

STUDY PLAN

Physical Education by Monu Madhukar Sir

Time: 7:00 PM to 8:00 PM

Date	Day	Topic
15-Jul-26	Wednesday	Orientation Class
16-Jul-26	Thursday	History_of_Physical Education_Class_1
17-Jul-26	Friday	History_of_Physical Education_Class_2
20-Jul-26	Monday	History_of_Physical Education_Class_3
21-Jul-26	Tuesday	History_of_Physical Education_Class_4
22-Jul-26	Wednesday	History_of_Physical Education_Class_5
23-Jul-26	Thursday	History_of_Physical Education_Class_6
24-Jul-26	Friday	History_of_Physical Education_Class_7
27-Jul-26	Monday	History_of_Physical Education_Class_8
28-Jul-26	Tuesday	History_of_Physical Education_Class_9
29-Jul-26	Wednesday	History_of_Physical Education_Class_10
30-Jul-26	Thursday	Test Measurement and Evaluation_Class_1
31-Jul-26	Friday	Test Measurement and Evaluation_Class_2
3-Aug-26	Monday	Test Measurement and Evaluation_Class_3
4-Aug-26	Tuesday	Test Measurement and Evaluation_Class_4
5-Aug-26	Wednesday	Test Measurement and Evaluation_Class_5
6-Aug-26	Thursday	Test Measurement and Evaluation_Class_6
7-Aug-26	Friday	Test Measurement and Evaluation_Class_7
10-Aug-26	Monday	Test Measurement and Evaluation_Class_8
11-Aug-26	Tuesday	Test Measurement and Evaluation_Class_9
12-Aug-26	Wednesday	Test Measurement and Evaluation_Class_10
13-Aug-26	Thursday	Research in Physical Education_Class_1
14-Aug-26	Friday	Research in Physical Education_Class_2
17-Aug-26	Monday	Research in Physical Education_Class_3
18-Aug-26	Tuesday	Research in Physical Education_Class_4
19-Aug-26	Wednesday	Research in Physical Education_Class_5
20-Aug-26	Thursday	Research in Physical Education_Class_6
21-Aug-26	Friday	Research in Physical Education_Class_7
24-Aug-26	Monday	Research in Physical Education_Class_8
25-Aug-26	Tuesday	Research in Physical Education_Class_9
26-Aug-26	Wednesday	Research in Physical Education_Class_10
27-Aug-26	Thursday	Sports Training_Class_1

28-Aug-26	Friday	Sports Training_Class_2
31-Aug-26	Monday	Sports Training_Class_3
1-Sep-26	Tuesday	Sports Training_Class_4
2-Sep-26	Wednesday	Sports Training_Class_5
3-Sep-26	Thursday	Sports Training_Class_6
4-Sep-26	Friday	Sports Training_Class_7
7-Sep-26	Monday	Sports Training_Class_8
8-Sep-26	Tuesday	Sports Training_Class_9
9-Sep-26	Wednesday	Sports Training_Class_10
10-Sep-26	Thursday	Health_Class_1
11-Sep-26	Friday	Health_Class_2
14-Sep-26	Monday	Health_Class_3
15-Sep-26	Tuesday	Health_Class_4
16-Sep-26	Wednesday	Health_Class_5
17-Sep-26	Thursday	Health_Class_6
18-Sep-26	Friday	Health_Class_7
21-Sep-26	Monday	Health_Class_8
22-Sep-26	Tuesday	Health_Class_9
23-Sep-26	Wednesday	Health_Class_10
24-Sep-26	Thursday	Development of Teacher Education for Physical Education in India_Class_1
25-Sep-26	Friday	Development of Teacher Education for Physical Education in India_Class_2
28-Sep-26	Monday	Development of Teacher Education for Physical Education in India_Class_3
29-Sep-26	Tuesday	Development of Teacher Education for Physical Education in India_Class_4
30-Sep-26	Wednesday	Development of Teacher Education for Physical Education in India_Class_5
1-Oct-26	Thursday	Development of Teacher Education for Physical Education in India_Class_6
2-Oct-26	Friday	Development of Teacher Education for Physical Education in India_Class_7
5-Oct-26	Monday	Development of Teacher Education for Physical Education in India_Class_8
6-Oct-26	Tuesday	Development of Teacher Education for Physical Education in India_Class_9
7-Oct-26	Wednesday	Development of Teacher Education for Physical Education in India_Class_10
8-Oct-26	Thursday	Sports Psychology_Class_1
9-Oct-26	Friday	Sports Psychology_Class_2
12-Oct-26	Monday	Sports Psychology_Class_3
13-Oct-26	Tuesday	Sports Psychology_Class_4
14-Oct-26	Wednesday	Sports Psychology_Class_5

15-Oct-26	Thursday	Sports Psychology_Class_6
16-Oct-26	Friday	Sports Psychology_Class_7
19-Oct-26	Monday	Sports Psychology_Class_8
20-Oct-26	Tuesday	Sports Psychology_Class_9
21-Oct-26	Wednesday	Sports Psychology_Class_10
22-Oct-26	Thursday	Kinesiology and Biomechanics_Class_1
23-Oct-26	Friday	Kinesiology and Biomechanics_Class_2
26-Oct-26	Monday	Kinesiology and Biomechanics_Class_3
27-Oct-26	Tuesday	Kinesiology and Biomechanics_Class_4
28-Oct-26	Wednesday	Kinesiology and Biomechanics_Class_5
29-Oct-26	Thursday	Kinesiology and Biomechanics_Class_6
30-Oct-26	Friday	Kinesiology and Biomechanics_Class_7
2-Nov-26	Monday	Kinesiology and Biomechanics_Class_8
3-Nov-26	Tuesday	Kinesiology and Biomechanics_Class_9
4-Nov-26	Wednesday	Kinesiology and Biomechanics_Class_10
5-Nov-26	Thursday	Exercise Physiology_Class_1
6-Nov-26	Friday	Exercise Physiology_Class_2
9-Nov-26	Monday	Exercise Physiology_Class_3
10-Nov-26	Tuesday	Exercise Physiology_Class_4
11-Nov-26	Wednesday	Exercise Physiology_Class_5
12-Nov-26	Thursday	Exercise Physiology_Class_6
13-Nov-26	Friday	Exercise Physiology_Class_7
16-Nov-26	Monday	Exercise Physiology_Class_8
17-Nov-26	Tuesday	Exercise Physiology_Class_9
18-Nov-26	Wednesday	Exercise Physiology_Class_10
19-Nov-26	Thursday	Management in Physical Education_Class_1
20-Nov-26	Friday	Management in Physical Education_Class_2
23-Nov-26	Monday	Management in Physical Education_Class_3
24-Nov-26	Tuesday	Management in Physical Education_Class_4
25-Nov-26	Wednesday	Management in Physical Education_Class_5
26-Nov-26	Thursday	Management in Physical Education_Class_6
27-Nov-26	Friday	Management in Physical Education_Class_7
30-Nov-26	Monday	Management in Physical Education_Class_8
1-Dec-26	Tuesday	Management in Physical Education_Class_9
2-Dec-26	Wednesday	Management in Physical Education_Class_10

