**Lesson Plan Format**

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

**Class and Section:** B.A. II, IV &VI Sem. (Health and Physical Education)

**Subject Lesson Plan:** 15 Week from (27-1-2-23 to 4-3-2023 & 28-1-2023 to 26-5-2023) Offline Mode

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| **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** |  |
|  |  |  | February  Week (1) | February | Unit 1: **Health & Physical Education** |  |
|  |  |  | 1 |  | Introduction of Health & Physical Education |  |
|  |  |  | 1 |  | Definition, Aim of Health Education. |  |
|  |  |  | 1 |  | **Practical –**Badminton game Introduction |  |
|  |  |  | 1 | **-** | Objectives of Health Education. |  |
|  |  |  | Week (2) |  | Scope of Health Education |  |
|  |  |  | 2 |  | Importance of Health Education in modern society- *to be continue* |  |
|  |  |  | 2 |  | **Practical –**Badminton game **ground specifications** |  |
|  |  |  | 2 |  | **Practical –**Badminton game **general rules** |  |
|  |  |  | 2 | - | Importance of Health Education in modern society |  |
|  |  |  | Week (3) | - | Aim, Objectives of First Aid*- to be continue* |  |
|  |  |  | 3 |  | Aim, Objectives of First Aid |  |
|  |  |  | 3 |  | **Practical –**Badminton game **general skills** |  |
|  |  |  | 3 |  | **Practical –** Practice of Badminton basic skills |  |
|  |  |  | 3 |  | General Principles of First Aid. |  |
|  |  |  | Week (4) | - | First Aid for Common injuries and First Aid for Bleeding |  |
|  |  |  | 4 | - | First Aid for Burns and Electric Shock |  |
|  |  |  | 4 |  | First Aid for Drowning and Snake Bite |  |
|  |  |  | 4 |  | **Practical** conduct Badminton Matches among students. |  |
|  |  |  | 4 |  | **Practical** conduct Badminton Matches among students. |  |
|  |  |  | March  Week (1)  5 | March | **Tutorial Class** |  |
|  |  |  | 5 |  | **Unit test** | Assignment 1 to be received |
|  |  |  | 5 |  | **Unit –II Historical Prospects of Physical Education** |  |
|  |  |  | 5 |  | Introduction of Historical Prospects of Physical Education |  |
|  |  |  | Week (2)  6 |  | **Practical –**Cricket game Introduction |  |
|  |  |  | 6 |  | Pre-independence historical development of Physical Education in India-*to be continue* |  |
|  |  |  | 6 |  | -to be continue. |  |
|  |  |  | 6 |  | Post-independence historical development of  Physical Education in India |  |
|  |  |  | 6 |  | Role of IOA, SAI, NSNIS and YMCA in the  development of Physical Education and Sports in India. |  |
|  |  |  | Week (3)  7 |  | Role of IOA in the development of Physical Education and Sports in India. |  |
|  |  |  | 7 |  | Role of SAI in the development of Physical Education and Sports in India. |  |
|  |  |  | 7 |  | Role of NSNIS in the development of Physical Education and Sports in India. |  |
|  |  |  | 7 |  | Role of YMCA in the development of Physical Education and Sports in India. |  |
|  |  |  | 7 | - | **Practical –** Practice of Cricket basic skills |  |
|  |  |  | Week (4)  8 |  | Sports Policy of Haryana State |  |
|  |  |  | 8 |  | National Sports Policy |  |
|  |  |  | 8 |  | Unit Test | Test to be Conducted |
|  |  |  | 8 |  | Post – independence historical development of Physical Education in India-*to be* Post – independence historical development of Physical Education in India *continue.* |  |
|  |  |  | 8 | - | **Unit IV Introduction to Human Anatomy and Physiology** |  |
|  |  |  | April  Week (1)  9 | April | Introduce Human Skeleton System |  |
|  |  |  | 9 |  | Anatomy of Human Bone |  |
|  |  |  | 9 |  | Types of bones in Human Body- *to be continue* |  |
|  |  |  | 9 |  | Types of bones in Human Body |  |
|  |  |  | Week (2)  10 |  | Meaning and types of joints in Human Body.- *to be continue* |  |
|  |  |  | 10 | - | Types of synovial joints in Human Body. |  |
|  |  |  | 10 |  | Tutorial Class |  |
|  |  |  | 10 |  | **Practical** conduct 10 overs Matches among students. |  |
