

# Diploma in Physical Teaching Training Course (DPTTC)

**Duration:** 1 Year (2 Semesters)\*\*

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## Semester – I

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DPTTC101	1DPTTC1	Foundations of Physical Education
2	DPTTC102	1DPTTC2	Anatomy and Physiology
3	DPTTC103	1DPTTC3	Health Education and Nutrition
4	DPTTC104	1DPTTC4	Communication Skills and Leadership in Sports

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## Course Details (Semester – I)

- **Foundations of Physical Education** – History, aims, and principles of physical training.
  - **Anatomy and Physiology** – Human body systems and physical performance.
  - **Health Education and Nutrition** – Diet planning, hygiene, and health awareness.
  - **Communication Skills and Leadership in Sports** – Effective leadership and coordination in physical activities.
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## Semester – II

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DPTTC201	2DPTTC1	Sports Psychology and Training

<b>S. No.</b>	<b>Paper Numerical Unique</b>	<b>Class &amp; Papers</b>	<b>Paper Name / Subject</b>
			Methods
2	DPTTC202	2DPTTC2	Yoga and Physical Fitness Activities
3	DPTTC203	2DPTTC3	Rules and Techniques of Major Games
4	DPTTC204	2DPTTC4	Teaching Practice / Internship

### **Course Details (Semester – II)**

- **Sports Psychology and Training Methods** – Motivation, concentration, and athletic performance.
- **Yoga and Physical Fitness Activities** – Asanas, pranayama, and fitness schedules.
- **Rules and Techniques of Major Games** – Cricket, football, volleyball, athletics, etc.
- **Teaching Practice / Internship** – Practical training and school-level PE sessions.