Dr. S.N. Shukla	PHED 201	Digestive System	Structure of Digestive System
30-09-2022	54	Dr. S.N. Shukla	PHED 201	Digestive System	Structure of Digestive System
01-10-2022	55	Dr. S.N. Shukla	PHED 201	Digestive System	Functions of Digestive System
07-10-2022		Dr. S.N. Shukla	PHED 201	Class Teaching	
08-10-2022	56	Dr. S.N. Shukla	PHED 201	Digestive System	Functions of Digestive System
10-10-2022	57	Dr. S.N. Shukla	PHED 201	Digestive System	Mechanism of Digestive System
11-10-2022	58	Dr. S.N. Shukla	PHED 201	Digestive System	Mechanism of Digestive System
12-10-2022	59	Dr. S.N. Shukla	PHED 201	Digestive System	Mechanism of Digestive System
14-10-2022	60	Dr. S.N. Shukla	PHED 201	Digestive System	Mechanism of Digestive System
15-10-2022		Dr. S.N. Shukla	PHED 201	Class Teaching	
17-10-2022	61	Dr. S.N. Shukla	PHED 201	Excretory and Nervous System	Structure and Function of Kidney
18-10-2022	62	Dr. S.N. Shukla	PHED 201	Excretory and Nervous System	Structure and Function of Kidney
19-10-2022	63	Dr. S.N. Shukla	PHED 201	Excretory and Nervous System	Structure and Function of Kidney
20-10-2022	64	Dr. S.N. Shukla	PHED 201	Excretory and Nervous System	Function of Skin
28-10-2022	65	Dr. S.N. Shukla	PHED 201	Excretory and Nervous System	Function of Skin
29-10-2022		Dr. S.N. Shukla	PHED 201	Monthly Evaluation	
01-11-2022	66	Dr. S.N. Shukla	PHED 201	Excretory and Nervous System	Parts and Function Nervous System
02-11-2022	67	Dr. S.N. Shukla	PHED 201	Excretory and Nervous System	Parts and Function Nervous System
03-11-2022	68	Dr. S.N. Shukla	PHED 201	Excretory and Nervous System	Parts and Function Nervous System
05-11-2022	69	Dr. S.N. Shukla	PHED 201	Excretory and Nervous System	Effects of Exercise of Nervous System
07-11-2022	70	Dr. S.N. Shukla	PHED 201	Excretory and Nervous System	Effects of Exercise of Nervous System
09-11-2022		Dr. S.N. Shukla	PHED 201	Class Teaching	
10-11-2022	71	Dr. S.N. Shukla	PHED 201	General Physiological Concepts	Vital Capacity- VC

11-11-2022	72	Dr. S.N. Shukla	PHED 201	General Physiological Concepts	Second Wind
12-11-2022	73	Dr. S.N. Shukla	PHED 201	General Physiological Concepts	Oxygen Debt
14-11-2022	74	Dr. S.N. Shukla	PHED 201	General Physiological Concepts	Fatigue
15-11-2022	75	Dr. S.N. Shukla	PHED 201	General Physiological Concepts	Rivision