

Lesson Plan Format

Name of the Assistant Professor: Dr. Kuldeep Singh

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

Subject Lesson Plan: 17 Week from (January to April, 2019)

Week 1	Month	
W.D.Date (1)1.3.1	January	Introduce Syllabus
1.4.3		Unit 1: Health & Physical Education
1.5.4		Introduction of Health & Physical Education
2.6.6		Definition, Aim of Health Education.
2.2.7	-	Practical –Badminton game Introduction
2.3.8		Objectives of Health Education.
2.4.9		Scope of Health Education- <i>to be continue</i>
2.5.10		Scope of Health Education
2.6.11		Importance of Health Education in modern society- <i>to be continue</i>
3.1.13	-	Practical –Badminton game ground specifications
3.2.14	-	Practical –Badminton game general rules
3.3.15		Importance of Health Education in modern society
3.4.16		Meaning of First Aid.
3.5.17		Aim, Objectives of First Aid- <i>to be continue</i>
3.6.18		Aim, Objectives of First Aid
4.1.20	-	Practical –Badminton game general skills
4.2.21	-	Practical – Practice of Badminton basic skills
4.3.22		General Principles of First Aid.
4.4.23		First Aid for Common injuries.
4.5.24		First Aid for Bleeding
4.6.25	-	Practical conduct Badminton Matches among students.
5.1.27		First Aid for Burns
5.2.28		First Aid for Electric Shock
5.3.29		First Aid for Drowning
5.4.30	-	First Aid for Snake Bite
5.5.31		Practical conduct Badminton Matches among students.
5.6.1	February	Practical conduct Badminton Matches among students.
(6)2.1.3		Tutorial Class
6.2.4		Unit test
6.3.5		Unit –II Historical Prospects of Physical Education
6.4.6		Introduction of Historical Prospects of Physical Education
6.5.7		Practical –Cricket game Introduction
6.6.8		Pre-independence historical development of Physical Education in India- <i>to be continue</i>
7.1.10	-	-to be continue.
7.2.11		Pre-independence historical development of Physical Education in India
7.3.12		Inter-Collegiate State Volleyball (M&W) Championship 2018-19
7.4.13		Inter-Collegiate State Volleyball (M&W) Championship 2018-19
7.5.14		Inter-Collegiate State Volleyball (M&W) Championship 2018-19

7.6.15	-	Inter-Collegiate State Volleyball (M&W) Championship 2018-19
8.1.17	-	Inter-Collegiate State Volleyball (M&W) Championship 2018-19
8.2.18		Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India.
8.3.19		Role of IOA in the development of Physical Education and Sports in India.
8.4.20		Role of SAI in the development of Physical Education and Sports in India.
8.5.21		Role of NSNIS in the development of Physical Education and Sports in India.
8.6.22	-	Role of YMCA in the development of Physical Education and Sports in India.
9.1.24	-	Practical – Practice of Cricket basic skills
95.2.25		Sports Policy of Haryana State
9.3.26		National Sports Policy
9.4.27		Unit Test
9.5.28		Post – independence historical development of Physical Education in India- <i>to be Post</i> – independence historical development of Physical Education in India <i>continue.</i>
		Unit IV Introduction to Human Anatomy and Physiology
9.6.29		Preparation and conduct of College Annual Sports Meet
10.1.2	March	-----do-----
10.2.3		-----do-----
10.3.4		-----do-----
10.4.5		-----do-----
10.5.6	-	-----do-----
10.6.7	-	College Annual Athletic Meet 2018-19
11.1.9		College Annual Athletic Meet 2018-19
11.3.11		Introduce Human Skeleton System
11.4.12		Anatomy of Human Bone
11.5.13		Types of bones in Human Body- <i>to be continue</i>
11.6.14	-	Types of bones in Human Body
12.1.16	-	Meaning and types of joints in Human Body.- <i>to be continue</i>
12.3.25		Types of joints in Human Body
12.4.26		Types of synovial joints in Human Body.- <i>To be Continue</i>
12.5.27		Types of synovial joints in Human Body
12.6.28		Tutorial Class
13.1.30	-	Practical conduct 10 overs Matches among students.
13.2.31	-	Practical conduct 10 over Cricket Matches among students.
13.3.1	April	Unit test
		Unit III Introduction to Physical Fitness
13.4.2		Introduction of Physical Fitness
13.5.3		Meaning, definition of Physical Fitness
13.6.4		Importance of Physical Fitness
14.2.7	-	Practical-Name and identification of bones in Human Body
14.3.8	-	Practical-Name and identification of bones in Human Body
14.4.9		Components of Physical Fitness- <i>To be continue</i>
14.5.10		Components of Physical Fitness
14.6.11		Principles of Physical Fitness-to be continue

