**Lesson Plan Format**

**Name of the Assistant Professor:** Dr. Kuldeep Singh

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

**Subject Lesson Plan:** 15 Week from (1 October, 2021 to 25 Jan., 2022)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sr.No** | **Subject** | **Class** | **Topic /Chapter to be covered** | | | **Other activity** |
| **1** | **Health and Physical Education** | **B.A.-I** | **Week 1** | **Month** | **Topic to be Covered** |  |
|  |  |  | October  Week (1) | Oct. | Introduction of Subject. |  |
|  |  |  | 1 |  | **Introduction & Importance of Physical Education.** |  |
|  |  |  | 1 |  | Meaning, definition of Physical Education. |  |
|  |  |  | 1 |  | Scope of Physical Education. |  |
|  |  |  | 1 | **-** | ---to be continue |  |
|  |  |  | Week (2) |  | Practical work |  |
|  |  |  | 2 |  | Relationship of Physical Education with General Education |  |
|  |  |  | 2 |  | Aim, Objectives and Importance of Physical Education in modern society. |  |
|  |  |  | 2 |  | Importance of Physical Education in modern society. |  |
|  |  |  | 2 | - | Misconceptions regarding Physical Education |  |
|  |  |  | Week (3) | - | ---to be continue--- |  |
|  |  |  | 3 |  | Practical work |  |
|  |  |  | 3 |  | **Introduction of Health & Hygiene** |  |
|  |  |  | 3 |  | ---to be continue--- |  |
|  |  |  | 3 |  | Practical work |  |
|  |  |  | Week (4) | - | Meaning, definition of Health. |  |
|  |  |  | 4 | - | Importance of Health. |  |
|  |  |  | 4 |  | Factors influencing Health. |  |
|  |  |  | 4 |  | Meaning and importance of Personal Hygiene |  |
|  |  |  | 4 |  | --to be continue-- |  |
|  |  |  | Nov.  Week (1)  5 | Nov. | Practical work | 13&14 Nov. Children Day |
|  |  |  | 5 |  | Hygiene of various body parts |  |
|  |  |  | 5 |  | --to be continue-- |  |
|  |  |  | 5 |  | Factors influencing Personal Hygiene |  |
|  |  |  | Week (2)  6 |  | --to be continue-- |  |
|  |  |  | 6 |  | Practical work |  |
|  |  |  | 6 |  | Group Discussion among students |  |
|  |  |  | 6 |  | Practice of Yogasana |  |
|  |  |  | 6 |  | Practice of Pranayama |  |
|  |  |  | Week (3)  7 |  | **Introduction to Yoga** |  |
|  |  |  | 7 |  | Yoga – Meaning, Concept |  |
|  |  |  | 7 |  | --to be continue-- |  |
|  |  |  | 7 |  | --to be continue-- |  |
|  |  |  | 7 | - | Practical work |  |
|  |  |  | Week (4)  8 |  | Practical work |  |
|  |  |  | 8 |  | Historical development of Yoga |  |
|  |  |  | 8 |  | --to be continue--- |  |
|  |  |  | 8 |  | --to be continue--- |  |
|  |  |  | 8 | - | Types of Yoga |  |
|  |  |  | Dec.  Week (1)  9 | Dec. | --to be continue-- |  |
|  |  |  | 9 |  | Practical work |  |
|  |  |  | 9 |  | Importance of yoga in healthy living |  |
|  |  |  | 9 |  | Meaning and types of Pranayam |  |
|  |  |  | Week (2)  10 |  | --to be continue--- |  |
|  |  |  | 10 | - | --to be continue--- |  |
|  |  |  | 10 |  | Benefits of Pranayam |  |
|  |  |  | 10 |  | Practical work |  |
|  |  |  | Week (3)  11 |  | --to be continue--- |  |
|  |  |  | 11 |  | **Unit Test**  Debate competition among students on prepared Units |  |
|  |  |  | 11 |  | Practical work |  |
|  |  |  | 11 |  | **Unit-IV**  **Introduction to Human Anatomy and Physiology** |  |
|  |  |  | Week (4)  12 |  | Meaning and definition of Human Anatomy and Physiology |  |
|  |  |  | 12 |  | Importance of Human Anatomy and Physiology in Physical Education |  |
|  |  |  | 12 |  | --to be continue--- |  |
|  |  |  | 12 |  | Introduction about Cell, Tissue |  |
|  |  |  | Jan.  Week (1)  13 | Jan. | Introduction about Organ and System |  |
|  |  |  | 13 | - | --to be continue--- |  |
|  |  |  | 13 | - | Definition of Cell, Tissue, Organ and System |  |
|  |  |  | 13 |  | --to be continue--- |  |
|  |  |  | Jan.22  Week (2)  14 | Jan. | Structure of cell | *National Youth Day on 12 Jan.,2021* |
|  |  |  | 14 |  | --to be continue--- |  |
|  |  |  | 14 |  | Properties of cell |  |
|  |  |  | 14 | - | --to be continue--- |  |
|  |  |  | Week (3)  15 | - | Unit test |  |
|  |  |  | 15 |  | Practical work |  |
| **Note:** Similarly games and sports activities of the college students will be conducted according to the Kurukshetra University Sports calendar schedule and it can hamper the teaching lesson plan. | | | | | | |  |  |  |  | Structure and Properties of Cell |
|  |  |  | --to be continue--- |
|  |  |  | --to be continue--- |
|  |  |  | Properties of Cell |
|  |  |  | --to be continue--- |

