

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
Recorded		History_of_Physical Education_Class_10
Recorded		Exercise Physiology_Class_1
Recorded		Exercise Physiology_Class_2
Recorded		Exercise Physiology_Class_3
Recorded		Exercise Physiology_Class_4
Recorded		Exercise Physiology_Class_5
Recorded		Exercise Physiology_Class_6
Recorded		Exercise Physiology_Class_7
Recorded		Exercise Physiology_Class_8
Recorded		Exercise Physiology_Class_9
Recorded		Exercise Physiology_Class_10
Recorded		Kinesiology and Biomechanics_Class_1
Recorded		Kinesiology and Biomechanics_Class_2
Recorded		Kinesiology and Biomechanics_Class_3
Recorded		Kinesiology and Biomechanics_Class_4
Recorded		Kinesiology and Biomechanics_Class_5
Recorded		Kinesiology and Biomechanics_Class_6
Recorded		Kinesiology and Biomechanics_Class_7
Recorded		Kinesiology and Biomechanics_Class_8
Recorded		Kinesiology and Biomechanics_Class_9
Recorded		Kinesiology and Biomechanics_Class_10
2-Sep-26	Wednesday	Sports Psychology_Class_1

3-Sep-26	Thursday	Sports Psychology_Class_2
4-Sep-26	Friday	Sports Psychology_Class_3
7-Sep-26	Monday	Sports Psychology_Class_4
8-Sep-26	Tuesday	Sports Psychology_Class_5
9-Sep-26	Wednesday	Sports Psychology_Class_6
10-Sep-26	Thursday	Sports Psychology_Class_7
11-Sep-26	Friday	Sports Psychology_Class_8
14-Sep-26	Monday	Sports Psychology_Class_9
15-Sep-26	Tuesday	Sports Psychology_Class_10
16-Sep-26	Wednesday	Development of Teacher Education for Physical Education in India_Class_1
17-Sep-26	Thursday	Development of Teacher Education for Physical Education in India_Class_2
18-Sep-26	Friday	Development of Teacher Education for Physical Education in India_Class_3
21-Sep-26	Monday	Development of Teacher Education for Physical Education in India_Class_4
22-Sep-26	Tuesday	Development of Teacher Education for Physical Education in India_Class_5
23-Sep-26	Wednesday	Development of Teacher Education for Physical Education in India_Class_6
24-Sep-26	Thursday	Development of Teacher Education for Physical Education in India_Class_7
25-Sep-26	Friday	Development of Teacher Education for Physical Education in India_Class_8
28-Sep-26	Monday	Development of Teacher Education for Physical Education in India_Class_9
29-Sep-26	Tuesday	Development of Teacher Education for Physical Education in India_Class_10
30-Sep-26	Wednesday	Health_Class_1
1-Oct-26	Thursday	Health_Class_2
2-Oct-26	Friday	Health_Class_3
5-Oct-26	Monday	Health_Class_4
6-Oct-26	Tuesday	Health_Class_5
7-Oct-26	Wednesday	Health_Class_6
8-Oct-26	Thursday	Health_Class_7
9-Oct-26	Friday	Health_Class_8
12-Oct-26	Monday	Health_Class_9
13-Oct-26	Tuesday	Health_Class_10
14-Oct-26	Wednesday	Sports Training_Class_1
15-Oct-26	Thursday	Sports Training_Class_2
16-Oct-26	Friday	Sports Training_Class_3
19-Oct-26	Monday	Sports Training_Class_4
20-Oct-26	Tuesday	Sports Training_Class_5
21-Oct-26	Wednesday	Sports Training_Class_6
22-Oct-26	Thursday	Sports Training_Class_7
23-Oct-26	Friday	Sports Training_Class_8
26-Oct-26	Monday	Sports Training_Class_9
27-Oct-26	Tuesday	Sports Training_Class_10
28-Oct-26	Wednesday	Research in Physical Education_Class_1
29-Oct-26	Thursday	Research in Physical Education_Class_2
30-Oct-26	Friday	Research in Physical Education_Class_3

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

