

KVA DAV College for Women, Karnal

Lesson Plan For The Even Semester (February to May, 2023)

Name of the Teacher – Dr. Suman
Class- B.A. 2nd Semester
Subject- Health and Physical Education

February,2023 1st Week 1Feb-4 Feb	(P) Introduction of Syllabus, Meaning and Definition of Health Education, Aim and Objectives of Health Education, Scope of Health Education, (P) Name of Human Bones
5Feb, 2023	Guru RavidasJayanti, Sunday
2ndWeek 6Feb -11Feb	Importance of Health Education in Modern Society, Meaning of First Aid ,Aim and Objectives of First Aid,(P) Identification of Human Bones
12Feb, 2023	Sunday
3rd Week 13Feb -17 Feb	(P) Identification of Human Bones, General Principles of First Aid ,First Aid for Snake Biting, Drowning and Electric shock, Burns,(P) Revision on Human Bones,(P) Oral Test
18 Feb, 2023 19 Feb,2023	MahaShivaratri Sunday
4th Week 20Feb -25 Feb	Bleeding and Nose Bleeding, Revision work, Unit 2: Pre Independence Historical Development of Physical Education,(P) Revision on Human Bones
26 Feb, 2023	Sunday
5th Week 27 Feb -28 Feb	Post Independence of Physical Education in India, Post Independence of Physical Education in India, Indian Olympic Association, Sports Authority of India,(P) Ground Specification of Kho-Kho,

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March, 2023 1 st Week 1March -4 March	S.A.I., NSNIS, YMCA, Haryana Sports Policy, (P) General Rules and Skills of Kho-Kho, National Sports Policy
2 nd Week 5 March -12 March, 2023	Holi Break
3 rd Week 13 March-18 March	National Sports Policy, Revision work ,Test of Unit 1 and Unit 2, (P) GroundSpecification of Badminton
19 March,2023	Sunday
4 th Week 20March-25 March	Unit 3: Meaning & Definition of Physical fitness, Importance of Physical fitness, Components of Physical fitness, (P) General Rules and Skills of Badminton
23 March, 2023	ShaheediDiwas/Martyrdom Day of Bhagat Singh, Rajguru&Sukhdev
26 March, 2023	Sunday
30 March, 2023	Ram Navmi
5 th Week 27 March- 31 March	Components of Physical fitness,

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April, 2023 1 st Week 1 April, 2023	Principles of Physical fitness ,Factors influencing Physical fitness,(P) GroundSpecification of Cricket
2 April, 2023	Sunday
2 nd Week 3 April -8 April	Factors influencing Physical fitness, Meaning of Isometric, Isotonic and Isokmetic exercise, Revision work , (P) General Rules and Skill of cricket
4 April, 2023 9 April, 2023	MahavirJayanti Sunday
3 rd Week 10April - 15April	Unit 4: Anatomy of Human Bone, Types of Human Bones , (P) Revision workof Kho-kho ,(P) Revision work of Badminton
14 April, 2023 16 April, 2023	Vaisakhi/Dr. B.R. AmbedkarJayanti Sunday
4 th Week 17 April -21 April	Sessional Exams
22 April, 2023 23 April, 2023	Id-Ul-Fitr/ParshuramJayanti Sunday
5 th Week 24 April -29 April	Functions of bones, Meaning and Types of Joints
30 April, 2023	Sunday

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May, 2023 1 st Week 1 May -6 May	Meaning and Types of Joints, (P) Revision work
7 May, 2023	Sunday
2 nd Week 8 May -13 May	Revision theory and practical
14 May, 2023	Sunday
17 May,2023 Onwards	University Examinations

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Lesson Plan For The Even Semester (February to May, 2023)

Name of the Teacher – Dr. Suman
Class- B.A. 4th Semester
Subject- Health and Physical Education

February,2023 1st Week 1Feb-4 Feb	(P) Introduction of Syllabus, Meaning of worming Up, Types of Worming Up ,Significance of worming Up, (P) Meaning of B.M.I.,
5Feb, 2023	Guru RavidasJayanti, Sunday
2ndWeek 6Feb -11Feb	Significance of worming Up, Meaning of Cooling down, Types of cooling down,Significance of Cooling down, (P) Normal Range of B.M.I. for children
12Feb, 2023	Sunday
3rd Week 13Feb -17 Feb	Methods of Worming up and Cooling down, Physiological Aspects of Wormingup and Cooling down, (P) Normal Range of B.M.I. for men and women
18 Feb, 2023 19 Feb,2023	MahaShivaratri Sunday
4th Week 20Feb -25 Feb	Unit 2: Meaning of Psychology and Sports Psychology, Need and importance ofSports Psychology, Meaning of Learning,(P) Revision of B.M.I.
26 Feb, 2023	Sunday
5th Week 27 Feb -28 Feb	Law of Learning, Meaning and types of learning curves, (P) Practice how tocalculate B.M.I.

