

KVA DAV College for Women, Karnal

Lesson plan for the Even semester (April, 2022 to July, 2022)

Name of the Teacher – Dr.Suman

Subject- Health and Physical Education

Class- B.A 2nd semester

April, 2022 2nd Week 4 April -9 April	(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
10 April, 2022	Sunday
3rd Week 11 April-16 April	Importance of Health Education in Modern Society, Meaning of First Aid ,Aim and Objectives of First Aid,(P) Identification of Human Bones
14 April, 2022 17 April, 2022	Vaisakhi Sunday
4th Week 18 April- 23 April	(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
24 April, 2022	Sunday
5th Week 25 April -30 April	Bleeding and Nose Bleeding, Revision work, Unit 2: Pre Independence Historical Development of Physical Education,(P) Revision on Human Bones
1 May, 2022	Sunday
May 2022 1st Week 2 May -7 May	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,
3 May , 2022 8 May , 2022	Eid-ul-Fitr Sunday
2nd Week 9 May -14 May	S.A.I., NSNIS, YMCA, Haryana Sports Policy, (P) General Rules and Skills of Kho-Kho, National Sports Policy
15 May, 2022	Sunday
3rd Week 16 May-21 May	National Sports Policy, Revision work ,Test of Unit 1 and Unit 2, (P) Ground Specification of Badminton

KVA DAV College for Women, Karnal

Lesson plan for the Even semester (April, 2022 to July, 2022)

Name of the Teacher – Dr.Suman

Subject- Health and Physical Education

Class- B.A 2nd semester

22 May, 2022	Sunday
May, 2022 4 th Week 23 May--28 May	Sessionals Unit 3: Meaning & Definition of Physical fitness, Importance of Physical fitness, Components of Physical fitness, (P) General Rules and Skills of Badminton
29 May, 2022	Sunday
5 th Week 30 May -31 May	Components of Physical fitness,
June 2022 1 st week 1 June - 4 June	Principles of Physical fitness ,Factors influencing Physical fitness,(P) Ground Specification of Cricket
2 June, 2022 5 June, 2022	Maharana Pratap Jayanti Sunday
2 nd Week 6 June –11 June	Factors influencing Physical fitness, Meaning of Isometric, Isotonic and Isokmetic exercise, Revision work , (P) General Rules and Skill of cricket
3 rd Week 13 June-18 June	Unit 4: Anatomy of Human Bone, Types of Human Bones, (P) Revision work of Kho-kho,(P) Revision work of Badminton
4 th Week 20 June-25 June	Functions of bones, Meaning and Types of Joints
5 th Week 27 June-30 June	Meaning and Types of Joints, (P) Revision work
July 2022 1 st Week 1 July-2 July	Revision theory and practical
2 nd Week 4 July-9 July	Revision theory and practical
3 rd Week 11 July-16 July	Revision theory and practical

KVA DAV College for Women, Karnal

Lesson plan for the Even semester (April, 2022 to July, 2022)

Name of the Teacher – Dr.Suman

Subject- Health and Physical Education

Class- B.A 4th semester

April, 2022 2 nd Week 4 April -9 April	(P) Introduction of Syllabus, Meaning of warming Up, Types of Warming Up ,Significance of warming Up, (P) Meaning of B.M.I.,
10 April, 2022	Sunday
3 rd Week 11 April-16 April	Significance of warming Up, Meaning of Cooling down, Types of cooling down, Significance of Cooling down, (P) Normal Range of B.M.I. for children
14 April, 2022 17 April, 2022	Vaisakhi Sunday
4 th Week 18 April- 23 April	Methods of Warming up and Cooling down, Physiological Aspects of Warming up and Cooling down, (P) Normal Range of B.M.I. for men and women
24 April, 2022	Sunday
5 th Week 25 April -30 April	Unit 2: Meaning of Psychology and Sports Psychology, Need and importance of Sports Psychology, Meaning of Learning,(P) Revision of B.M.I.
1 May, 2022	Sunday
May 2022 1 st Week 2 May -7 May	Law of Learning, Meaning and types of learning curves, (P) Practice how to calculate B.M.I.
3 May , 2022 8 May , 2022	Eid-ul-Fitr Sunday
2 nd Week 9 May -14 May	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 Olympic Games
15 May, 2022	Sunday
3 rd Week 16 May-21 May	Unit 3: Ancient Olympic Games, Modern Olympic Games, (P) General Rules of Basket Ball