|  |  |  | Week (3)  11 |  | Unit test | Test to be conducted |
|  |  |  | 11 |  | **Unit III Introduction to Physical Fitness** | Assignment 2 to be received |
|  |  |  | 11 |  | Introduction of Physical Fitness |  |
|  |  |  | 11 |  | Meaning, definition of Physical Fitness |  |
|  |  |  | Week (4)  12 |  | Importance of Physical Fitness |  |
|  |  |  | 12 |  | **Practical-Name and identification of bones in Human Body** |  |
|  |  |  | 12 |  | **Practical-Name and identification of bones in Human Body** |  |
|  |  |  | 12 |  | Components of Physical Fitness- *To be continue* |  |
|  |  |  | May  Week (1)  13 | May | Components of Physical Fitness |  |
|  |  |  | 13 | - | Principles of Physical Fitness-to be continue |  |
|  |  |  | 13 | - | **Practical - Shot Put Measurements.** |  |
|  |  |  | 13 |  | **Principles of Physical Fitness** |  |
|  |  |  | May  Week (2)  14 |  | Factors influencing of Physical Fitness.-*to be continue* |  |
|  |  |  | 14 |  | Meaning of Isometric exercises Isotonic and Isokinetic exercises |  |
|  |  |  | 14 |  | Tutorial Class |  |
|  |  |  | 14 | - | Unit test |  |
|  |  |  | 19May,22  Week (3)  15 | - | Practical - Shot Put Basic Techniques |  |
|  |  |  | 15 |  | **Practical**- Types of Starts - standing starts |  |
|  |  |  | 15 |  | **Practical-** Types of Starts - Crouch Start and standing starts Basic Technique. |  |
| **Note:** Simultaneously games and sports activities of the college students will be conducted according to the Kurukshetra University Sports calendar and it can hamper the teaching lesson plan. | | | | | | |

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| **2** | **Health and Physical Education** | **B.A.-IV** | **Week 1** | **Month** | **Topic to be Covered** |  |
|  |  |  | February  Week (1) | February | **Unit-1 Warming Up and Cooling Down:**  Meaning, Types and significance of warming up |  |
|  |  |  | 1 |  | Meaning of cooling down. |  |
|  |  |  | 1 |  | Types of cooling down. |  |
|  |  |  | 1 |  | Methods of warming up. |  |
|  |  |  | 1 | **-** | **Practical-** Introduce BMI |  |
|  |  |  | Week (2) 2 | February | **Practical-Measurement of Body Mass Index (**Normal Range of B.M.I for Children) |  |
|  |  |  | 2 |  | **Practical- Measurement of Body Mass Index (**Normal Range of B.M.I for Women and Men) |  |
|  |  |  | 2 |  | Methods of cooling down. |  |
|  |  |  | 2 |  | **Tutorial Class** |  |
|  |  |  | 2 | - | Unit test |  |
|  |  |  | February  Week(3) 3 | February | **Unit - IV Anatomy and Physiology of Human Body System** |  |
|  |  |  | 3 |  | Introduction of Respiratory System. |  |
|  |  |  | 3 |  | Types of Respiration |  |
|  |  |  | 3 |  | **Practical-** Basketball game introduction |  |
|  |  |  | 3 |  | **Practical-**Basketball game ground specifications |  |
|  |  |  | Week (4) | February | Introduction of Respiratory System. |  |
|  |  |  | 4 | - | Structure of Respiratory Organs-*to be continue.* |  |
|  |  |  | 4 |  | Structure of Respiratory Organs. |  |
|  |  |  | 4 |  | **Practical-** Basketball game general rules. |  |
|  |  |  | 4 |  | **Practical-** Basketball game general rules. |  |
|  |  |  | March Week 1(5) | March-1 | Physiology of respiratory System- *to be continue* |  |
|  |  |  | 5 |  | Physiology of respiratory System |  |
|  |  |  | 5 |  | Effect of exercise on respiratory System- *to be continue* |  |
|  |  |  | 5 |  | Effect of exercise on respiratory System | Assignment 1 to be received |
|  |  |  | 5 | - | **Practical-** Basketball game general skills |  |
|  |  |  | Week- 2  6 | March-2 | **Practical-** Basketball game general skills Practice |  |
|  |  |  | 6 |  | Terminology of respiration: Tidal Volume etc. |  |
|  |  |  | 6 |  | Terminology of respiration: Residual Volume etc.  Terminology of respiration: Total Lung Capacity etc. |  |
|  |  |  | 6 |  | **Tutorial Class** |  |
|  |  |  | 6 |  | **Unit test** |  |