**Lesson Plan Format**

**Name of the Assistant Professor:** Dr. Kuldeep Singh

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

**Subject Lesson Plan:** 15 Week from (1 October, 2021 to 25 Jan., 2022)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sr.No** | **Subject** | **Class** | **Topic /Chapter to be covered** | | | **Other activity** |
| **1** | **Health and Physical Education** | **B.A.-I** | **Week 1** | **Month** | **Topic to be Covered** |  |
|  |  |  | October  Week (1) | Oct. | **Unit-1**  **Concept of Safety Education** |  |
|  |  |  | 1 |  | Meaning and need of Safety Education |  |
|  |  |  | 1 |  | --to be continue-- |  |
|  |  |  | 1 |  | Importance of Safety Education |  |
|  |  |  | 1 | **-** | Sports Injuries: Types and causes |  |
|  |  |  | Week (2) |  | Principles for prevention of sports Injuries. |  |
|  |  |  | 2 |  | --to be Continue--- |  |
|  |  |  | 2 |  | General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, |  |
|  |  |  | 2 |  | Recreational Activities |  |
|  |  |  | 2 | - | General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, |  |
|  |  |  | Week (3) | - | --to be Continue--- |  |
|  |  |  | 3 |  | --to be Continue--- |  |
|  |  |  | 3 |  | Fracture and Dislocation of joints |  |
|  |  |  | 3 |  | --to be Continue--- |  |
|  |  |  | 3 |  | Tutorial Lecture |  |
|  |  |  | Week (4) | - | Unit Test |  |
|  |  |  | 4 | - | **Concept of Common Diseases** |  |
|  |  |  | 4 |  | -To be continue |  |
|  |  |  | 4 |  | Meaning of Communicable diseases |  |
|  |  |  | 4 |  | Practical work |  |
|  |  |  | Nov.  Week (1)  5 | Nov. | Meaning of Non – Communicable diseases | 13&14 Nov. Children Day |
|  |  |  | 5 |  | Modes of transmission of communicable diseases. |  |
|  |  |  | 5 |  | Prevention and control of communicable diseases. |  |
|  |  |  | 5 |  | Common diseases: HIV/ AIDS |  |
|  |  |  | Week (2)  6 |  | -To be continue |  |
|  |  |  | 6 |  | Common diseases: Hepatitis |  |
|  |  |  | 6 |  | Common diseases: Dengue |  |
|  |  |  | 6 |  | -to be continue- |  |
|  |  |  | 6 |  | Common diseases: Typhoid |  |
|  |  |  | Week (3)  7 |  | Common diseases: Malaria |  |
|  |  |  | 7 |  | Common diseases: Influenza. |  |
|  |  |  | 7 |  | Allergy related diseases: Asthma |  |
|  |  |  | 7 |  | Allergy related diseases: Sinuses |  |
|  |  |  | 7 | - | Tutorial Lecture |  |
|  |  |  | Week (4)  8 |  | Unit Test |  |
|  |  |  | 8 |  | Group Discussion on covered syllabus |  |
|  |  |  | 8 |  | Recreational activities |  |
|  |  |  | 8 |  | **Concept of Balanced Diet** |  |
|  |  |  | 8 | - | Balanced Diet: Meaning and importance |  |
|  |  |  | Dec.  Week (1)  9 | Dec. | --to be continue-- |  |
|  |  |  | 9 |  | Components of balanced diet and their sources |  |
|  |  |  | 9 |  | --to be continue-- |  |
|  |  |  | 9 |  | --to be continue-- |  |
|  |  |  | Week (2)  10 |  | Factors affecting balanced diet |  |
|  |  |  | 10 | - | Daily calories Requirements |  |
|  |  |  | 10 |  | Junk Food |  |
|  |  |  | 10 |  | --to be continue-- |  |
|  |  |  | Week (3)  11 |  | Harmful effects of Junk Food |  |
|  |  |  | 11 |  | Tutorial Class |  |
|  |  |  | 11 |  | Unit Test |  |
|  |  |  | 11 |  | **Anatomy and Physiology of** Circulatory System |  |
|  |  |  | Week (4)  12 |  | General introduction about Circulatory System |  |
|  |  |  | 12 |  | --to be continue--- |  |
|  |  |  | 12 |  | Structure of Heart |  |
|  |  |  | 12 |  | --to be continue--- |  |
|  |  |  | Jan.  Week (1)  13 | Jan. | Functioning of Heart |  |
|  |  |  | 13 | - | Types of Circulation: Systemic and Pulmonary |  |
|  |  |  | 13 | - | Effects of exercise on Circulatory System |  |
|  |  |  | 13 |  | --to be continue--- |  |
|  |  |  | Jan.22  Week (2)  14 | Jan. | --to be continue--- | *National Youth Day on 12 Jan.,2021* |
|  |  |  | 14 |  | --to be continue--- |  |
|  |  |  | 14 |  | Tutorial Lecture |  |
|  |  |  | 14 | - | Unit Test |  |
|  |  |  | Week (3)  15 | - | Recreational Activity |  |
|  |  |  | 15 |  | Discussion of Imp questions |  |
| **Note:** Similarly games and sports activities of the college students will be conducted according to the Kurukshetra University Sports calendar schedule and it can hamper the teaching lesson plan. | | | | | | |
|  |  |  | Harmful effects of Junk Food |
|  |  |  | --to be continue--- |  | --to be continue-- |
|  |  |  | --to be continue--- |  | Recreational Activities |
|  |  |  | Properties of Cell |  | Practical work |
|  |  |  | --to be continue--- |

