

Lesson Plan Format

Name of the Assistant Professor: Dr. Suman

Class and Section: B.A. II Sem. (Health and Physical Education)

Subject Lesson Plan: 18 Week from (January to April,2018)

Week 1		
W.D.Date (1)1.1.1	January	Introduction to Syllabus
		Unit 1: Health & Physical Education
1.2.2		Introduction of Health Education
1.3.3		Definition & Meaning of Health Education
1.4.4		.Aims & Objectives of Health Education
1.6.6	-	Practical –Badminton game ground specifications
(2)2.1.8		Objectives of Health Education.
2.2.9		Scope of Health Education- <i>to be continue</i>
2.3.10		Scope of Health Education
2.4.11		Importance of Health Education in modern society- <i>to be continue</i>
2.5.12	-	Practical –Badminton game general rules
2.6.13	-	Practical –Badminton game general skills
(3)3.1.15		Importance of Health Education in modern society
3.2.16		Meaning of First Aid.
3.3.17		Aim, Objectives of First Aid- <i>to be continue</i>
3.4.18		Aim, Objectives of First Aid
3.5.19	-	Practical – Practice of Badminton basic skills
3.6.20	-	Practical conduct Badminton Matches among students.
(4)4.2.23		General Principles of First Aid.
4.4.25		First Aid for Common injuries.
4.6.27		First Aid for Bleeding
(5)5.1.29		First Aid for Burns
5.2.30		First Aid for Electric Shock
(6)1.4.1	February	First Aid for Drowning
1.5.2	-	Practical conduct Badminton Matches among students.
1.6.3	-	Practical conduct Badminton Matches among students.
(7)2.1.5		First Aid for Snake Bite
2.2.6		Tutorial Class
2.3.7		Unit test
		Unit –II Historical Prospects of Physical Education
2.4.8		Introduction of Historical Prospects of Physical Education
2.5.9	-	Practical –Kho-Kho game Introduction
(8)3.1.12		Pre-independence historical development of Physical Education in India- <i>to be continue</i>
3.3.14		-to be continue.
3.4.15		Pre-independence historical development of Physical Education in India
3.5.16	-	Practical –Kho-Kho game ground specifications
3.6.17	-	Practical –Kho-Kho game general rules
(9)4.1.19		Post – independence historical development of Physical Education in India- <i>to be</i>

		<i>continue.</i>
4.2.20		Post – independence historical development of Physical Education in India
4.3.21		Preparation and conduct of College Annual Sports Meet
4.4.22		-----do-----
4.5.23	-	-----do-----
4.6.24	-	-----do-----
(10)5.1.26		-----do-----
5.2.27		-----do-----
(11)2.1.5	March	Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India.
2.2.6		Role of IOA in the development of Physical Education and Sports in India.
2.3.7		Role of SAI in the development of Physical Education and Sports in India.
2.4.8		Role of NSNIS in the development of Physical Education and Sports in India.
2.5.9		Role of YMCA in the development of Physical Education and Sports in India.
2.6.10		Sports Policy of Haryana State
(12)3.1.12		National Sports Policy- <i>to be continue</i>
3.2.13		National Sports Policy
3.3.14		Tutorial Class
3.4.15		Unit Test
		Unit IV Introduction to Human Anatomy and Physiology
3.5.16	-	Practical – Kho-Kho game general skills
3.6.17	-	Practical – Practice of Kho-Kho basic skills
(13)4.1.19		Introduce Human Skeleton System
4.2.20		Anatomy of Human Bone
4.3.21		Types of bones in Human Body- <i>to be continue</i>
4.4.22		Types of bones in Human Body
4.6.24		Meaning and types of joints in Human Body.- <i>to be continue</i>
(14)5.1.26		Types of joints in Human Body
5.2.27		Types of synovial joints in Human Body.- <i>To be Continue</i>
5.3.28		Types of synovial joints in Human Body
5.5.30	-	Practical conduct Kho-Kho Matches among students.
5.6.31	-	Practical conduct Kho-Kho among students.
(15)1.1.2	April	Tutorial Class
1.2.3		Unit test
		Unit III Introduction to Physical Fitness
1.3.4		Introduction of Physical Fitness
1.4.5		Meaning, definition of Physical Fitness
1.5.6	-	Practical-Name and identification of bones in Human Body
1.6.7	-	Practical-Name and identification of bones in Human Body
(16)2.1.9		Importance of Physical Fitness
2.2.10		Components of Physical Fitness- <i>To be continue</i>
2.3.11		Components of Physical Fitness
2.4.12		Principles of Physical Fitness- <i>to be continue</i>
2.5.13	-	Practical - Shot Put Measurements.

(17)3.1.16		Principles of Physical Fitness
3.2.17		Factors influencing of Physical Fitness.- <i>to be continue</i>
3.3.19		Meaning of Isometric exercises
3.4.20		Meaning of Isotonic exercises
3.5.21	-	Practical - Shot Put Basic Techniques
(18)4.1.23		Meaning of Isokinetic exercises
4.2.24		Tutorial Class
4.3.25		Unit test
4.4.26		Practical- Types of Starts - Crouch Start
4.5.27	-	Practical- Types of Starts - standing starts
4.6.28	-	Practical- Types of Starts - Crouch Start and standing starts Basic Technique.

