

STUDY PLAN

Physical Education By Monu Madhukar Time : 7-8 PM

Date	Day	Topic
19-Oct-26	Monday	Doubt+Mentorship_Class_1
20-Oct-26	Tuesday	Doubt+Mentorship_Class_2
21-Oct-26	Wednesday	Doubt+Mentorship_Class_3
22-Oct-26	Thursday	Doubt+Mentorship_Class_4
23-Oct-26	Friday	Doubt+Mentorship_Class_5
26-Oct-26	Monday	Doubt+Mentorship_Class_6
27-Oct-26	Tuesday	Doubt+Mentorship_Class_7
28-Oct-26	Wednesday	Doubt+Mentorship_Class_8
29-Oct-26	Thursday	Doubt+Mentorship_Class_9
30-Oct-26	Friday	Doubt+Mentorship_Class_10

Physical Education Recorded Class Study Plan

Recorded	History of Physical Education
Recorded	Exercise Physiology
Recorded	Kinesiology and Biomechanics
Recorded	Sports Psychology
Recorded	Development of Teacher Education for Physical Education in India
Recorded	Health
Recorded	Sports Training
Recorded	Research in Physical Education
Recorded	Test Measurement and Evaluation
Recorded	Management in Physical Education

