

Lesson Plan Format**Name of the Assistant Professor: Dr. Kuldeep Singh****Class and Section: Graduation-I Sem (MDC) (Fundamentals of Physical Education)****Lesson Plan Duration: 15 Week from (01-8-2026 to 31-10-2026) & (10-11-26 to 4-12-26)****Note: (Vacation 1 to 9 Nov.,2026) (Examination 5-12-26 to onward)**

Sr.No	Subject	Class	Week	Month	Topic /Chapter to be covered	Other activity
1	Health and Physical Education	MDC-I	Week-1	August (Week-1)	Theory: Meaning and Definition of Physical Education	
		MDC-I	Week-1	August (Week-1)	Theory: Relationship of Physical Education with Health and General Education	
		MDC-I	Week-1	August (Week-1)	Practical Class: Badminton – Court Specifications and Equipment Familiarization	
		MDC-I	Week-1	August (Week-1)	Practical Class: Badminton – General Rules and Basic Ready Position	
		MDC-I	Week-2	August (Week-2)	Theory: Aim and Objectives of Physical Education	
		MDC-I	Week-2	August (Week-2)	Theory: Professional Courses in Physical Education and Sports	
		MDC-I	Week-2	August (Week-2)	Practical Class: Badminton – Basic Grip and Footwork	
		MDC-I	Week-2	August (Week-2)	Practical Class: Badminton – Basic Service and Receiving	
		MDC-I	Week-3	August (Week-3)	Theory: Need of Physical Education in Modern Society	
		MDC-I	Week-3	August (Week-3)	Theory: Misconceptions Regarding Physical Education	
		MDC-I	Week-3	August (Week-3)	Practical Class: Badminton – Forehand and Backhand Strokes	
		MDC-I	Week-3	August (Week-3)	Practical Class: Badminton – Forehand and Backhand Movement Drills	
		MDC-I	Week-4	August (Week-4)	Theory: Physical Education as Art or Science	
		MDC-I	Week-4	August (Week-4)	Theory: Introduction of Physical Education – Unit Discussion and Revision	
		MDC-I	Week-4	August (Week-4)	Practical Class: Badminton – Service, Forehand and Backhand Combined Practice	
		MDC-I	Week-4	August (Week-4)	Practical Class: Badminton – Basic Rally and Game Practice	Recreational Activity: Dodgeball
		MDC-I	Week-5	August (Week-5)	Theory: Introduction of Physical Education – Complete Unit Revision	
		MDC-I	Week-5	August (Week-5)	Practical Class: Badminton – Revision of Court Specifications, General Rules and Basic Skills	
		MDC-I	Week-1	September (Week-1)	Theory: Meaning of Growth and Development	
		MDC-I	Week-1	September (Week-1)	Theory: Meaning of Chronological Age, Anatomical Age, Physiological Age and Mental Age	
		MDC-I	Week-1	September (Week-1)	Practical Class: Kho-Kho – Court Specifications and Ground Familiarization	