**Lesson Plan Format**

**Name of the Assistant Professor:** Dr. Kuldeep Singh

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

**Subject Lesson Plan:** 15 Week from (1 October, 2021 to 25 Jan., 2022)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sr.No** | **Subject** | **Class** | **Topic /Chapter to be covered** | | | **Other activity** |
| **1** | **Health and Physical Education** | **B.A.-I** | **Week 1** | **Month** | **Topic to be Covered** |  |
|  |  |  | October  Week (1) | Oct. | Introduction of the subject |  |
|  |  |  | 1 |  | **Concept of Growth & Development** |  |
|  |  |  | 1 |  | Meaning and definition of Growth and Development |  |
|  |  |  | 1 |  | Stages of Growth and Development. |  |
|  |  |  | 1 | **-** | --to be continue-- |  |
|  |  |  | Week (2) |  | Recreational Activities |  |
|  |  |  | 2 |  | Tutorial Lecture |  |
|  |  |  | 2 |  | Tutorial Lecture |  |
|  |  |  | 2 |  | Tutorial Lecture |  |
|  |  |  | 2 | - | --to be continue-- |  |
|  |  |  | Week (3) | - | Practical work |  |
|  |  |  | 3 |  | Principles of growth and development |  |
|  |  |  | 3 |  | Factors influencing growth and development |  |
|  |  |  | 3 |  | Age and sex difference in relation to physical activities and sports |  |
|  |  |  | 3 |  | --to be continue-- |  |
|  |  |  | Week (4) | - | Unit test |  |
|  |  |  | 4 | - | **Concept of Sports Organization and Administration** |  |
|  |  |  | 4 |  | Meaning and importance of organization and administration in Physical Education and Sports |  |
|  |  |  | 4 |  | --to be continue-- |  |
|  |  |  | 4 |  | Principles of sports organization and administration |  |
|  |  |  | Nov.  Week (1)  5 | Nov. | Intra- mural and extra-mural | 13&14 Nov. Children Day |
|  |  |  | 5 |  | Organization and administration of Intramural activities |  |
|  |  |  | 5 |  | --to be continue-- |  |
|  |  |  | 5 |  | Organization and administration of Extramural activities |  |
|  |  |  | Week (2)  6 |  | --to be continue-- |  |
|  |  |  | 6 |  | --to be continue-- |  |
|  |  |  | 6 |  | Tournaments and their types (Knock out ) |  |
|  |  |  | 6 |  | --to be continue-- |  |
|  |  |  | 6 |  | Tournaments and their types (League ) |  |
|  |  |  | Week (3)  7 |  | --to be continue-- |  |
|  |  |  | 7 |  | Tutorial Lecture |  |
|  |  |  | 7 |  | Practical work |  |
|  |  |  | 7 |  | Unit test |  |
|  |  |  | 7 | - | Concept of Good & Bad Posture |  |
|  |  |  | Week (4)  8 |  | --to be continue-- |  |