Lesson Plan Format

Name of the Assistant Professor: Dr. Suman

Class and Section: B.A. IV Sem. (Health and Physical Education)

Subject Lesson Plan: 18 Week from (January to April,2018)

Week 1		
Unit 1: Health & Physical Education		
W.D.Date	January	Semester (Health & Physical Education)
(1)1.1.1		Introduction to Syllabus
		Unit-1 Warming Up and Cooling Down:
1.2.2		Meaning of warming up
1.3.3		Types of warming up
1.4.4		Significance of warming up
1.6.6	-	Practical-Measurement of Body Mass Index (Normal Range of B.M.I for Children)
(2)2.1.8		Meaning of cooling down.
2.2.9		Types of cooling down.
2.3.10		Significance of cooling down.
2.4.11		Methods of warming up.
2.5.12	-	Practical- Measurement of Body Mass Index (Normal Range of B.M.I for Women and Men)
2.6.13	-	Practical- Basketball game introduction
(3)3.1.15		Methods of cooling down.
3.2.16		Tutorial Class
3.3.17		Unit test
		Unit - IV Anatomy and Physiology of Human Body System
3.4.18		Introduction of Respiratory System.
3.5.19	-	Practical- Basketball game ground specifications
3.6.20	-	Practical- Basketball game general rules.
(4)4.2.23		Structure of Respiratory Organs- <i>to be continue.</i>
4.4.25		Structure of Respiratory Organs.
4.6.27		Physiology of respiratory System- <i>to be continue</i>
(5)5.1.29		Physiology of respiratory System
5.2.30		Effect of exercise on respiratory System- <i>to be continue</i>
(6)1.4.1	February	Effect of exercise on respiratory System
1.5.2	-	Practical- Basketball game general skills
1.6.3	-	Practical- Basketball game general skills Practice
(7)2.1.5		Terminology of respiration: Tidal Volume etc.
2.2.6		Terminology of respiration: Residual Volume etc. Terminology of respiration: Total Lung Capacity etc.
2.3.7		Tutorial Class
2.4.8		Unit test
		Unit –II Psychological aspects of Physical Education:
2.5.9		Introduction of Psychology, Sports Psychology and its aspects.
(8)3.1.12		Meaning of Psychology and sports Psychology
3.3.14		Need of sports psychology

3.4.15		Importance of sports psychology
3.5.16	-	Practical- Basketball game match among students
3.6.17	-	Practical- Basketball game match among students
(9)4.1.19		Learning: meaning
4.2.20		Learning laws
4.3.21		Preparation and conduct of College Annual Sports Meet
4.4.22		-----do-----
4.5.23	-	-----do-----
4.6.24	-	-----do-----
(10)5.1.26		-----do-----
5.2.27		-----do-----
(11)2.1.5	March	Learning curve
2.2.6		Tutorial Class
2.3.7		Unit test
2.4.8		Unit –III Major Sports Events
2.5.9		Introduction of Major Sports events
2.6.10		Ancient Olympic Games- <i>to be continue</i>
(12)3.1.12		Ancient Olympic Games- <i>to be continue</i>
3.2.13		Ancient Olympic Games- <i>to be continue</i>
3.3.14		Ancient Olympic Games.
3.4.15		Modern Olympic Games- <i>to be continue</i>
3.5.16	-	Practical- Basketball game Practice
3.6.17	-	Practical- Basketball game Practice
(13)4.1.19		Modern Olympic Games- <i>to be continue</i>
4.2.20		Modern Olympic Games- <i>to be continue</i>
4.3.21		Modern Olympic Games- <i>to be continue</i>
4.4.22		Modern Olympic Games.
4.6.24		Asian Games- <i>to be continue</i>
(14)5.1.26		Asian Games- <i>to be continue</i>
5.2.27		Asian Games.
5.3.28		Common Wealth Games- <i>to be continue</i>
5.5.30	-	Practical- Kabaddi Introduction
5.6.31	-	Practical- Kabaddi game ground specifications
(15)1.1.2	April	Common Wealth Games- <i>to be continue</i>
1.2.3		Common Wealth Games- <i>to be continue</i>
1.3.4		Common Wealth Games
1.4.5		Tutorial Class
1.5.6	-	Practical- Kabaddi game general rules.
1.6.7	-	Practical- Kabaddi game general skills
(16)2.1.9		Tutorial Class
2.2.10		Unit test
2.3.11		Practical- Kabaddi game general skills Practice
2.4.12		Practical- Kabaddi game general skills Practice
2.5.13	-	Practical- Organise Kabaddi Match among Students
(17)3.1.16		Organise Kabaddi Match among Students

3.2.17		Organise Kabaddi Match among Students
3.3.19		Practical- Discus throw Specifications skills
3.4.20		Practical- Discus throw general rules
3.5.21	-	Practical- Discus throw general skills
(18)4.1.23		Practical- Discus throw general skills Practice
4.2.24		Practical- Long Jump Specifications skills
4.3.25		Practical- Long Jump general rules
4.4.26		Practical- Long Jump general skills
4.5.27	-	Practical- Long Jump general skills Practice
4.6.28	-	Practical- Recreational Activities

