



ELITENET ACHIEVERS
PHYSICAL EDUCATION ACADEMY
PTI RECRUITMENT TIMETABLE
14th September 2026 – 28th October 2026



DAY	DATE	WEEK DAY	TOPIC
1	14 Sep 2026	Monday	Physical Education – Meaning, Definition, Aim & Objectives
2	15 Sep 2026	Tuesday	Need, Importance and Development of Physical Education
3	16 Sep 2026	Wednesday	History of Physical Education
4	17 Sep 2026	Thursday	Physical Education in India before and after Independence
5	18 Sep 2026	Friday	Human Body – Skeletal System
6	19 Sep 2026	Saturday	Circulatory System
7	20 Sep 2026	Sunday	Respiratory System
8	21 Sep 2026	Monday	Muscular System
9	22 Sep 2026	Tuesday	Nervous System
10	23 Sep 2026	Wednesday	Digestive System
11	24 Sep 2026	Thursday	Endocrine & Excretory Systems
12	25 Sep 2026	Friday	Kinesiology – Meaning and definition, Planes & Axis
13	26 Sep 2026	Saturday	Joints & Types of Movements
14	27 Sep 2026	Sunday	Biomechanics: Meaning & definition, Motion & Laws of Motion
15	28 Sep 2026	Monday	Force, Equilibrium, Centre of Gravity & Stability
16	29 Sep 2026	Tuesday	Levers: Their mechanical advantage and Application in Sports
17	30 Sep 2026	Wednesday	Projectile and principles of projections
18	1 Oct 2026	Thursday	Posture & Postural Deformities with corrective exercises
19	2 Oct 2026	Friday	Sports Psychology – Meaning, Learning – Laws & Theories
20	3 Oct 2026	Saturday	Theories of Learning & psychological factors affecting sports performance
21	4 Oct 2026	Sunday	Play – Meaning & its Theories
22	5 Oct 2026	Monday	Motivation & Its Types
23	6 Oct 2026	Tuesday	Stress, Anxiety & Tension, Aggression
24	7 Oct 2026	Wednesday	Sociology & importance in Physical Education and sports
25	8 Oct 2026	Thursday	Sports Training – Meaning, Aim & Objectives, Principles of Sports Training



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DAY	DATE	WEEK DAY	TOPIC
26	09 Oct 2026	Friday	Training Methods & Training Load
27	10 Oct 2026	Saturday	Physical Fitness – Meaning & Importance
28	11 Oct 2026	Sunday	Components of Physical Fitness
29	12 Oct 2026	Monday	Meaning of Health Education and its objectives
30	13 Oct 2026	Tuesday	Balanced Diet & Nutrients – Carbohydrates, Proteins, Fats, Vitamins & Minerals
31	14 Oct 2026	Wednesday	Nutrients of balance diet and its effect on human body
32	15 Oct 2026	Thursday	Communicable & Non-Communicable Diseases & Mode of transmissions
33	16 Oct 2026	Friday	Symptoms & prevention of spread of communicable diseases
34	17 Oct 2026	Saturday	Doping & Substance Abuse
35	18 Oct 2026	Sunday	Effect of alcohol, Tobacco and drugs on sportsperson
36	19 Oct 2026	Monday	First Aid & common sports injuries Causes, Prevention & Management
37	20 Oct 2026	Tuesday	Yoga – Meaning, types of Yoga, Ashtanga yoga
38	21 Oct 2026	Wednesday	Asanas, Pranayama, Shatkarma & Yogic Diet
39	22 Oct 2026	Thursday	Folk Games of Punjab
40	23 Oct 2026	Friday	ICT
41	24 Oct 2026	Saturday	Test, Measurement & Evaluation
42	25 Oct 2026	Sunday	Sports awards
43	26 Oct 2026	Monday	Games History, measurement and rules
44	27 Oct 2026	Tuesday	Games History, measurement and rules
45	28 Oct 2026	Wednesday	Games History, measurement and rules

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