|  |  |  | 8 |  | --to be continue-- |  |
|  |  |  | 8 |  | Meaning of posture and importance of good posture |  |
|  |  |  | 8 |  | Debate competition among students |  |
|  |  |  | 8 | - | Meaning of posture and importance of good posture |  |
|  |  |  | Dec.  Week (1)  9 | Dec. | Causes of poor posture |  |
|  |  |  | 9 |  | --to be continue-- |  |
|  |  |  | 9 |  | Symptoms and causes of Postural Deformities: Lordosis. |  |
|  |  |  | 9 |  | Practical work |  |
|  |  |  | Week (2)  10 |  | Symptoms and causes of Postural Deformities: Kyphosis |  |
|  |  |  | 10 | - | Symptoms and causes of Postural Deformities: Scoliosis |  |
|  |  |  | 10 |  | Symptoms and causes of Postural Deformities: Flat Feet |  |
|  |  |  | 10 |  | Symptoms and causes of Postural Deformities: Knock-Knee |  |
|  |  |  | Week (3)  11 |  | Symptoms and causes of Postural Deformities: Blow Legs. |  |
|  |  |  | 11 |  | Precautions and Remedies for postural deformities |  |
|  |  |  | 11 |  | --to be continue-- |  |
|  |  |  | 11 |  | Tutorial Lecture |  |
|  |  |  | Week (4)  12 |  | Unit test |  |
|  |  |  | 12 |  | **Anatomy and Physiology of muscles** |  |
|  |  |  | 12 |  | --to be continue-- |  |
|  |  |  | 12 |  | Gross Anatomy of muscle |  |
|  |  |  | Jan.  Week (1)  13 | Jan. | --to be continue-- |  |
|  |  |  | 13 | - | --to be continue-- |  |
|  |  |  | 13 | - | Types of Muscles in human body |  |
|  |  |  | 13 |  | Functional Classification of muscles |  |
|  |  |  | Jan.22  Week (2)  14 | Jan. | Structural Classification of muscles | *National Youth Day on 12 Jan.,2021* |
|  |  |  | 14 |  | --to be continue-- |  |
|  |  |  | 14 |  | Types of Muscles in human body |  |
|  |  |  | 14 | - | Mechanisms of skeletal Muscles in human body |  |
|  |  |  | Week (3)  15 | - | Effects of exercise on Muscular System |  |
|  |  |  | 15 |  | --to be continue-- |  |
| **Note:** Similarly games and sports activities of the college students will be conducted according to the Kurukshetra University Sports calendar schedule and it can hamper the teaching lesson plan. | | | | | | |
|  |  |  | --to be continue-- |
|  |  |  | Effects of exercise on Muscular System |
|  |  |  | --to be continue-- |
|  |  |  | Mechanisms of skeletal Muscles in human body |
|  |  |  | --to be continue-- |
|  |  |  | Effects of exercise on Muscular System |
|  |  |  | --to be continue-- |

**(Dr. Kuldeep Singh)**

**Deptt. of Physical Education**