

**TIME TABLE - B. A. (Physical Edu.)/BPES 2<sup>nd</sup> Year, Session: 2022-23**

DAY	9 A.M. - 10 A.M	10 A.M. - 11 A.M.	11 A.M. – 12 P.M.	12 P.M. – 1 P.M.	1 P.M. – 2 P.M	2 P.M. – 3 P.M.	3 P.M. – 4 P.M.
<b>MON.</b>	Cont. Issues in P. E Fitness and Wellness DR. NISAR HUSSAIN	Sports Nutrition and Weight Management MS. SHIVANI SINGH	Olympic Movement DR SANDEEP BHALLA			Physical Activity and Health MS. POOJA	Yoga Education DR. BALJEET SINGH
<b>TUE.</b>	Cont. Issues in P. E Fitness and Wellness DR. NISAR HUSSAIN	Sports Nutrition and Weight Management MS. SHIVANI SINGH	Olympic Movement MR. SHIV KUMAR	Principles of Sports Training DR SANDEEP BHALLA	<b>L</b>	Physical Activity and Health MS. POOJA	
<b>WED.</b>	Cont. Issues in P. E Fitness and Wellness DR. NISAR HUSSAIN		Olympic Movement DR SANDEEP BHALLA	Principles of Sports Training DR SANDEEP BHALLA	<b>U</b>	Physical Activity and Health MS. POOJA	Yoga Education DR. BALJEET SINGH
<b>THUR.</b>	Cont. Issues in P. E Fitness and Wellness DR. NISAR HUSSAIN	Sports Nutrition and Weight Management MS. SHIVANI SINGH	Olympic Movement MR. SHIV KUMAR	Principles of Sports Training DR SANDEEP BHALLA	<b>N</b>	Computer Applications in Phy. Edu. DR NISAR HUSSAIN	Curriculum Design in Phy.Edu. MS. SHIVANI SINGH
<b>FRI.</b>	Cont. Issues in P. E Fitness and Wellness DR. NISAR HUSSAIN	Sports Nutrition and Weight Management MS. SHIVANI SINGH		Principles of Sports Training DR SANDEEP BHALLA	<b>C</b>	Computer Applications in Phy. Edu. DR NISAR HUSSAIN	Curriculum Design in Phy.Edu. MS. SHIVANI SINGH
<b>SAT.</b>	Cont. Issues in P. E Fitness and Wellness DR. NISAR HUSSAIN	Sports Nutrition and Weight Management MS. SHIVANI SINGH	Olympic Movement MR. SHIV KUMAR	Principles of Sports Training DR SANDEEP BHALLA	<b>H</b>		

**NOTE: 1. If one is unable to take the class, kindly inform one day earlier, so that adjustment can be given to other faculty.**

**2. Morning Practical Session (5:00 to 7:00) is Mandatory for All Students of Department of Sports.**

Paper – 1 Cont. Issues in P. E Fitness and Wellness - 120 Hours.

Paper – 3 Olympic Movement - 130 Hours.

Paper – 5 Physical Activity and Health - 120 Hours.

Paper – 7 Computer Applications in Phy. Edu. - 130 Hours.

Copy To:

- \* The Registrar Sir
- Concerned Faculties
- Notice Board for All Students
- Reception and Office Record

Paper – 2 Sports Nutrition and Weight Management - 120 Hours.

Paper – 4 Principles of Sports Training- 120 Hours.

Paper – 6 Yoga Education - 120 Hours.

Paper – 8 Curriculum Design in Phy.Edu. - 120 Hours.

**Dr (Prof.) Sandeep Bhalla**