

PHYSICAL EDUCATION TEACHERS!!

An opportunity to learn the
best professionally designed
course from top subject
matter experts

**8th Batch of e-Khel
Pathshala Foundation
Course**



Starting 25th July 2022

Register on



<https://schoolfitness.kheloindia.gov.in/googleform.aspx>

Please click on the below link for registration and joining the webinar

Registration Link

➤ <https://schoolfitness.kheloindia.gov.in/googleform.aspx>

Zoom Webinar Link

➤ <https://us02web.zoom.us/j/86109871926>

Webinar ID: 861 0987 1926

**e-Khel Pathshala,
Physical Education & Community Coaching Program
“Foundation Level Course”
(8th Batch)**

**Online Training program for PE and Community Coaches
Schedule**

Day	Date	Session-I Topic	Time	Session-II Topic	Time
THEME 1 – PHYSICAL EDUCATION					
INAUGURATION					
Day 1	25-07-2022	Roles and Responsibilities of a PE Teacher	11.00AM-12:30PM	Concepts of Fitness, Health, Physical Education, Sports, Lifestyle	03.00PM-4:30PM
Day 2	26-07-2022	Concept of Fit India School	11.00AM-12:30PM	Integration of fitness into current activities in schools	03.00PM-4:30PM
Day 3	27-07-2022	Age-appropriate activities for foundation years till class 12	11.00AM-12:30PM	Planning and executing a play session	03.00PM-4:30PM
Day 4	28-07-2022	Progressive Curriculum - Structure for N-12 Class Nursery to Class 2, Class 3-5	11.00AM-12:30PM	Progressive Curriculum - Structure for Class 6-8	03.00PM-4:30PM
Day 5	01-08-2022	Progressive Curriculum - Structure for Class 9-12	11.00AM-12:30PM	Nutrition and balance diet in sports	03.00PM-4:30PM
Day 6	02-08-2022	Sports and Events	11.00AM-12:30PM	Role of yoga in sports performance	03.00PM-4:30PM
THEME 2: COMMUNITY COACHING					
Day 7	03-08-2022	Introduction to Community Coaching, Roles and Responsibilities of a Coach.	11.00AM-12:30PM	Preparing to Coach	03.00PM-4:30PM
Day 8	04-08-2022	Working with Others	11.00AM-12:30PM	Effective Communication	03.00PM-4:30PM
Day 9	05-08-2022	Coach in Action	11.00AM-12:30PM	Community Officiating General Principles	03.00PM-4:30PM
Day 10	08-08-2022	Competition Routine	11.00AM-12:30PM	Injury Prevention and First Aid	03.00PM-4:30PM
Day 11	10-08-2022	Safe Environment to protect and safeguard children	11.00AM-12:30PM	Ensuring Continuity	03.00PM-4:30PM

Day 12	12.08.2022	Ethics and Decision Making	11.00AM-12:30PM	Creativity in PE and Sports	03.00PM-4:30PM
Day 13	16.08.2022	Talent identification in sports	11.00AM-12:30PM	Fitness protocols for teachers and parents	03.00PM-4:30PM
THEME 3: SPORTS SCIENCE					
Day 14	17.08.2022	Basic application of Exercise physiology in sports	11.00AM-12:30PM	Physiological factor determining component of Physical fitness	03.00PM-4:30PM
Day 15	22.08.2022	Introduction to Sports Biomechanics	11.00AM-12:30PM	Basic terminology In Sports Biomechanics	03.00PM-4:30PM
Day 16	23.08.2022	Strength and Conditioning "Various stages of Long-term athletic development"	11.00AM-12:30PM	Introduction to Exercise Biochemistry	03.00PM-4:30PM
Day 17	24.08.2022	Sports Anthropometry "Kinanthropometry in Sports"	11.00AM-12:30PM	Sports Medicine "Prevention of Injury & primary care"	03.00PM-4:30PM
Day 18	25.08.2022	Physiotherapy "Role of Physiotherapist in Sports"	11.00AM-12:30PM	Nutrition "Reading Nutrition Labels"	03.00PM-4:30PM
Day 19	26.08.2022	Sports Psychology "Attention and Concentration in Sports"	11.00AM-12:30PM	An Introduction to Anti-doping	03.00PM-4:30PM
THEME 4: KHELO INDIA FITNESS ASSESSMENT					
Day 20	30.08.2022	Khelo India Fitness Application	11.00AM-12:30PM	Hands-on learning of Assessor App and Web Portal for Schools	03.00PM-4:30PM
		Khelo India Battery of Tests			
CLOSING CEREMONY					

* The 3-week program shall be followed with an examination (60 minutes).