|  |  |  | Week-3 7 | March-3 | **Unit –II Psychological aspects of Physical Education:** |  |
|  |  |  | 7 |  | Introduction of Psychology, Sports Psychology and its aspects. |  |
|  |  |  | 7 |  | Meaning of Psychology and sports Psychology |  |
|  |  |  | 7 | - | **Tutorial Class** |  |
|  |  |  | 7 |  | Recreational Activities |  |
|  |  |  | March Week -8  8 | March-4 | Need and importance of sports psychology |  |
|  |  |  | 8 |  | Learning: meaning and Laws | Test to be Conducted |
|  |  |  | 8 |  | Learning curve |  |
|  |  |  | 8 | - | **Tutorial Class** |  |
|  |  |  | 8 | - | Unit test |  |
|  |  |  | April Week-1  9 | April-1 | **Unit –III Major Sports Events** |  |
|  |  |  | 9 |  | Introduction of Major Sports events |  |
|  |  |  | 9 |  | Ancient Olympic Games- *to be continue* |  |
|  |  |  | 9 |  | Ancient Olympic Games- *to be continue* |  |
|  |  |  | 9 | - | Ancient Olympic Games- *to be continue* |  |
|  |  |  | April  Week-2  10 | April-2 | Ancient Olympic Games. |  |
|  |  |  | 10 |  | **Practical-** Basketball game Practice |  |
|  |  |  | 10 |  | **Practical-** Basketball game Practice | Test to be conducted |
|  |  |  | 10 |  | Modern Olympic Games- *to be continue* |  |
|  |  |  | 10 |  | Modern Olympic Games- *to be continue* | Assignment 2 to be received |
|  |  |  | Week-3 11 | April-3 | Modern Olympic Games- *to be continue* |  |
|  |  |  | 11 |  | Asian Games- *to be continue* |  |
|  |  |  | 11 |  | Asian Games. |  |
|  |  |  | 11 |  | Common Wealth Games- *to be continue* |  |
|  |  |  | 11 |  | **Tutorial Class** |  |
|  |  |  | April-4  Week-1  12 | April-4 | Common Wealth Games*.* |  |
|  |  |  | 12 | - | **Practical-** Kabaddi Introduction |  |
|  |  |  | 12 | - | **Practical-** Kabaddi game ground specifications |  |
|  |  |  | 12 |  | **Tutorial Class** |  |
|  |  |  | 12 |  | **Tutorial Class** |  |
|  |  |  | May  Week-1  13 | May-1 | **Practical-** Kabaddi game general rules. |  |
|  |  |  | 13 |  | **Practical-** Kabaddi game general skills |  |
|  |  |  | 13 | - | Unit test |  |
|  |  |  | 13 | - | **Practical-** Kabaddi game general skills Practice |  |
|  |  |  | 13 |  | **Practical-** Organise Kabaddi Match among Students |  |
|  |  |  | Week-2  14 | May-2 | **Practical-** Kabaddi game general skills Practice |  |
|  |  |  | 14 |  | Organise Kabaddi Match among Students |  |
|  |  |  | 14 |  | **Practical-** Discus throw Specifications skills |  |
|  |  |  | 14 |  | **Practical-** Discus throw general rules |  |
|  |  |  | 14 |  | **Practical-** Discus throw general skills Practice |  |
|  |  |  | Week-3  15 |  | **Practical-** Long Jump Specifications skills |  |
|  |  |  | 15 |  | **Practical-** Long Jump general rules |  |
|  |  |  | 15 |  | Preparation of Examination |  |
|  |  |  | 15 |  | Preparation of Examination |  |
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| **3** | **Health and Physical Education** | **B.A.-VI** | **Week 1** | **Month** | **Topic to be Covered** |  |
|  |  |  | February  Week (1) | February | **Unit-1 Concept of Motivation and Socialization**  Introduction of Socialization |  |
|  |  |  | 1 |  | Meaning and definition of motivation. |  |
|  |  |  | 1 |  | **Practical-** IntroducePranayam |  |
|  |  |  | 1 |  | **Practical-** Bhramari |  |
|  |  |  | 1 | **-** | Types of motivation. |  |
|  |  |  | Week (2) 2 | February | Importance of motivation in sports. |  |
|  |  |  | 2 |  | **Practical-** Anulom Vilom |  |
|  |  |  | 2 |  | **Practical-** Kapal Bhati |  |
|  |  |  | 2 |  | Meaning of Socialization. |  |
|  |  |  | 2 | - | Socialization through sports. |  |
|  |  |  | February  Week(3) 3 | February | Effect of social behavior on performance of sports person. |  |
|  |  |  | 3 |  | **Practical-** Volleyball Ground Specifications |  |
|  |  |  | 3 |  | **Practical-** IntroduceVolleyball Game |  |
|  |  |  | 3 |  | Effect of social behavior on performance of sports person -to be continue |  |