15.3.15	-	Practical - Shot Put Measurements.
15.4.16	-	Principles of Physical Fitness
15.5.17		Factors influencing of Physical Fitness.- <i>to be continue</i>
(15).6.18		Meaning of Isometric exercises
16.1.20		Meaning of Isotonic exercises
16.2.21		Practical - Shot Put Basic Techniques
16.3.22	-	Practical- Types of Starts - Crouch Start
16.4.23	-	Meaning of Isokinetic exercises
16.5.24		Tutorial Class
16.6.25		Unit test
17.1.27		Practical- Types of Starts - standing starts
17.2.28	-	Practical- Types of Starts - Crouch Start and standing starts Basic Technique.
17.3.29		Preparation of Examination
17.4.30	-	Preparation of Examination

Lesson Plan Format

Name of the Assistant Professor: Dr. Kuldeep Singh

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

Subject Lesson Plan: 17 Week from (January to April,2019)

Week 1	Month	Semester (Health & Physical Education)
		Introduce Syllabus
W.D.Date (1)1.2.1	January	Unit-1 Warming Up and Cooling Down:
1.4.3		Meaning of warming up
1.5.4		Types of warming up
2.6.6		Significance of warming up
2.2.7	-	Practical- Introduce BMI
2.3.8		Meaning of cooling down.
2.4.9		Types of cooling down.
2.5.10		Significance of cooling down.
2.6.11		Methods of warming up.
3.1.13	-	Practical-Measurement of Body Mass Index (Normal Range of B.M.I for Children)
3.2.14	-	Practical- Measurement of Body Mass Index (Normal Range of B.M.I for Women and Men)
3.3.15		Methods of cooling down.
3.4.16		Tutorial Class
3.5.17		Tutorial Class
3.6.18		Unit test
4.1.20		Unit - IV Anatomy and Physiology of Human Body System
4.2.21	-	Practical- Basketball game introduction
4.3.22	-	Practical- Basketball game ground specifications
4.4.23		Introduction of Respiratory System.
4.5.24		Structure of Respiratory Organs- <i>to be continue.</i>
4.6.25		Structure of Respiratory Organs.
5.1.27	-	Practical- Basketball game general rules.
5.2.28		Physiology of respiratory System- <i>to be continue</i>
5.3.29		Physiology of respiratory System
5.4.30		Effect of exercise on respiratory System- <i>to be continue</i>
5.5.31	-	Effect of exercise on respiratory System
5.6.1	February	Practical- Basketball game general skills
(6)2.1.3	-	Practical- Basketball game general skills Practice
6.2.4		Terminology of respiration: Tidal Volume etc.
6.3.5		Terminology of respiration: Residual Volume etc. Terminology of respiration: Total Lung Capacity etc.
6.4.6		Tutorial Class
6.5.7		Unit test
6.6.8		Unit –II Psychological aspects of Physical Education:
7.1.10		Introduction of Psychology, Sports Psychology and its aspects.
7.2.11	-	Meaning of Psychology and sports Psychology
7.3.12		Need of sports psychology

