**Lesson Plan**

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

**Class and Section :** B.A.-I Semester

**Subject :** Health & Physical Education

**Prescribed Textbook :** Kalyani Publication (New Delhi)Olympic Movements

**From:** 16July-18November, 2019

|  |  |
| --- | --- |
| **July,2019** (Week 1) | ***Inaugural Hawan***  Introduction of Subject. |
|  | **Introduction to Physical Education.** |
|  | Meaning, definition of Physical Education. |
|  | Scope of Physical Education. |
|  | ---to be continue |
|  | Practical work |
| **July, 2019** (Week 2) | Relationship of Physical Education with General Education |
|  | Aim, Objectives and Importance of Physical Education in modern society. |
|  | Importance of Physical Education in modern society. |
|  | Misconceptions regarding Physical Education |
|  | ---to be continue--- |
|  | Practical work |
| **July, 2019** (Week 3) | Tutorial Lecture |
|  | Tutorial Lecture |
|  | Unit Test |
|  | **Introduction of Health & Hygiene** |
|  | Practical work |
| **August,2019**(Week 4) | Meaning, definition of Health. |
|  | Importance of Health. |
|  | Factors influencing Health. |
|  | Meaning and importance of Personal Hygiene |
|  | --to be continue-- |
|  | Practical work |
| **August,2019**(Week 5) | Hygiene of various body parts |
|  | Factors influencing Personal Hygiene |
|  | --to be continue-- |
|  | Practical work |
| **August,2019**(Week 6) | Tutorial Lecture |
|  | Tutorial Lecture |
|  | Unit Test |
|  | Group Discussion among students |
|  | Practical work |
| **August,2019**(Week 7) | Practice of Yogasana |
|  | Practice of Pranayama |
|  | Celebrate National Sports Day |
|  | **Introduction to Yoga** |
|  | Yoga – Meaning, Concept |
|  | Practical work |
| **September,2019**(Week 8) | Historical development |
|  | --to be continue--- |
|  | Types of Yoga |
|  | Practical work |
| **September,2019**(Week 9) | --to be continue--- |
|  | Importance of yoga in healthy living |
|  | Meaning and types of Pranayama |
|  | --to be continue--- |
|  | Benefits of Pranayam |
|  | Practical work |
| **September,2019**(Week 10) | --to be continue--- |
|  | Tutorial Lecture |
|  | Tutorial Lecture |
|  | Unit Test |
|  | Debate competition among students on prepared Units |
|  | Practical work |
| **September,2019** (Week 11) | **Introduction to Human Anatomy and Physiology** |
|  | Meaning and definition of Human Anatomy and Physiology |
|  | Importance of Human Anatomy and Physiology in Physical Education |
|  | --to be continue--- |
|  | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
| **October,2019** (Week 12) | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
|  | Recreational activities |
|  | Practical work |
| **October,2019 (**Week 13) | Quiz Competition |
|  | Recreational activities |
|  | Definition of Cell, Tissue, Organ and System |
|  | --to be continue--- |
|  | Practical work |
| **October,2019** (Week 14) | Structure and Properties of Cell |
|  | --to be continue--- |
|  | --to be continue--- |
|  | --to be continue--- |
|  | Practical work |
| **November,2019**(Week 15) | Tutorial Lecture |
|  | Tutorial Lecture |
|  | Unit Test |
|  | Practical work |
| **November,2019**(Week 16) | Group discussion of Unit IV |
|  | Recreational Activities |
|  | Recreational Activities |
|  | Practical work |

**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:** 16July-18November, 2019

|  |  |
| --- | --- |
| **July,2019** (Week 1) | ***Inaugural Hawan*** |
|  | **Concept of Safety Education** |
|  | Meaning and need of Safety Education |
|  | --to be continue-- |
|  | Importance of Safety Education |
|  | Practical work |
| **July, 2019** (Week 2) | --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 |
| **July, 2019** (Week 3) | Recreational Activities |
|  | General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, |
|  | --to be Continue--- |
|  | --to be Continue--- |
|  | Practical work |
| **August,2019** (Week 4) | Fracture and Dislocation of joints |
|  | --to be Continue--- |
|  | --to be Continue--- |
|  | Tutorial Lecture |
|  | Tutorial Lecture |
| **August,2019** (Week 5) | Practical work |
|  | Unit Test |
|  | **Concept of Common Diseases** |
|  | Meaning of Communicable diseases |
|  | Practical work |
|  | Meaning of Non – Communicable diseases |
| **August,2019**(Week 6) | Modes of transmission of communicable diseases. |
|  | Prevention and control of communicable diseases. |
|  | Common diseases: HIV/ AIDS |
|  | Practical work |
| **August,2019** (Week 7) | Common diseases: Hepatitis |
|  | Common diseases: Dengue |
|  | **Celebrate National Sports Day** |
|  | Common diseases: Typhoid |
|  | Common diseases: Malaria |
|  | Practical work |
| **September,2019**(Week 8) | Common diseases: Influenza. |
|  | Allergy related diseases: Asthma |
|  | Allergy related diseases: Sinuses |
|  | Practical work |
| **September,2019** (Week 9) | Tutorial Lecture |
|  | Tutorial Lecture |
|  | Unit Test |
|  | Group Discussion on covered syllabus |
|  | Recreational activities |
|  | Practical work |
| **September,2019** (Week 10) | **Concept of Balanced Diet** |
|  | Balanced Diet: Meaning and importance |
|  | --to be continue-- |
|  | Components of balanced diet and their sources |
|  | --to be continue-- |
|  | Practical work |
| **September,2019**(Week 11) | Components of balanced diet and their sources |
|  | Factors affecting balanced diet |
|  | Harmful effects of Junk Food |
|  | --to be continue-- |
|  | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
| **October,2019**(Week 12) | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
|  | Recreational Activities |
|  | Practical work |
| **October,2019(**Week 13) | Tutorial Lecture |
|  | Tutorial Lecture |
|  | Unit Test |
|  | Debate competition on covered syllabus |
|  | Practical work |
| **October,2019**(Week 14) | **Anatomy and Physiology of** Circulatory System |
|  | Structure of Heart |
|  | --to be continue--- |
|  | Functioning of Heart |
|  | Practical work |
| **November,2019**(Week 15) | Types of Circulation: Systemic and Pulmonary |
|  | --to be continue--- |
|  | Debate competition among students |
|  | Practical work |
| **November,2019**(Week 16) | Effects of exercise on Circulatory System |
|  | --to be continue--- |
|  | --to be continue--- |
|  | Tutorial Lecture |
|  | Unit Test |
|  | **Preparatory Holidays** |