		MDC-I	Week-1	September (Week-1)	Practical Class: Kho-Kho – General Rules, Basic Positions and Movement	
		MDC-I	Week-2	September (Week-2)	Theory: Principles of Growth and Development	
		MDC-I	Week-2	September (Week-2)	Theory: Difference between Growth and Development	
		MDC-I	Week-2	September (Week-2)	Practical Class: Kho-Kho – Basic Running, Dodging and Chasing Skills	
		MDC-I	Week-2	September (Week-2)	Practical Class: Kho-Kho – Giving Kho and Receiving Kho	
		MDC-I	Week-3	September (Week-3)	Theory: Factors Affecting Growth and Development	
		MDC-I	Week-3	September (Week-3)	Theory: Growth and Development during Pre-Adolescence and Adolescence	
		MDC-I	Week-3	September (Week-3)	Practical Class: Kho-Kho – Chasing, Dodging and Pole Turning	
		MDC-I	Week-3	September (Week-3)	Practical Class: Kho-Kho – Combined Basic Skills and Movement Drills	Recreational Activity: Dodgeball
		MDC-I	Week-4	September (Week-4)	Theory: Growth and Development during Adulthood	
		MDC-I	Week-4	September (Week-4)	Theory: Growth and Development at Various Levels of Childhood – Comparative Discussion	
		MDC-I	Week-4	September (Week-4)	Practical Class: Kho-Kho – Chasing and Defensive Skills with Pole Turning	
		MDC-I	Week-4	September (Week-4)	Practical Class: Kho-Kho – Combined Skill Practice and Application of Rules	
		MDC-I	Week-5	September (Week-5)	Theory: Biological Basis of Physical Education – Complete Unit Revision	
		MDC-I	Week-5	September (Week-5)	Practical Class: Kho-Kho – Revision of Court Specifications, General Rules and Basic Skills	
		MDC-I	Week-1	October (Week-1)	Theory: Qualifications and Responsibilities of Physical Education and Sports Professionals at Various Levels of Educational Institutions	
		MDC-I	Week-1	October (Week-1)	Theory: Qualifications and Responsibilities as Coach, Fitness Trainer, Yoga Instructor and Others	
		MDC-I	Week-1	October (Week-1)	Practical Class: Badminton – Court Specifications, Equipment and General Rules	
		MDC-I	Week-1	October (Week-1)	Practical Class: Kho-Kho – Court Specifications, General Rules and Basic Positions	
		MDC-I	Week-2	October (Week-2)	Theory: Qualifications and Responsibilities as Sports Event Manager, Technical Official, Researcher and Others	
		MDC-I	Week-2	October (Week-2)	Theory: Qualifications and Responsibilities in Health Clubs, Fitness Centres, Aerobics, Dance & Recreation Clubs in Corporate Sectors and Others	
		MDC-I	Week-2	October (Week-2)	Practical Class: Badminton – Basic Grip, Ready Position, Footwork and Service	
		MDC-I	Week-2	October (Week-2)	Practical Class: Kho-Kho – Basic Running, Dodging, Chasing and Giving Kho	
		MDC-I	Week-3	October (Week-3)	Theory: Career Opportunities in Physical Education and Sports – Professional Roles and	

					Employment Areas	
		MDC-I	Week-3	October (Week-3)	Theory: Career Opportunities – Discussion and Examples of Career Pathways	
		MDC-I	Week-3	October (Week-3)	Practical Class: Badminton – Forehand and Backhand Strokes with Movement Drills	
		MDC-I	Week-3	October (Week-3)	Practical Class: Kho-Kho – Pole Turning, Chasing and Defensive Skills	Recreational Activity: Dodgeball
		MDC-I	Week-4	October (Week-4)	Theory: Career Opportunities in Physical Education and Sports – Unit Discussion and Revision	
		MDC-I	Week-4	October (Week-4)	Theory: Career Opportunities in Physical Education and Sports – Important Career Options	
		MDC-I	Week-4	October (Week-4)	Practical Class: Badminton – Combined Service, Forehand, Backhand and Rally Practice	
		MDC-I	Week-4	October (Week-4)	Practical Class: Kho-Kho – Combined Chasing, Dodging, Pole Turning and Team Practice	
		MDC-I	Week-5	October (Week-5)	Theory: Career Opportunities in Physical Education and Sports – Complete Unit Revision	
		MDC-I	Week-5	October (Week-5)	Practical Class: Badminton – Revision of Court Specifications, General Rules and Basic Skills	
		MDC-I	Week-5	October (Week-5)	Practical Class: Kho-Kho – Revision of Court Specifications, General Rules and Basic Skills	
		MDC-I	Week-1	November (Week-1)	Theory: Qualifications and Responsibilities of Sports Journalists, Commentators, Sports Photographers and Video Analysts	
		MDC-I	Week-1	November (Week-1)	Theory: Career Opportunities in Various Central Government, State Government, Private Organizations and Other Sectors	
		MDC-I	Week-1	November (Week-1)	Practical Class: Badminton – Record File Preparation: Court Specifications, General Rules and Basic Skills	Practical Record File Work
		MDC-I	Week-1	November (Week-1)	Practical Class: Kho-Kho – Record File Preparation: Court Specifications, General Rules and Basic Skills	Practical Record File Work
		MDC-I	Week-2	November (Week-2)	Theory: Career Opportunities in Manufacturing and Marketing Sectors	
		MDC-I	Week-2	November (Week-2)	Theory: Entrepreneurial Opportunities in Physical Education and Sports	
		MDC-I	Week-2	November (Week-2)	Practical Class: Badminton – Practical Record File: Court Diagram, Rules and Basic Skills	Practical Record File Work
		MDC-I	Week-2	November (Week-2)	Practical Class: Kho-Kho – Practical Record File: Court Diagram, Rules and Basic Skills	Practical Record File Work
		MDC-I	Week-3	November (Week-3)	Theory: Career Opportunities in Physical Education and Sports – Complete Unit Revision	
		MDC-I	Week-3	November (Week-3)	Theory: Important Career Options and Entrepreneurial Opportunities – Discussion and Revision	
		MDC-I	Week-3	November (Week-3)	Practical Class: Badminton – Revision and Completion of Practical Record File	Practical Record File Completion
		MDC-I	Week-3	November	Practical Class: Kho-Kho – Revision and	Practical

