

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 September, 2022 to 25 Dec., 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	
			September Week (1)	Sept.	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--	
			Oct. Week (1)	Oct.	Practical work	
			5			
			5		Hygiene of various body parts	
			5		--to be continue--	
			5		Factors influencing Personal Hygiene	
			Week (2)		--to be continue--	
			6			
			6		Practical work	
			6		Group Discussion among students	
			6		Practice of Yogasana	
			6		Practice of Pranayama	
			Week (3)		Introduction to Yoga	
			7			
			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	
		Nov. Week (1) 9	Nov.	--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	
		Dec. Week (1) 13	Dec.	Introduction about Organ and System	
		13	-	--to be continue---	
		13	-	Definition of Cell, Tissue, Organ and System	
		13		--to be continue---	
		Dec.22 Week (2) 14	Dec.	Structure of cell	
		14		--to be continue---	
		14		Properties of cell	
		14	-	--to be continue---	
		Week (3) 15	-	Unit test	
		15		Practical work	

Note: Simultaneously 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.

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 September, 2022 to 25 Dec., 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	
			September	Sept.	Unit-1 Concept of Safety Education	
			Week (1)			
			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	
			Oct. Week (1)	Oct.	Meaning of Non – Communicable diseases	
			5			
			5		Modes of transmission of communicable diseases.	
			5		Prevention and control of communicable diseases.	
			5		Common diseases: HIV/ AIDS	
			Week (2)		-To be continue	
			6			
			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	
		Nov. Week (1) 9	Nov.	--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---	
		Dec. Week (1) 13	Dec.	Functioning of Heart	
		13	-	Types of Circulation: Systemic and Pulmonary	
		13	-	Effects of exercise on Circulatory System	
		13		--to be continue---	
		Dec.22 Week (2) 14	Dec.	--to be continue---	
		14		--to be continue---	
		14		Tutorial Lecture	
		14	-	Unit Test	

			Week (3) 15	-	Recreational Activity	
			15		Discussion of Imp questions	
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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 September, 2022 to 25 Dec., 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	
			September	Sept.	Introduction of the subject	
			Week (1)			
			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	
			Oct. Week (1)	Oct.	Intra- mural and extra-mural	
			5			
			5		Organization and administration of Intramural activities	
			5		--to be continue--	
			5		Organization and administration of Extramural activities	
			Week (2)		--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	
			Nov. Week (1) 9	Nov.	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	
			Dec. Week (1) 13	Dec.	--to be continue--	
			13	-	--to be continue--	
			13	-	Types of Muscles in human body	
			13		Functional Classification of muscles	
			Dec.22 Week (2) 14	Dec.	Structural Classification of muscles	
			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--	

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Deptt. of Physical Education