

STUDY PLAN

Physical Education by Monu Madhukar Sir

Time: 7:00 PM to 8:00 PM

Date	Day	Topic
Recorded		Orientation Class
Recorded		History_of_Physical Education_Class_1
Recorded		History_of_Physical Education_Class_2
Recorded		History_of_Physical Education_Class_3
Recorded		History_of_Physical Education_Class_4
Recorded		History_of_Physical Education_Class_5
Recorded		History_of_Physical Education_Class_6
Recorded		History_of_Physical Education_Class_7
Recorded		History_of_Physical Education_Class_8
Recorded		History_of_Physical Education_Class_9
30-Jul-26	Thursday	History_of_Physical Education_Class_10
3-Aug-26	Monday	Exercise Physiology_Class_1
4-Aug-26	Tuesday	Exercise Physiology_Class_2
5-Aug-26	Wednesday	Exercise Physiology_Class_3
6-Aug-26	Thursday	Exercise Physiology_Class_4
7-Aug-26	Friday	Exercise Physiology_Class_5
10-Aug-26	Monday	Exercise Physiology_Class_6
11-Aug-26	Tuesday	Exercise Physiology_Class_7
12-Aug-26	Wednesday	Exercise Physiology_Class_8
13-Aug-26	Thursday	Exercise Physiology_Class_9
14-Aug-26	Friday	Exercise Physiology_Class_10
17-Aug-26	Monday	Kinesiology and Biomechanics_Class_1
18-Aug-26	Tuesday	Kinesiology and Biomechanics_Class_2
19-Aug-26	Wednesday	Kinesiology and Biomechanics_Class_3
20-Aug-26	Thursday	Kinesiology and Biomechanics_Class_4
21-Aug-26	Friday	Kinesiology and Biomechanics_Class_5
24-Aug-26	Monday	Kinesiology and Biomechanics_Class_6
25-Aug-26	Tuesday	Kinesiology and Biomechanics_Class_7
26-Aug-26	Wednesday	Kinesiology and Biomechanics_Class_8
27-Aug-26	Thursday	Kinesiology and Biomechanics_Class_9
28-Aug-26	Friday	Kinesiology and Biomechanics_Class_10
31-Aug-26	Monday	Sports Psychology_Class_1

1-Sep-26	Tuesday	Sports Psychology_Class_2
2-Sep-26	Wednesday	Sports Psychology_Class_3
3-Sep-26	Thursday	Sports Psychology_Class_4
4-Sep-26	Friday	Sports Psychology_Class_5
7-Sep-26	Monday	Sports Psychology_Class_6
8-Sep-26	Tuesday	Sports Psychology_Class_7
9-Sep-26	Wednesday	Sports Psychology_Class_8
10-Sep-26	Thursday	Sports Psychology_Class_9
11-Sep-26	Friday	Sports Psychology_Class_10
14-Sep-26	Monday	Development of Teacher Education for Physical Education in India_Class_1
15-Sep-26	Tuesday	Development of Teacher Education for Physical Education in India_Class_2
16-Sep-26	Wednesday	Development of Teacher Education for Physical Education in India_Class_3
17-Sep-26	Thursday	Development of Teacher Education for Physical Education in India_Class_4
18-Sep-26	Friday	Development of Teacher Education for Physical Education in India_Class_5
21-Sep-26	Monday	Development of Teacher Education for Physical Education in India_Class_6
22-Sep-26	Tuesday	Development of Teacher Education for Physical Education in India_Class_7
23-Sep-26	Wednesday	Development of Teacher Education for Physical Education in India_Class_8
24-Sep-26	Thursday	Development of Teacher Education for Physical Education in India_Class_9
25-Sep-26	Friday	Development of Teacher Education for Physical Education in India_Class_10
28-Sep-26	Monday	Health_Class_1
29-Sep-26	Tuesday	Health_Class_2
30-Sep-26	Wednesday	Health_Class_3
1-Oct-26	Thursday	Health_Class_4
2-Oct-26	Friday	Health_Class_5
5-Oct-26	Monday	Health_Class_6
6-Oct-26	Tuesday	Health_Class_7
7-Oct-26	Wednesday	Health_Class_8
8-Oct-26	Thursday	Health_Class_9
9-Oct-26	Friday	Health_Class_10
12-Oct-26	Monday	Sports Training_Class_1
13-Oct-26	Tuesday	Sports Training_Class_2
14-Oct-26	Wednesday	Sports Training_Class_3
15-Oct-26	Thursday	Sports Training_Class_4
16-Oct-26	Friday	Sports Training_Class_5

19-Oct-26	Monday	Sports Training_Class_6
20-Oct-26	Tuesday	Sports Training_Class_7
21-Oct-26	Wednesday	Sports Training_Class_8
22-Oct-26	Thursday	Sports Training_Class_9
23-Oct-26	Friday	Sports Training_Class_10
26-Oct-26	Monday	Research in Physical Education_Class_1
27-Oct-26	Tuesday	Research in Physical Education_Class_2
28-Oct-26	Wednesday	Research in Physical Education_Class_3
29-Oct-26	Thursday	Research in Physical Education_Class_4
30-Oct-26	Friday	Research in Physical Education_Class_5
2-Nov-26	Monday	Research in Physical Education_Class_6
3-Nov-26	Tuesday	Research in Physical Education_Class_7
4-Nov-26	Wednesday	Research in Physical Education_Class_8
5-Nov-26	Thursday	Research in Physical Education_Class_9
6-Nov-26	Friday	Research in Physical Education_Class_10
9-Nov-26	Monday	Test Measurement and Evaluation_Class_1
10-Nov-26	Tuesday	Test Measurement and Evaluation_Class_2
11-Nov-26	Wednesday	Test Measurement and Evaluation_Class_3
12-Nov-26	Thursday	Test Measurement and Evaluation_Class_4
13-Nov-26	Friday	Test Measurement and Evaluation_Class_5
16-Nov-26	Monday	Test Measurement and Evaluation_Class_6
17-Nov-26	Tuesday	Test Measurement and Evaluation_Class_7
18-Nov-26	Wednesday	Test Measurement and Evaluation_Class_8
19-Nov-26	Thursday	Test Measurement and Evaluation_Class_9
20-Nov-26	Friday	Test Measurement and Evaluation_Class_10
23-Nov-26	Monday	Management in Physical Education_Class_1
24-Nov-26	Tuesday	Management in Physical Education_Class_2
25-Nov-26	Wednesday	Management in Physical Education_Class_3
26-Nov-26	Thursday	Management in Physical Education_Class_4
27-Nov-26	Friday	Management in Physical Education_Class_5
30-Nov-26	Monday	Management in Physical Education_Class_6
1-Dec-26	Tuesday	Management in Physical Education_Class_7
2-Dec-26	Wednesday	Management in Physical Education_Class_8
3-Dec-26	Thursday	Management in Physical Education_Class_9
4-Dec-26	Friday	Management in Physical Education_Class_10