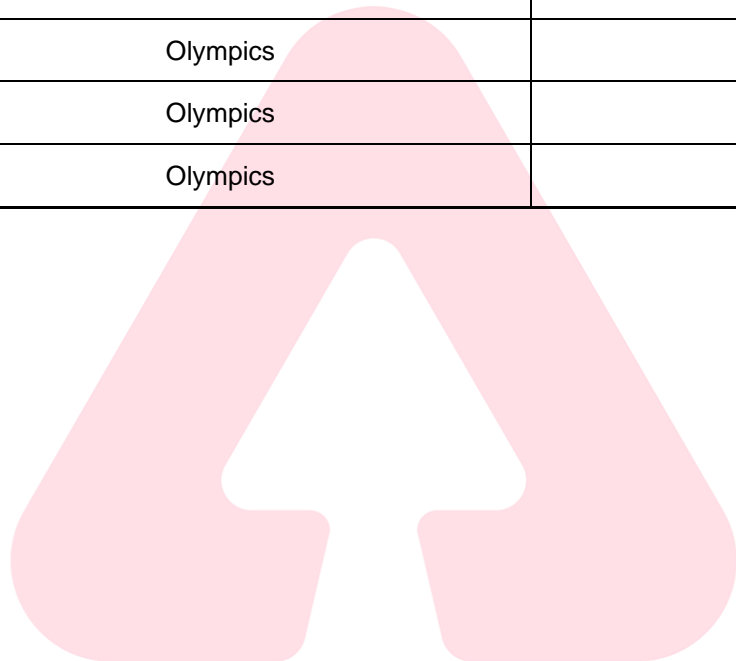


## UP TGT Physical Education Batch Study Plan

|        |     | Physical Education  | Rajasthan PTI Special Topics |
|--------|-----|---|------------------------------|
|        |     | Monu Sir  | Monu Sir                     |
| Date   | Day | 4:00 PM - 5:00 PM   | 3:00 PM - 4:00 PM            |
| 1-Aug  | Mon | Meaning and Definition of Physical Education-its Aim and Objectives |                              |
| 2-Aug  | Tue | Meaning and Definition of Physical Education-its Aim and Objectives |                              |
| 3-Aug  | Wed | Meaning and Definition of Physical Education-its Aim and Objectives |                              |
| 4-Aug  | Thu | Body types/Classification by Seldon and Krechmerk                   |                              |
| 5-Aug  | Fri | Body types/Classification by Seldon and Krechmerk                   |                              |
| 8-Aug  | Mon | Anatomy and Physiology  | Yoga                         |
| 9-Aug  | Tue | Anatomy and Physiology  | Yoga                         |
| 10-Aug | Wed | Anatomy and Physiology  | Yoga                         |
| 12-Aug | Fri | Anatomy and Physiology  | Yoga                         |
| 16-Aug | Tue | Anatomy and Physiology  | Yoga                         |
| 17-Aug | Wed | Anatomy and Physiology  | Yoga                         |
| 18-Aug | Thu | Anatomy and Physiology  | Theories                     |
| 19-Aug | Fri | Physical Fitness Warm Up Cool Down                                  | Theories                     |
| 22-Aug | Mon | Physical Fitness Warm Up Cool Down                                  | Theories                     |
| 23-Aug | Tue | Kinsiology  | Exercise Program             |
| 24-Aug | Wed | Kinsiology  | Exercise Program             |
| 25-Aug | Thu | Kinsiology  |                              |
| 26-Aug | Fri | Kinsiology  |                              |
| 29-Aug | Mon | Kinsiology  |                              |
| 30-Aug | Tue | Kinsiology  |                              |
| 31-Aug | Wed | Kinsiology  |                              |
| 1-Sep  | Thu | Postural Difformities   |                              |
| 2-Sep  | Fri | Postural Difformities   |                              |
| 5-Sep  | Mon | Postural Difformities   |                              |
| 6-Sep  | Tue | Sports Injuries   |                              |
| 7-Sep  | Wed | Sports Injuries   |                              |
| 8-Sep  | Thu | Sports Injuries   |                              |
| 9-Sep  | Fri | Sports Injuries   |                              |
| 12-Sep | Mon | History of Games  |                              |
| 13-Sep | Tue | History of Games  |                              |
| 14-Sep | Wed | History of Games  |                              |

|        |     |                      |  |
|--------|-----|----------------------|--|
| 15-Sep | Thu | History of Games     |  |
| 16-Sep | Fri | History of Games     |  |
| 19-Sep | Mon | History of Games     |  |
| 20-Sep | Tue | Sports Terminology   |  |
| 21-Sep | Wed | Sports Terminology   |  |
| 22-Sep | Thu | Sports Terminology   |  |
| 23-Sep | Fri | Tournaments          |  |
| 26-Sep | Mon | Tournaments          |  |
| 27-Sep | Tue | Tournaments          |  |
| 28-Sep | Wed | Tournaments          |  |
| 29-Sep | Thu | Health Education     |  |
| 30-Sep | Fri | Health Education     |  |
| 3-Oct  | Mon | Health Education     |  |
| 4-Oct  | Tue | Health Education     |  |
| 6-Oct  | Thu | Health Education     |  |
| 7-Oct  | Fri | Health Education     |  |
| 10-Oct | Mon | Sports Awards        |  |
| 11-Oct | Tue | Sports Awards        |  |
| 12-Oct | Wed | Sports Awards        |  |
| 13-Oct | Thu | Sports Awards        |  |
| 14-Oct | Fri | Sports and Games     |  |
| 17-Oct | Mon | Sports and Games     |  |
| 18-Oct | Tue | Sports and Games     |  |
| 19-Oct | Wed | Sports and Games     |  |
| 20-Oct | Thu | Psychology           |  |
| 21-Oct | Fri | Psychology           |  |
| 27-Oct | Thu | Psychology           |  |
| 28-Oct | Fri | Psychology           |  |
| 31-Oct | Mon | Psychology           |  |
| 1-Nov  | Tue | Sports Training      |  |
| 2-Nov  | Wed | Sports Training      |  |
| 3-Nov  | Thu | Sports Training      |  |
| 4-Nov  | Fri | Sports Training      |  |
| 7-Nov  | Mon | Sports Training      |  |
| 8-Nov  | Tue | Sports Training      |  |
| 9-Nov  | Wed | Sociology            |  |
| 10-Nov | Thu | Sociology            |  |
| 11-Nov | Fri | Sociology            |  |
| 14-Nov | Mon | Sociology            |  |
| 15-Nov | Tue | Communicable Disease |  |
| 16-Nov | Wed | Communicable Disease |  |

|        |     |                               |  |
|--------|-----|-------------------------------|--|
| 17-Nov | Thu | Communicable Disease          |  |
| 18-Nov | Fri | Communicable Disease          |  |
| 21-Nov | Mon | Communicable Disease          |  |
| 22-Nov | Tue | Protien Vitamins and Minerals |  |
| 23-Nov | Wed | Protien Vitamins and Minerals |  |
| 24-Nov | Thu | Protien Vitamins and Minerals |  |
| 25-Nov | Fri | Protien Vitamins and Minerals |  |
| 28-Nov | Mon | Olympics                      |  |
| 29-Nov | Tue | Olympics                      |  |
| 30-Nov | Wed | Olympics                      |  |



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