**Lesson Plan**

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

**Class and Section : B.A.-III**

**Subject : Health & Physical Education**

**Prescribed Text book : Kalyani Publication (New Delhi)** Olympic Movements

**From July-November 2018**

|  |  |
| --- | --- |
| **Week 1** |  |
| November | **Concept of Safety Education** |
|  -- | Meaning and need of Safety Education |
|  -- | --to be continue-- |
|  -- | --to be continue-- |
|  -- | Importance of Safety Education |
|  -- | Practical work |
| **Week 2** |  |
| November | --to be continue-- |
|  -- | Sports Injuries: Types and causes |
|  -- | Principles for prevention of sports Injuries. |
|  -- | --to be Continue--- |
|  -- | General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, |
|  -- | Practical work |
| **Week 3** |  |
| November | Recreational Activities |
|  -- | General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, |
|  -- | --to be Continue--- |
|  -- | --to be Continue--- |
|  -- | --to be Continue--- |
|  -- | Practical work |
| **Week 4** |  |
| November | Fracture and Dislocation of joints |
|  -- | --to be Continue--- |
|  -- | --to be Continue--- |
|  -- | Tutorial Lecture |
|  -- | Tutorial Lecture |
|  -- | Practical work |
| **Week 5** |  |
| December | Tutorial Lecture |
|  -- | Unit Test |
|  -- | **Concept of Common Diseases** |
|  -- | -To be continue |
|  -- | Meaning of Communicable diseases |
|  -- | Practical work |
| **Week 6** |  |
| December | Meaning of Non – Communicable diseases |
|  -- | Modes of transmission of communicable diseases. |
|  -- | Prevention and control of communicable diseases. |
|  -- | Common diseases: HIV/ AIDS |
|  -- | -To be continue |
|  -- | Practical work |
| **Week 7** |  |
| December | Common diseases: Hepatitis |
|  -- | Common diseases: Dengue |
|  -- | -to be continue- |
|  -- | Common diseases: Typhoid |
|  -- | Common diseases: Malaria |
|  -- | -to be continue |
| **Week 8** |  |
| December | Common diseases: Influenza. |
|  -- | -to be continue |
|  -- | Allergy related diseases: Asthma |
|  -- | Allergy related diseases: Sinuses |
|  -- | -to be continue |
|  -- | Practical work |
| **Week 9** |  |
| December | Tutorial Lecture |
|  -- | Tutorial Lecture |
|  -- | Unit Test |
|  -- | Group Discussion on covered syllabus |
|  -- | Recreational activities |
|  -- | Practical work |
| **Week 10** |  |
| January | **Concept of Balanced Diet** |
|  -- | Balanced Diet: Meaning and importance |
|  -- | --to be continue-- |
|  -- | Components of balanced diet and their sources |
|  -- | --to be continue-- |
|  -- | Practical work |
| **Week 11** |  |
| January | Components of balanced diet and their sources |
|  -- | --to be continue-- |
|  -- | --to be continue-- |
|  -- | Factors affecting balanced diet |
|  -- | --to be continue-- |
|  -- | Daily calories Requirements |
| **Week 12** |  |
| January | Junk Food |
|  -- | --to be continue-- |
|  -- | Harmful effects of Junk Food |
|  -- | --to be continue-- |
|  -- | Recreational Activities |
|   | Practical work |
| **Week 13** |  |
| January | Tutorial Lecture |
|  -- | Tutorial Lecture |
|  -- | Unit Test |
|  -- | Debate competition on covered syllabus |
|  -- | Practical work |
| **Week 14** |  |
| February | **Anatomy and Physiology of** Circulatory System |
|  -- | General introduction about Circulatory System |
|  -- | Structure of Heart |
|  -- | --to be continue--- |
|  -- | Functioning of Heart |
|  -- | Practical work |
| **Week 15** |  |
| February | Preparation of Annual Athletic Meet of College |
|  -- | Preparation of Annual Athletic Meet of College |
|  -- | Preparation of Annual Athletic Meet of College |
|  -- | Preparation of Annual Athletic Meet of College |
|  -- | Tentative date to organize Annual Athletic Meet of College |
|  -- | Tentative date to organize Annual Athletic Meet of College |
| **Week 16** |  |
| February | Types of Circulation: Systemic and Pulmonary |
|  -- | Effects of exercise on Circulatory System |
|  -- | --to be continue--- |
|  -- | --to be continue--- |
|  -- | Tutorial Lecture |
|  -- | Unit Test |

**Note:** University Sports Calendar and college & and sports activities will effect it.