

**INDIAN INSTITUTE OF TECHNOLOGY KANPUR
PHYSICAL EDUCATION SECTION**

**CALENDAR FOR COMPULSORY PHYSICAL EXERCISE CLASSES
PE -101, ACADAMIC YEAR 2011-12**

Dated: July 22, 2011

First Semester: **August 01, 2011 to November 17, 2011.**

Timing: **06:00 AM to 7:00 AM**

Days: **Monday and Wednesday** for Section A
Tuesday and Thursday for Section B

Sections A & B will be allotted after the selection trials

SI. No.	Months and Dates of the Classes	Activities
01.	August, 2011 A – 1, 3, 8, 10, 17, 24, and 29 B – 2, 4, 9, 11, 16, 18, 23, 25 and 30	1. First phase of Physical Fitness Test. 2. Warning up Jogging, Running. Simple exercise and Specific exercises. 3. Formal and informal games. 4. Exercises for development of Physical Fitness Component like: - a. Strength, b. Speed, c. Endurance, d. Flexibility e. Coordinative abilities. 5. Intramural Athletics Meet. 6. Final Phase of Physical Fitness Test.
2.	September, 2011 A – 5, 7, 19, 21, 26 and 28 B – 1, 6, 8, 20, 22, 27 and 29	
3.	October, 2011 A – 10, 12, 17, 19, 24 and 31 B – 11, 13, 18, 20, 25 and 27	
4.	November, 2011 A – 2, 3, 9, 14, and 16 B – 1, 3, 8, 15 and 17	

Note: Physical Exercise and the other Personality Development Activity classes will be suspended during the periods given below: -

1. Mid Semester Examination September 12 – 17, 2011.
2. Mid Semester Recess October 01 – 09, 2011
3. CPA classes end on November 17, 2011
4. End Semester Examination November 21 – 30, 2011
5. Institute holidays on August 15, 22, 31, October 26 and November 07 and 10, 2011.

1. All students should come in proper kit prescribed by the Dean of Students Affairs.
2. Kit -Shorts (white), T-shirt and Sports shoes.

PE – 102 Course Physical Exercise Classes will be conducted similarly during January 2011 - April 2011 and the dates for the classes will be announced later.

(P Shunmugaraj)
Faculty In-charge,
PE Section