KVA DAV College for Women, Karnal

Lesson plan for the Even semester (April, 2022 to July, 2022)

Name of the Teacher – Dr.Suman

Subject- Health and Physical Education

Class- B.A 4th semester

22 May, 2022	Sunday
May, 2022 4 th Week 23 May--28 May	Sessionals Modern Olympic Games ,Asian Games ,Commonwealth Games,(P) General Skills of Basket Ball
29 May, 2022	Sunday
5 th Week 30 May -31 May	Revision work, Unit test 3
June 2022 1 st week 1 June - 4 June	Unit 4: Respiratory System, Structure of Respiratory organs, (P) Ground Specifications of Kabbadi
2 June, 2022 5 June, 2022	Maharana Pratap Jayanti Sunday
2 nd Week 6 June –11 June	Structure of Respiratory organs, ,(P) General Skills of kabbadi, Ground Specifications of Football
3 rd Week 13 June-18 June	Effects of exercise on Respiratory system, Physiology of Respiratory System
4 th Week 20 June-25 June	Tidal Volume , Residual Volume and total Lungs capacity, (P) General Rules and skills of Football
5 th Week 27 June-30 June	Revision work, Practice of Respiratory system Diagram , Unit test 4,
July 2022 1 st Week 1 July-2 July	Revision of syllabus
2 nd Week 4 July-9 July	Revision of syllabus
3 rd Week 11 July-16 July	(P) Revision work

KVA DAV College for Women, Karnal

Lesson plan for the Even semester (April, 2022 to July, 2022)

Name of the Teacher – Dr.Suman

Subject- Health and Physical Education

Class- B.A 6th semester

April, 2022 2nd Week 4 April -9 April	Introduction of Syllabus, (P) Judo, Meaning of Motivation, Definition of Motivation, Types of Motivation
10 April, 2022	Sunday
3rd Week 11 April-16 April	(P) Self Defense, Importance of Motivation in Physical Education, Meaning of Socialization
14 April, 2022 17 April, 2022	Vaisakhi Sunday
4th Week 18 April- 23 April	Socialization through Sports, (P) First Aid, Effects of Social Behaviour on the performance of Sports persons
24 April, 2022	Sunday
5th Week 25 April -30 April	Effects of Social Behaviour on the performance of Sports persons ,Revision work,(P) First Aid,(P) Items of First Aid
1 May, 2022	Sunday
May 2022 1st Week 2 May -7 May	Unit 2: Meaning of Sports Training, Factors Affecting Sports Training, Factors Affecting Sports Training
3 May , 2022 8 May , 2022	Eid-ul-Fitr Sunday
2nd Week 9 May -14 May	(P) First Aid for different injuries, Factors Affecting Sports Training, Circuit training
15 May, 2022	Sunday
3rd Week 16 May-21 May	Interval training, Revision work, (P) Group Discussion, Continuous Training, Meaning of Doping

KVA DAV College for Women, Karnal

Lesson plan for the Even semester (April, 2022 to July, 2022)

Name of the Teacher – Dr.Suman

Subject- Health and Physical Education

Class- B.A 6th semester

22 May, 2022	Sunday
May, 2022 4 th Week 23 May--28 May	Sessionals Meaning of Doping,Types of Doping,(P) Types of Bandages
29 May, 2022	Sunday
5 th Week 30 May -31 May	(P) Types of Bandages, Types of Doping
June 2022 1 st week 1 June - 4 June	Effects of Doping on Health, Revision work,(P) Types of Bandages
2 June, 2022 5 June, 2022	Maharana Pratap Jayanti Sunday
2 nd Week 6 June –11 June	Test of Unit 1 and Unit 2 ,Unit 3: Meaning and Definition of Sports, (P) Types of Bandages, Biomechanics, Importance of Biomechanics in Sports
3 rd Week 13 June-18 June	(P) Types of Arm Stings ,Law of Motion ,Meaning and types of Lever ,Unit test 3
4 th Week 20 June-25 June	Types of Arm Stings, Revision , Unit 4: Meaning of Digestive System , Organs of Digestive System ,Structure of Digestive System
5 th Week 27 June-30 June	(P) Group Discussion, Structure of Digestive System , Mechanism of Digestive System,
July 2022 1 st Week 1 July-2 July	Effect of exercise on Digestive System, (P) Revision work , Practice of Diagrams, Revision of Unit 4, Unit test 4
2 nd Week 4 July-9 July	Revision of syllabus
3 rd Week 11 July-16 July	(P) Revision work