				(Week-3)	Completion of Practical Record File	Record File Completion
Note: Kindly note that the simultaneous scheduling of games and sports activities for college Note: The teaching schedule may be subject to modification due to the scheduling of sports and NCC activities for college students in accordance with the Kurukshetra University Sports Calendar and the directives issued by 10 HR BN NCC, Kurukshetra. Accordingly, necessary adjustments may be made in the implementation of the lesson plan to accommodate such activities.						

MDC-II

Lesson Plan Format

Name of the Assistant Professor: Dr. Kuldeep Singh

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

Paper: fundamentals of yoga

Subject Lesson Plan: 15 Week from (07-01-27 to 19-03-2027) & 29-3-2027 to 7-5-2027 Offline Mode

Vacation (20-3-27 to 28-3-27) Examination (10-5-2026 to onward) Summer vacation-20-5-27 to 30-6-27

Sr.No	Subject	Class	Topic /Chapter to be covered			Other activity
	Health and Physical Education	B.A.-I	Week 1	Month	Topic to be Covered	
		MDC-II	Week-1	January (Week-1)	Introduction of Yoga – Meaning and Definition of Yoga	
		MDC-II	Week-1	January (Week-1)	Aims and Objectives of Yoga	
		MDC-II	Week-1	January (Week-1)	Practical: Asanas – Introduction, importance and basic principles of Ten Basic Asanas	
		MDC-II	Week-1	January (Week-1)	Practical: Demonstration and practice of selected Basic Asanas	
		MDC-II	Week-2	January (Week-2)	Traditional & Historical Development of Yoga	
		MDC-II	Week-2	January (Week-2)	The Yoga Sutra: General Consideration	
		MDC-II	Week-2	January (Week-2)	Practical: Ten Basic Asanas – Demonstration and practice of Asanas 1–5	
		MDC-II	Week-2	January (Week-2)	Practical: Ten Basic Asanas – Demonstration and practice of Asanas 6–10	
		MDC-II	Week-3	January (Week-3)	Need and Importance of Yoga in Modern Society	
		MDC-II	Week-3	January (Week-3)	Misconceptions about Yoga	
		MDC-II	Week-3	January (Week-3)	Practical: Ten Basic Asanas – Correct Technique, Alignment and Breathing	
		MDC-II	Week-3	January (Week-3)	Practical: Ten Basic Asanas – Practice and Correction of Performance	
		MDC-II	Week-4	January (Week-4)	Introduction of Yoga – Meaning, Aims, Objectives and Historical Development: Revision	
		MDC-II	Week-4	January (Week-4)	Yoga Sutra, Need & Importance and Misconceptions about Yoga: Revision	
		MDC-II	Week-4	January (Week-4)	Practical: Ten Basic Asanas – Complete Practice and Demonstration	
		MDC-II	Week-4	January (Week-4)	Practical: Ten Basic Asanas – Practical Assessment / Viva Voce	
		MDC-II	Week-1	February (Week-1)	Foundation of Yoga – Ashtanga Yoga: Meaning and General Introduction	
		MDC-II	Week-1	February (Week-1)	Yama, Niyama, Asana and Pranayama – First Four Limbs of Ashtanga Yoga	
		MDC-II	Week-1	February (Week-1)	Practical: Pranayama – Introduction, principles and breathing awareness	
		MDC-II	Week-1	February (Week-1)	Practical: Anulom-Vilom – Demonstration and Practice	
		MDC-II	Week-2	February (Week-2)	Pratyahara, Dharana, Dhyana and Samadhi – Higher Four Limbs of Ashtanga Yoga	
		MDC-II	Week-2	February (Week-2)	Yoga in the Bhagavadgita – Karma Yoga and Raj Yoga	
		MDC-II	Week-2	February (Week-2)	Practical: Suryabhedana – Demonstration, Technique and Practice	
		MDC-II	Week-2	February (Week-2)	Practical: Bhastrika – Demonstration, Technique and Practice	
		MDC-II	Week-3	February (Week-3)	Yoga in the Bhagavadgita – Jnana Yoga and Bhakti Yoga	

