**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,2018)

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| Week 1Unit 1: **Health & Physical Education**  |
| W.D.Date(1)1.1.1 | January | Syllabus Introduction |
|  |  | **Unit-1 Concept of Motivation and Socialization** |
| 1.2.2 |  | Introduction of Socialization |
| 1.3.3 |  | Meaning and definition of motivation. |
| 1.4.4 |  | -to be continue |
| 1.5.5 | - | **Practical-** IntroducePranayam |
| 1.6.6 | - | **Practical-** Bhramari |
| (2)2.1.8 |  | Types of motivation. |
| 2.2.9 |  | Importance of motivation in sports. |
| 2.3.10 |  | -to be continue |
| 2.4.11 |  | Meaning of Socialization. |
| 2.5.12 | - | **Practical-** Anulom Vilom |
| 2.6.13 | - | **Practical-** Kapal Bhati |
| (3)3.1.15 |  | Socialization through sports. |
| 3.2.16 |  | Effect of social behavior on performance of sports person. |
| 3.3.17 |  | -to be continue |
| 3.4.18 |  | ***Tutorial Class*** |
| 3.5.19 | - | **Practical-** IntroduceVolleyball Game |
| 3.6.20 | - | **Practical-** Volleyball Ground Specifications |
| (4)4.2.23 |  | *Unit Test* |
|  |  | **Unit – IV Anatomy and Physiology** |
| 4.4.25 |  | Introduction of Digestive system |
| 4.6.27 |  | Organs of Digestive System –*to be continue* |
| (5)5.1.29 |  | *-to be continue* |
| 5.2.30 |  | *-to be continue* |
| (6)1.4.1 | February | *-to be continue* |
| 1.5.2 | - | **Practical-** Volleyball game General rules  |
| 1.6.3 | - | **Practical-** Volleyball game General Skill |
| (7)2.1.5 |  | Structure of Digestive System. - to be continue |
| 2.2.6 |  | Structure of Digestive System  |
| 2.3.7 |  | Mechanism of food digestion. - *to be continue* |
| 2.4.8 |  | Mechanism of food digestion. - *to be continue* |
| 2.5.9 |  | Mechanism of food digestion. |
| (8)3.1.12 |  | Effects of exercise on Digestive System.- *to be continue* |
| 3.3.14 |  | Effects of exercise on Digestive System.- *to be continue* |
| 3.4.15 |  | Effects of exercise on Digestive System.- *to be continue* |
| 3.5.16 | - | **Practical-** Volleyball game General Skill Practice |
| 3.6.17 | - | **Practical-** Volleyball game General Skill Practice |
| (9)4.1.19 |  | Effects of exercise on Digestive System. |
| 4.2.20 |  | Tutorial Class |
| 4.3.21 |  | Preparation and conduct of **College Annual Sports Meet** |
| 4.4.22 |  | ----------do----------- |
| 4.5.23 | - | ----------do----------- |
| 4.6.24 | - | ----------do----------- |
| (10)5.1.26 |  | ----------do----------- |
| 5.2.27 |  | ----------do----------- |
| (11)2.1.5 | March | Tutorial Class |
| 2.2.6 |  | Unit test |
|  |  | **Unit – III Concept of Sports Biomechanics** |
| 2.3.7 |  | Introduction of Biomechanics and sports Biomechanics |
| 2.4.8 |  | Meaning and definition of sports biomechanics |
| 2.5.9 |  | Importance of Biomechanics in Sports –to be continue |
| 2.6.10 |  | - to be continue. |
| (12)3.1.12 |  | Newton’s Laws of motion. |
| 3.2.13 |  | Newton’s Laws of motion application in sports |
| 3.3.14 |  |  Meaning Lever |
| 3.4.15 |  | Types of Lever and their application in Sports |
| 3.5.16 | - | **Practical-** Introduce Self-defense tactics |
| 3.6.17 | - | **Practical-** Self-defense tactics Practice |
| (13)4.1.19 |  | Tutorial Class |
| 4.2.20 |  | Unit Test |
|  |  | **Unit- II Concept of Sports Training and Doping** |
| 4.3.21 |  | Introduction of sports training |
| 4.4.22 |  | Meaning and definition of sports training |
| 4.6.24 |  | Factors affecting sports training- *to be continue* |
| (14)5.1.26 |  | - *to be continue* |
| 5.2.27 |  | Types of sports training |
| 5.3.28 |  | Circuit training-*to be continue* |
| 5.5.30 | - | **Practical-** Self-defense tactics Practice |
| 5.6.31 | - | **Practical-** Self-defense tactics Practice |
| (15)1.1.2 | April | Circuit training |
| 1.2.3 |  | Interval Training  |
| 1.3.4 |  | Continuous Training |
| 1.4.5 |  | Doping: it’s Meaning |
| 1.5.6 | - | **Practical-** Self-defense tactics Practice |
| 1.6.7 | - | **Practical-** Self-defense tactics Practice  |
| (16)2.1.9 |  | Doping types-*to be continue* |
| 2.2.10 |  | Doping types |
| 2.3.11 |  | Doping effects on health- *to be continue* |
| 2.4.12 |  | Doping effects on health- *to be continue* |
| 2.5.13 | - | **Practical-** Self-defense tactics Practice |
| (17)3.1.16 |  | Doping effects on health |
| 3.2.17 |  | Tutorial class |
| 3.3.19 |  | *Unit test* |
| 3.4.20 |  | Introduce First aid for different injuries and circumstances |
| 3.5.21 | - | **Practical-** Practical use of Bandages |
| (18)4.1.23 |  | First aid for different injuries and circumstances |
| 4.2.24 |  | First aid for different injuries and items of First aid box and their uses |
| 4.3.25 |  | Practical use of Bandages |
| 4.4.26 |  | Practical use of Bandages |
| 4.5.27 | - | **Practical-** Recreational Activities |
| 4.6.28 | - | **Practical-** Recreational Activities |
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