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Lesson Plan For The Even Semester (February to May, 2023)

Name of the Teacher – Dr. Suman
Class- B.A. 4th Semester
Subject- Health and Physical Education

March, 2023 1stWeek 1March -4 March	Meaning and types of learning curves, Revision work of Unit 2 ,Test of Unit 1 and unit 2, (P) Ground Specifications of Basket Ball, Unit 3: Ancient OlympicGames
2nd Week 5 March -12 March, 2023	Holi Break
3rdWeek 13 March-18 March	Unit 3: Ancient Olympic Games, Modern Olympic Games, (P) General Rules ofBasket Ball
19 March,2023	Sunday
4thWeek 20March-25 March	Modern Olympic Games ,Asian Games ,Commonwealth Games,(P) General Skills of Basket Ball
23 March, 2023	ShaheediDiwas/Martyrdom Day of Bhagat Singh, Rajguru&Sukhdev
26 March, 2023	Sunday
30 March, 2023	Ram Navmi
5th Week 27 March- 31 March	Revision work, Unit test 3

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Lesson Plan For The Even Semester (February to May 2023)

Name of the Teacher – Dr. Suman
Class- B.A. 4th Semester
Subject- Health and Physical Education

April, 2023 1 st Week 1 April, 2023	Unit 4: Respiratory System, Structure of Respiratory organs,(P) Ground Specifications of Kabbadi
2 April, 2023	Sunday
2 nd Week 3 April -8 April	Structure of Respiratory organs, ,(P) General Skills of kabbadi, Ground Specifications of Football
4 April, 2023 9 April, 2023	MahavirJayanti Sunday
3 rd Week 10April - 15April	Effects of exercise on Respiratory system, Physiology of Respiratory System
14 April, 2023 16 April, 2023	Vaisakhi/Dr. B.R. AmbedkarJayanti Sunday
4 th Week 17 April -21 April	Sessional Exams
22 April, 2023 23 April, 2023	Id-UI-Fitr/ParshuramJayanti Sunday
5 th Week 24 April -29 April	Tidal Volume, Residual Volume and total Lungs capacity, (P) General Rulesand skills of Football
30 April, 2023	Sunday

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Lesson Plan for the Even Semester (February to May, 2023)

Name of the Teacher – Dr. Suman
Class- B.A. 4th Semester
Subject- Health and Physical Education

May, 2023 1 st Week 1 May -6 May	Revision work, Practice of Respiratory system Diagram , Unit test 4,
7 May, 2023	Sunday
2 nd Week 8 May -13 May	Revision of syllabus (P) Revision work
14 May, 2023	Sunday
17 May,2023 Onwards	University Examinations

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Lesson Plan For The Even Semester (February to May, 2023)

Name of the Teacher – Dr. Suman
Class- B.A. 6th Semester
Subject- Health and Physical Education

February,2023 1 st Week 1Feb-4 Feb	Introduction of Syllabus, (P) Judo, Meaning of Motivation, Definition of Motivation, Types of Motivation
5Feb, 2023	Guru RavidasJayanti, Sunday
2 nd Week 6Feb -11Feb	(P) Self Defense, Importance of Motivation in Physical Education, Meaning of Socialization
12Feb, 2023	Sunday
3 rd Week 13Feb -17 Feb	Socialization through Sports, (P) First Aid, Effects of Social Behaviour on the performance of Sports persons
18 Feb, 2023 19 Feb,2023	MahaShivaratri Sunday
4 th Week 20Feb -25 Feb	Effects of Social Behaviour on the performance of Sports persons Revisionwork,(P) First Aid,(P) Items of First Aid
26 Feb, 2023	Sunday
5 th Week 27 Feb -28 Feb	Unit 2: Meaning of Sports Training, Factors Affecting Sports Training, Factors Affecting Sports Training

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Lesson Plan For The Even Semester (February to May, 2023)

Name of the Teacher – Dr. Suman
Class- B.A. 6th Semester
Subject- Health and Physical Education

March, 2023 1stWeek 1March -4 March	(P) First Aid for different injuries, Factors Affecting Sports Training, Circuittraining
2nd Week 5 March -12 March, 2023	Holi Break
3rdWeek 13 March-18 March	Interval training, Revision work, (P) Group Discussion, Continuous Training, Meaning of Doping
19 March,2023	Sunday
4thWeek 20March-25 March	Meaning of Doping, Types of Doping, (P) Types of Bandages
23 March, 2023	ShaheediDiwas/Martyrdom Day of Bhagat Singh, Rajguru&Sukhdev
26 March, 2023	Sunday
30 March, 2023	Ram Navmi
5th Week 27 March- 31 March	(P) Types of Bandages, Types of Doping

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Name of the Teacher – Dr. Suman
Class- B.A. 6th Semester
Subject- Health and Physical Education

April, 2023 1 st Week 1 April, 2023	Effects of Doping on Health, Revision work,(P) Types of Bandages
2 April, 2023	Sunday
2 nd Week 3 April -8 April	Test of Unit 1 and Unit 2 ,Unit 3: Meaning and Definition of Sports, (P) Types of Bandages, Biomechanics, Importance of Biomechanics in Sports
4 April, 2023 9 April, 2023	MahavirJayanti Sunday
3 rd Week 10April - 15April	(P) Types of Arm Stings ,Law of Motion ,Meaning and types of Lever ,Unit test3
14 April, 2023 16 April, 2023	Vaisakhi/Dr. B.R. AmbedkarJayanti Sunday
4 th Week 17 April -21 April	Sessional Exams
22 April, 2023 23 April, 2023	Id-Ul-Fitr/ParshuramJayanti Sunday
5 th Week 24 April -29 April	Types of Arm Stings, Revision , Unit 4: Meaning of Digestive System, Organsof Digestive System ,Structure of Digestive System
30 April, 2023	Sunday

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Class- B.A. 6th Semester
Subject- Health and Physical Education

May, 2023 1 st Week 1 May -6 May	(P) Group Discussion, Structure of Digestive System, Mechanism of Digestive System, Effect of exercise on Digestive System, (P) Revision work, Practice ofDiagrams, Revision of Unit 4, Unit test 4
7 May, 2023	Sunday
2 nd Week 8 May -13 May	Revision of syllabus (P) Revision work
14 May, 2023	Sunday
17 May,2023 Onwards	University Examinations