Lesson Plan Format

Name of the Assistant Professor: Dr. Suman

Class and Section: B.A. VI Sem. (Health and Physical Education)

Subject Lesson Plan: 18 Week from (January to April,2018)

Week 1		
Unit 1: Health & Physical Education		
W.D.Date (1)1.1.1	January	Syllabus Introduction
		Unit-1 Concept of Motivation and Socialization
1.2.2		Introduction of Socialization
1.3.3		Meaning and definition of motivation.
1.4.4		-to be continue
1.6.6	-	Practical- Bhramari
(2)2.1.8		Types of motivation.
2.2.9		Importance of motivation in sports.
2.3.10		-to be continue
2.4.11		Meaning of Socialization.
2.5.12	-	Practical- Anulom Vilom
2.6.13	-	Practical- Kapal Bhati
(3)3.1.15		Socialization through sports.
3.2.16		Effect of social behavior on performance of sports person.
3.3.17		-to be continue
3.4.18		<i>Tutorial Class</i>
3.5.19	-	Practical- Introduce Volleyball Game
3.6.20	-	Practical- Volleyball Ground Specifications
(4)4.2.23		<i>Unit Test</i>
		Unit – IV Anatomy and Physiology
4.4.25		Introduction of Digestive system
4.6.27		Organs of Digestive System <i>-to be continue</i>
(5)5.1.29		<i>-to be continue</i>
5.2.30		<i>-to be continue</i>
(6)1.4.1	February	<i>-to be continue</i>
1.5.2	-	Practical- Volleyball game General rules
1.6.3	-	Practical- Volleyball game General Skill
(7)2.1.5		Structure of Digestive System. - to be continue
2.2.6		Structure of Digestive System
2.3.7		Mechanism of food digestion. <i>- to be continue</i>
2.4.8		Mechanism of food digestion. <i>- to be continue</i>
2.5.9		Mechanism of food digestion.
(8)3.1.12		Effects of exercise on Digestive System. <i>- to be continue</i>
3.3.14		Effects of exercise on Digestive System. <i>- to be continue</i>
3.4.15		Effects of exercise on Digestive System. <i>- to be continue</i>
3.5.16	-	Practical- Volleyball game General Skill Practice
3.6.17	-	Practical- Volleyball game General Skill Practice

(9)4.1.19		Effects of exercise on Digestive System.
4.2.20		Tutorial Class
4.3.21		Preparation and conduct of College Annual Sports Meet
4.4.22		-----do-----
4.5.23	-	-----do-----
4.6.24	-	-----do-----
(10)5.1.26		-----do-----
5.2.27		-----do-----
(11)2.1.5	March	Tutorial Class
2.2.6		Unit test
		Unit – III Concept of Sports Biomechanics
2.3.7		Introduction of Biomechanics and sports Biomechanics
2.4.8		Meaning and definition of sports biomechanics
2.5.9		Importance of Biomechanics in Sports –to be continue
2.6.10		- to be continue.
(12)3.1.12		Newton’s Laws of motion.
3.2.13		Newton’s Laws of motion application in sports
3.3.14		Meaning Lever
3.4.15		Types of Lever and their application in Sports
3.5.16	-	Practical- History of Athletics
3.6.17	-	Practical- Latest Rules of Athletics
(13)4.1.19		Tutorial Class
4.2.20		Unit Test
		Unit- II Concept of Sports Training and Doping
4.3.21		Introduction of sports training
4.4.22		Meaning and definition of sports training
4.6.24		Factors affecting sports training- <i>to be continue</i>
(14)5.1.26		- <i>to be continue</i>
5.2.27		Types of sports training
5.3.28		Circuit training- <i>to be continue</i>
5.5.30	-	Practical- Track Measurements
5.6.31	-	Practical- Field Event Measurement
(15)1.1.2	April	Circuit training
1.2.3		Interval Training
1.3.4		Continuous Training
1.4.5		Doping: it’s Meaning
1.5.6	-	Practical- Self-defense tactics Practice
1.6.7	-	Practical- Self-defense tactics Practice
(16)2.1.9		Doping types- <i>to be continue</i>
2.2.10		Doping types
2.3.11		Doping effects on health- <i>to be continue</i>
2.4.12		Doping effects on health- <i>to be continue</i>
2.5.13	-	Practical- Self-defense tactics Practice
(17)3.1.16		Doping effects on health
3.2.17		Tutorial class

3.3.19		<i>Unit test</i>
3.4.20		Introduce First aid for different injuries and circumstances
3.5.21	-	Practical- Practical use of Bandages
(18)4.1.23		First aid for different injuries and circumstances
4.2.24		First aid for different injuries and items of First aid box and their uses
4.3.25		Practical use of Bandages
4.4.26		Practical use of Bandages
4.5.27	-	Practical- Recreational Activities
4.6.28	-	Practical- Recreational Activities