|  |  |  | 3 |  | ***Tutorial Class*** |  |
|  |  |  | Week (4) | February | *Unit Test* |  |
|  |  |  | 4 | - | **Unit – IV Anatomy and Physiology** |  |
|  |  |  | 4 |  | **Practical-** Volleyball game General rules |  |
|  |  |  | 4 |  | Introduction of Digestive system |  |
|  |  |  | 4 |  | Organs of Digestive System |  |
|  |  |  | March Week 1(5) | March-1 | **Practical-** Volleyball game General Skill |  |
|  |  |  | 5 |  | Structure of Digestive System | Assignment 1 to be received |
|  |  |  | 5 |  | Structure of Digestive System. |  |
|  |  |  | 5 |  | Mechanism of food digestion. |  |
|  |  |  | 5 | - | Mechanism of food digestion. |  |
|  |  |  | Week- 2  6 | March-2 | Effects of exercise on Digestive System.- *to be continue* |  |
|  |  |  | 6 |  | Effects of exercise on Digestive System.- *to be continue* |  |
|  |  |  | 6 |  | **Practical-** Volleyball game General Skill Practice |  |
|  |  |  | 6 |  | **Practical-** Volleyball game General Skill Practice |  |
|  |  |  | 6 |  | Effects of exercise on Digestive System. |  |
|  |  |  | Week-3 7 | March-3 | **Unit – III Concept of Sports Biomechanics** |  |
|  |  |  | 7 |  | Introduction of Biomechanics and sports Biomechanics |  |
|  |  |  | 7 |  | Meaning and definition of sports biomechanics |  |
|  |  |  | 7 | - | Tutorial Class |  |
|  |  |  | 7 |  | Unit Test |  |
|  |  |  | March Week -8  8 | March-4 | Importance of Biomechanics in Sports –to be continue |  |
|  |  |  | 8 |  | Importance of Biomechanics in Sports | Test to be Conducted |
|  |  |  | 8 |  | Newton’s Laws of motion and their application in sports. |  |
|  |  |  | 8 | - | **Practical-** Introduce Self-defense tactics |  |
|  |  |  | 8 | - | **Practical-** Self-defense tactics Practice |  |
|  |  |  | April Week-1  9 | April-1 | Meaning Lever |  |
|  |  |  | 9 |  | Types of Lever and their application in Sports |  |
|  |  |  | 9 |  | Types of Lever and their application in Sports |  |
|  |  |  | 9 |  | Tutorial Class |  |
|  |  |  | 9 | - | Unit Test |  |
|  |  |  | April  Week-2  10 | April-2 | **Unit- II Concept of Sports Training and Doping** |  |
|  |  |  | 10 |  | Introduction of sports training |  |
|  |  |  | 10 |  | Meaning and definition of sports training | Test to be conducted |
|  |  |  | 10 |  | *Recreational Activities* | Assignment 2 to be received |
|  |  |  | 10 |  |  |  |
|  |  |  | Week-3 11 | April-3 | Factors affecting sports training. |  |
|  |  |  | 11 |  | Types of sports training |  |
|  |  |  | 11 |  | Circuit training. |  |
|  |  |  | 11 |  | **Practical-** Self-defense tactics Practice |  |
|  |  |  | 11 |  | **Practical-** Self-defense tactics Practice |  |
|  |  |  | April-4  Week-1  12 | April-4 | Interval Training |  |
|  |  |  | 12 | - | Doping: it’s Meaning |  |
|  |  |  | 12 | - | Doping types-*to be continue* |  |
|  |  |  | 12 |  | Doping types |  |
|  |  |  | 12 |  | Tutorial class |  |
|  |  |  | May  Week-1  13 | May-1 | Doping effects on health- *to be continue* |  |
|  |  |  | 13 |  | Doping effects on health |  |
|  |  |  | 13 | - | Tutorial class |  |
|  |  |  | 13 | - | **Practical-** Self-defense tactics Practice |  |
|  |  |  | 13 |  | **Practical-** Self-defense tactics Practice |  |
|  |  |  | Week-2  14 | May-2 | *Unit test* |  |
|  |  |  | 14 |  | Introduce First aid for different injuries and circumstances |  |
|  |  |  | 14 |  | First aid for different injuries and circumstances |  |
|  |  |  | 14 |  | **Practical-** Practical use of Bandages |  |
|  |  |  | 14 |  | **Practical-** Practical use of Bandages |  |
|  |  |  | Week-3  15 | May-3 | First aid for different injuries and items of First aid box and their uses |  |
|  |  |  | 15 |  | Practical use of Bandages |  |
|  |  |  | 15 |  | Examination Preparation |  |
|  |  |  | 15 |  | Examination Preparation |  |
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**(Dr. Kuldeep Singh)**

**Deptt. of Physical Education**