8.1.17	-	Inter-Collegiate State Volleyball (M&W) Championship 2018-19
8.2.18	-	Inter-Collegiate State Volleyball (M&W) Championship 2018-19
8.3.19		Importance of sports psychology
8.4.20		Learning: meaning
8.5.21		Learning laws
8.6.22		Learning curve
9.1.24	-	Practical- Basketball game match among students
9.2.25	-	Practical- Basketball game match among students
9.3.26		Tutorial Class
9.4.27		Unit test
9.5.28		Unit –III Major Sports Events
		Introduction of Major Sports events
9.6.29		Ancient Olympic Games- <i>to be continue</i>
10.1.2	March	Preparation and conduct of College Annual Sports Meet
10.2.3		-----do-----
10.3.4		-----do-----
10.4.5		-----do-----
10.5.6		-----do-----
10.6.7	-	-----do-----
11.1.9	-	College Annual Athletic Meet 2018-19
11.3.11		College Annual Athletic Meet 2018-19
11.4.12		Ancient Olympic Games- <i>to be continue</i>
11.5.13		Ancient Olympic Games- <i>to be continue</i>
11.6.14		Ancient Olympic Games.
12.1.16	-	Practical- Basketball game Practice
12.3.25	-	Practical- Basketball game Practice
12.4.26		Modern Olympic Games- <i>to be continue</i>
12.5.27		Modern Olympic Games- <i>to be continue</i>
12.6.28		Modern Olympic Games- <i>to be continue</i>
13.1.30		Modern Olympic Games- <i>to be continue</i>
13.2.31	-	Modern Olympic Games.
13.3.1	-	Asian Games- <i>to be continue</i>
	April	Asian Games- <i>to be continue</i>
13.4.2		Asian Games.
13.5.3		Common Wealth Games- <i>to be continue</i>
13.6.4		Common Wealth Games- <i>to be continue</i>
14.2.7		Common Wealth Games- <i>to be continue</i>
14.3.8	-	Practical- Kabaddi Introduction
14.4.9	-	Practical- Kabaddi game ground specifications
14.5.10		Common Wealth Games
14.6.11		Tutorial Class

15.3.15		Tutorial Class
15.4.16	-	Practical- Kabaddi game general rules.
15.5.17	-	Practical- Kabaddi game general skills
(15).6.18		Unit test
16.1.20		Organise Kabaddi Match among Students
16.2.21		Practical- Kabaddi game general skills Practice
16.3.22		Practical- Organise Kabaddi Match among Students
16.4.23	-	Practical- Kabaddi game general skills Practice
16.5.24	-	Organise Kabaddi Match among Students
16.6.25		Practical- Discus throw Specifications skills
17.1.27		Practical- Discus throw general rules
17.2.28		Practical- Discus throw general skills
17.3.29	-	Practical- Discus throw general skills Practice
17.4.30		Practical- Long Jump Specifications skills
	-	Practical- Long Jump general rules
		Examination discussion
		Examination discussion

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: 17 Week from (January to April, 2019)