**Lesson Plan**

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

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

**Subject : Health & Physical Education**

**Prescribed Textbook : Kalyani Publication (New Delhi)** Olympic Movements

**From:** July-November 2018

|  |  |
| --- | --- |
| **July,2019** (Week 1) | ***Inaugural Hawan***  Introduction of the subject |
|  | **Concept of Growth & Development** |
|  | Meaning and definition of Growth and Development |
|  | Stages of Growth and Development. |
|  | --to be continue-- |
|  | Practical work |
| **July, 2019** (Week 2) | Principles of growth and development |
|  | Factors influencing growth and development |
|  | --to be continue-- |
|  | Age and sex difference in relation to physical activities and sports |
|  | --to be continue-- |
|  | Practical work |
| **July, 2019** (Week 3) | Recreational Activities |
|  | Tutorial Lecture |
| **August,2019** (Week 3) | Tutorial Lecture |
|  | Unit test |
|  | Practical work |
|  | **Concept of Sports Organization and Administration** |
| **August,2019** (Week 4) | Meaning and importance of organization and administration in Physical Education and Sports |
|  | --to be continue-- |
|  | Principles of sports organization and administration |
|  | Intra- mural and extra-mural |
|  | Practical work |
| **August,2019** (Week 5) | Quiz Competition |
|  | Organization and administration of Intramural and Extramural activities |
|  | --to be continue-- |
|  | Practical work |
|  | Tournaments and their types (League and Knock out ) |
|  | --to be continue-- |
|  | Tutorial Lecture |
| **August,2019** (Week 6) | Tutorial Lecture |
|  | Practical work |
|  | Unit test |
|  | Debate competition among students |
| **August,2019** (Week 7) | Celebrate National Sports Day |
|  | **Concept of Posture** |
|  | Meaning of posture and importance of good posture |
|  | Practical work |
|  | Meaning of posture and importance of good posture |
|  | Causes of poor posture |
| **September,2019** (Week 8) | Symptoms and causes of Postural Deformities: Lordosis. |
|  | Practical work |
|  | Symptoms and causes of Postural Deformities: Kyphosis |
|  | Symptoms and causes of Postural Deformities: Scoliosis |
|  | Symptoms and causes of Postural Deformities: Flat Feet |
|  | Symptoms and causes of Postural Deformities: Knock-Knee |
| **September,2019** (Week 9) | Symptoms and causes of Postural Deformities:  Blow Legs. |
|  | Practical work |
|  | Precautions and Remedies for postural deformities |
|  | --to be continue-- |
|  | Tutorial Lecture |
|  | Tutorial Lecture |
| **September,2019**(Week 10) | Unit test |
|  | Practical work |
|  | Group discussion |
|  | **Anatomy and Physiology of muscles** |
|  | --to be continue-- |
|  | Gross Anatomy of muscle |
| **September,2019**(Week 11) | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
|  | **Sessionals (Tentative)** |
|  | Types of Muscles in human body |
| **October,2019** (Week 12) | Practical work |
|  | Types of Muscles in human body |
|  | Types of Muscles in human body |
|  | Effects of exercise on Muscular System |
|  | --to be continue-- |
| **October,2019 (**Week 13) | Practical work |
|  | Effects of exercise on Muscular System |
|  | --to be continue-- |
|  | Composition of Human Blood |
|  | Recreational Activities |
| **October,2019** (Week 14) | Practical work |
|  | Composition of Human Blood |
|  | Composition of Human Blood |
|  | Debate completion on unit IV |
|  | Practical work |
| **November,2019** (Week 15) | --to be continue-- |
|  | Functions of Blood |
|  | --to be continue-- |
|  | Tutorial Lecture |
| **November,2019**(Week 16) | Unit test |
|  | **Preparatory Holidays** |
|  |  |