**Lesson Plan Format**

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

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

**Subject Lesson Plan:** 18 Week from (January to April, 2019)

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| Week 1  | Month |  |
| W.D.Date(1)1.2.1 | January | Syllabus Introduction |
| 1.3.2 |  | **Unit-1 Concept of Motivation and Socialization** |
| 1.4.3 |  | Introduction of Socialization |
| 1.5.4 |  | Meaning and definition of motivation. |
| 1.6.5 | **-** | **Practical-** IntroducePranayam  |
| (2)2.1.7 |  | **Practical-** Bhramari |
| 2.2.8 |  | -to be continue |
| 2.3.9 |  | Types of motivation. |
| 2.4.10 |  | Importance of motivation in sports. |
| 2.5.11 | - | -to be continue |
| 2.6.12 | - | **Practical-** Anulom Vilom  |
| (3)3.1.14 |  | **Practical-** Kapal Bhati |
| 3.2.15 |  | Meaning of Socialization. |
| 3.3.16 |  | Socialization through sports. |
| 3.4.17 |  | Effect of social behavior on performance of sports person. |
| 3.5.18 | - | **Practical-** Volleyball Ground Specifications  |
| 3.6.19 | - | **Practical-** IntroduceVolleyball Game |
| (4)4.1.21 |  | Effect of social behavior on performance of sports person -to be continue |
| (4)4.2.22 |  | ***Tutorial Class*** |
| 4.4.23 |  | *Unit Test* |
|  |  | **Unit – IV Anatomy and Physiology** |
| 4.6.24 | - | **Practical-** Volleyball game General rules |
| (5)5.1.25 |  | Introduction of Digestive system |
| 5.2.27 |  | Organs of Digestive System –*to be continue* |
| 5.3.28 |  | *-to be continue* |
| 5.4.31 | - | *-to be continue* |
| (6)1.5.1 | February | *-to be continue* |
| 1.6.2 | - | **Practical-** Volleyball game General Skill |
| (7)2.1.4 |  | Structure of Digestive System |
| 2.2.5 |  | Structure of Digestive System. - to be continue |
|  |  | Structure of Digestive System  |
| 2.2.6 |  | Mechanism of food digestion. - *to be continue* |
| 2.3.7 |  | Mechanism of food digestion. - *to be continue* |
| 2.4.8 |  | Mechanism of food digestion. |
| 2.5.9 | - | Effects of exercise on Digestive System.- *to be continue* |
| (8)3.1.11 |  | Effects of exercise on Digestive System.- *to be continue* |
| 3.2.12 |  | **Inter-Collegiate State Volleyball (M&W) Championship 2018-19** |
| 3.3.13 |  | **Inter-Collegiate State Volleyball (M&W) Championship 2018-19** |
| 3.4.14 |  | **Inter-Collegiate State Volleyball (M&W) Championship 2018-19** |
| 3.5.15 | - | **Inter-Collegiate State Volleyball (M&W) Championship 2018-19** |
| 3.6.16 | - | **Inter-Collegiate State Volleyball (M&W) Championship 2018-19** |
| (9)4.1.18 |  | **Practical-** Volleyball game General Skill Practice |
| 4.2.19 |  | **Practical-** Volleyball game General Skill Practice |
| 4.3.20 |  | Effects of exercise on Digestive System. |
| 4.4.21 |  | Tutorial Class |
| 4.5.22 | - | Tutorial Class |
| 4.6.23 | - | Unit test |
| (10)5.1.25 |  | **Unit – III Concept of Sports Biomechanics** |
| 5.2.26 |  | Introduction of Biomechanics and sports Biomechanics |
| 5.3.27 |  | Meaning and definition of sports biomechanics |
| 5.4.28 |  | Importance of Biomechanics in Sports –to be continue |
|  |  | - to be continue. |
| (11)1.5.1 | March | **Preparation and conduct of College Annual Sports Meet** |
| 1.6.2 |  | ----------do----------- |
| 2.2.5 |  | ----------do----------- |
| 2.3.6 |  | ----------do----------- |
| 2.4.7 |  | ----------do----------- |
| 2.5.8 | - | ----------do----------- |
| 2.6.9 | - | **College Annual Athletic Meet 2018-19** |
| (12)3.1.11 |  | **College Annual Athletic Meet 2018-19** |
| 3.2.12 |  | Newton’s Laws of motion. |
| 3.3.13 |  | Newton’s Laws of motion application in sports |
| 3.4.14 |  |  Meaning Lever |
| 3.5.15 | - | **Practical-** Introduce Self-defense tactics  |
| 3.6.16 | - | **Practical-** Self-defense tactics Practice |
| (13)5.1.25 |  | Types of Lever and their application in Sports |
| 5.2.26 |  | Tutorial Class |
| 5.3.27 |  | Unit Test |
| 5.4.28 |  | **Unit- II Concept of Sports Training and Doping** |
| 5.5.29 | - | Introduction of sports training |
| 5.6.30 | - | Meaning and definition of sports training |
| (14)1.1.1 | April | Factors affecting sports training- *to be continue* |
|  |  | - *to be continue* |
| 1.2.2 |  | Types of sports training |
| 1.3.3 |  | Circuit training-*to be continue* |
| 1.4.4 |  | Circuit training |
| 1.5.5 | - | **Practical-** Self-defense tactics Practice |
| 1.6.6 | - | **Practical-** Self-defense tactics Practice  |
| (15)2.1.8 |  | Interval Training  |
| 2.2.9 |  | Continuous Training |
| 2.3.10 |  | Doping: it’s Meaning |
| 2.4.11 | - | **Practical-** Self-defense tactics Practice |
| 2.5.12 | - | **Practical-** Self-defense tactics Practice  |
| 2.6.13 |  | Doping types-*to be continue* |
| (16)3.2.15 |  | Doping types |
| 3.3.16 |  | Doping effects on health- *to be continue* |
| 3.4.18 |  | Doping effects on health |
| 3.5.19 | - | **Practical-** Self-defense tactics Practice  |
| 3.6.20 | - | Tutorial class |
| (17)4.1.22 |  | *Unit test* |
| 4.2.23 |  | Introduce First aid for different injuries and circumstances |
| 4.3.24 |  | First aid for different injuries and circumstances |
| 4.4.25 | - | **Practical-** Practical use of Bandages  |
| 4.5.26 |  | First aid for different injuries and items of First aid box and their uses |
| 4.6.27 | - | Practical use of Bandages |
| (18)5.3.29 |  | **Practical-** Recreational Activities |
| 5.4.30 |  | **Practical-** Recreational Activities |
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