Week 1	Month	
W.D.Date (1)1.2.1	January	Syllabus Introduction
1.4.3		Unit-1 Concept of Motivation and Socialization
1.5.4		Introduction of Socialization
2.6.6		Meaning and definition of motivation.
2.2.7	-	Practical- Introduce Pranayam
2.3.8		Practical- Bhramari
2.4.9		-to be continue
2.5.10		Types of motivation.
2.6.11		Importance of motivation in sports.
3.1.13	-	-to be continue
3.2.14	-	Practical- Anulom Vilom
3.3.15		Practical- Kapal Bhati
3.4.16		Meaning of Socialization.
3.5.17		Socialization through sports.
3.6.18		Effect of social behavior on performance of sports person.
4.1.20	-	Practical- Volleyball Ground Specifications
4.2.21	-	Practical- Introduce Volleyball Game
4.3.22		Effect of social behavior on performance of sports person -to be continue
4.4.23		<i>Tutorial Class</i>
4.5.24		<i>Unit Test</i>
4.6.25		Unit – IV Anatomy and Physiology
5.1.27	-	Practical- Volleyball game General rules
5.2.28		Introduction of Digestive system
5.3.29		Organs of Digestive System <i>-to be continue</i>
5.4.30		<i>-to be continue</i>
5.5.31	-	<i>-to be continue</i>
5.6.1	February	<i>-to be continue</i>
(6)2.1.3	-	Practical- Volleyball game General Skill
6.2.4		Structure of Digestive System
6.3.5		Structure of Digestive System. - to be continue
6.4.6		Structure of Digestive System
6.5.7		Mechanism of food digestion. <i>- to be continue</i>
6.6.8		Mechanism of food digestion. <i>- to be continue</i>
7.1.10		Mechanism of food digestion.
7.2.11	-	Effects of exercise on Digestive System. <i>- to be continue</i>
7.3.12		Effects of exercise on Digestive System. <i>- to be continue</i>
7.4.13		
7.5.14		
7.6.15		

8.1.17	-	
8.2.18	-	
8.3.19		Practical- Volleyball game General Skill Practice
8.4.20		Practical- Volleyball game General Skill Practice
8.5.21		Effects of exercise on Digestive System.
8.6.22		Tutorial Class
9.1.24	-	Tutorial Class
95.2.25	-	Unit test
9.3.26		Unit – III Concept of Sports Biomechanics
9.4.27		Introduction of Biomechanics and sports Biomechanics
9.5.28		Meaning and definition of sports biomechanics
		Importance of Biomechanics in Sports –to be continue
9.6.29		- to be continue.
10.1.2	March	Preparation and conduct of College Annual Sports Meet
10.2.3		-----do-----
10.3.4		-----do-----
10.4.5		-----do-----
10.5.6		-----do-----
10.6.7	-	-----do-----
11.1.9	-	College Annual Athletic Meet 2018-19
11.3.11		College Annual Athletic Meet 2018-19
11.4.12		Newton's Laws of motion.
11.5.13		Newton's Laws of motion application in sports
11.6.14		Meaning Lever
12.1.16	-	Practical- Introduce Self-defense tactics
12.3.25	-	Practical- Self-defense tactics Practice
12.4.26		Types of Lever and their application in Sports
12.5.27		Tutorial Class
12.6.28		Unit Test
13.1.30		Unit- II Concept of Sports Training and Doping
13.2.31	-	Introduction of sports training
13.3.1	-	Meaning and definition of sports training
	April	Factors affecting sports training- <i>to be continue</i>
13.4.2		- <i>to be continue</i>
13.5.3		Types of sports training
13.6.4		Circuit training- <i>to be continue</i>
14.2.7		Circuit training
14.3.8	-	Practical- Self-defense tactics Practice
14.4.9	-	Practical- Self-defense tactics Practice
14.5.10		Interval Training
14.6.11		Continuous Training
15.3.15		Doping: it's Meaning
15.4.16	-	Practical- Self-defense tactics Practice
15.5.17	-	Practical- Self-defense tactics Practice
(15).6.18		Doping types- <i>to be continue</i>

16.1.20		Doping types
16.2.21		Doping effects on health- <i>to be continue</i>
16.3.22		Doping effects on health
16.4.23	-	Practical- Self-defense tactics Practice
16.5.24	-	Tutorial class
16.6.25		<i>Unit test</i>
17.1.27		Introduce First aid for different injuries and circumstances
17.2.28		First aid for different injuries and circumstances
17.3.29	-	Practical- Practical use of Bandages
17.4.30		First aid for different injuries and items of First aid box and their uses
	-	Practical use of Bandages
		Practical- Recreational Activities
		Practical- Recreational Activities