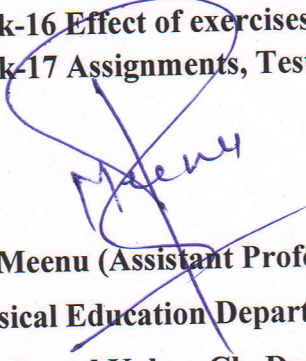


**Name of the Assistant Professor- Dr. Meenu**  
**Class – B.A II YEAR (III<sup>rd</sup> SEM) ODD SEMESTER Major**  
**Subject- Exercise Physiology**  
**Days- Thursday to Saturday 4-6 Room no-9 11:00-12:00 P.M**  
**Session -2025-26**

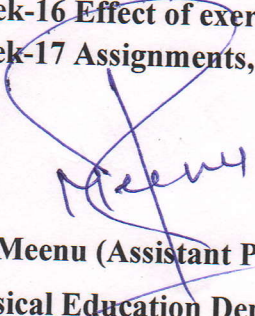
- Week-1** Meaning of Exercise physiology, anabolism, Catabolism and metabolism.
- Week-2** Importance of exercise physiology in physical education. Types of exercise muscular contractions: Isometric, Isotonic and isokinetic.
- Week-3** Meaning of body composition, components of body composition and Effects of exercises on the body composition and Revisions.
- Week-4** Gross structure of the skeletal muscle, Functions of muscular system and Properties of slow twitch and fast twitch muscle fibers.
- Week-5** Meaning of aerobic activities, Anaerobic activities, Muscle tone Muscle Hypertrophy and atrophy.
- Week-6** Effect of exercises and training on the muscular system.
- Week-7** Cardiovascular system and exercise and Revisions
- Week-8** Stroke volume, Cardiac output, Heart Rate, Blood pressure, Cardiac Hypertrophy and conduction system of Heart.
- Week-9** Blood circulation in the heart, Blood supply to the heart
- Week-10** Effect of exercises and training on the Circulatory system.
- Week-11** Respiratory System and Exercise and Revisions.
- Week-12** Lung Volume, Inspiratory Volume, Expiratory Reserve volume, Tidal Volume and Residual Volume
- Week-13** Total Lung capacity, Inspiratory capacity, Vital Capacity and Functional Residual capacity.
- Week-14** Mechanism of Breathing
- Week-15** Diffusion of Gases, Exchange of gases in lungs and tissue
- Week-16** Effect of exercises and training on the Respiratory system.
- Week-17** Assignments, Tests and Revisions.

  
**Dr. Meenu (Assistant Professor)**  
**Physical Education Department**  
**G.C Baund Kalan, Ch. Dadri**



**Name of the Assistant Professor- Dr. Meenu**  
**Class – B.A II YEAR (III<sup>rd</sup> SEM) ODD SEMESTER Major**  
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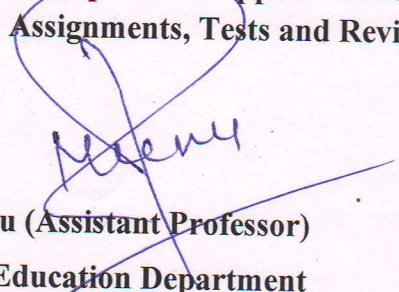
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**G.C Baund Kalan, Ch. Dadri**



**Name of the Assistant Professor- Dr. Meenu**  
**Class – B.A I YEAR (I<sup>ST</sup>SEM) ODD SEMESTER Major**  
**Subject- History and Foundation of physical Education**  
**Days- Thursday to Saturday 4-6 Room no-9 10:00-11:00 A.M**  
**Session -2025-26**

- Week-1** Introduction, Meaning, Definition of Physical Education. Relationship of physical education with general education.
- Week-2** Aim, Objective, Need and Scope of physical Education.
- Week-3** Misconceptions regarding physical education and Phy.Edu. as an Art in society.
- Week-4** Physical Education during Indus valley, Vedic period, Early Hindu period.
- Week-5** Physical education during Later Hindu period, Medieval period, British period and after Independence.
- Week-6** Growth and Development.
- Week-7** Chronological Age, Anatomical age, Physiological age and mental age.
- Week-8** Principal of growth and development, Differences and factors affecting of growth and development.
- Week-9** Pre-Adolescence, Adolescence and Adulthood.
- Week-10** Qualifications and Responsibilities of physical Education and sports professionals at various levels of educational institutions.
- Week-11** Qualifications and Responsibilities as Coach, Fitness Trainers, Yoga Instructors and others
- Week-12** Qualifications and Responsibilities as Event Managers, Technical Officials, Researcher and others
- Week-13** Qualifications and Responsibilities as Sports Journalists, Commentators, Sports Photographers and video Analysts.
- Week-14** Carrier Opportunities in various central Govt., State Govt., Private Organizations and others.
- Week-15** Carrier Opportunities in Manufacturing and Marketing sectors.
- Week-16** Entrepreneurs opportunities in physical education and sports.
- Week-17** Assignments, Tests and Revisions.

  
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