		MDC-II	Week-3	February (Week-3)	Brief Introduction of Hatha Yoga	
		MDC-II	Week-3	February (Week-3)	Practical: Shitali Pranayama – Demonstration, Technique and Practice	
		MDC-II	Week-3	February (Week-3)	Practical: Sheetkari Pranayama – Demonstration, Technique and Practice	
		MDC-II	Week-4	February (Week-4)	Ashtanga Yoga – Complete Review of Eight Limbs	
		MDC-II	Week-4	February (Week-4)	Bhagavadgita, Hatha Yoga and Foundation of Yoga – Revision and Discussion	
		MDC-II	Week-4	February (Week-4)	Practical: Anulom-Vilom, Suryabhedana and Bhastrika – Complete Practice	
		MDC-II	Week-4	February (Week-4)	Practical: Shitali and Sheetkari – Complete Practice / Practical Assessment	
		MDC-II	Week-1	March (Week-1)	Asanas and Pranayama – Meaning of Asanas and Classification of Asanas	
		MDC-II	Week-1	March (Week-1)	Principles of Asanas	
		MDC-II	Week-1	March (Week-1)	Practical Record File: Ten Basic Asanas – Introduction, names, procedure and benefits	
		MDC-II	Week-1	March (Week-1)	Practical Record File: Anulom-Vilom and Suryabhedana Pranayama – Procedure and Benefits	
		MDC-II	Week-2	March (Week-2)	Classification of Asanas – Detailed Discussion	
		MDC-II	Week-2	March (Week-2)	Principles of Asanas – Application and Importance	
		MDC-II	Week-2	March (Week-2)	Practical Record File: Ten Basic Asanas – Practice, Technique and Correction	
		MDC-II	Week-2	March (Week-2)	Practical Record File: Bhastrika, Shitali and Sheetkari Pranayama – Procedure and Benefits	
		MDC-II	Week-3	March (Week-3)	Asanas – Meaning, Classification and Principles: Complete Revision	
		MDC-II	Week-3	March (Week-3)	Asanas and Pranayama – Importance and Recapitulation	
		MDC-II	Week-3	March (Week-3)	Practical Record File: Ten Basic Asanas – Complete Practice and Record Finalization	
		MDC-II	Week-3	March (Week-3)	Practical Record File: Five Pranayamas – Complete Practice, Revision and Viva Voce	
		MDC-II	Week-1	April (Week-1)	Pranayama – Meaning and Importance	
		MDC-II	Week-1	April (Week-1)	Different Types of Pranayama	
		MDC-II	Week-1	April (Week-1)	Practical: Demonstration of Skill – Ten Basic Asanas	
		MDC-II	Week-1	April (Week-1)	Practical: Demonstration of Skill – Anulom-Vilom and Suryabhedana	
		MDC-II	Week-2	April (Week-2)	Principles of Pranayama	
		MDC-II	Week-2	April (Week-2)	Shatkarma – Meaning and General Introduction	
		MDC-II	Week-2	April (Week-2)	Practical: Demonstration of Skill – Ten Basic Asanas: Technique and Correction	
		MDC-II	Week-2	April (Week-2)	Practical: Demonstration of Skill – Bhastrika Pranayama	
		MDC-II	Week-3	April (Week-3)	Types of Shatkarma – Introduction and Classification	
		MDC-II	Week-3	April (Week-3)	Pranayama – Principles, Types and Importance: Revision	
		MDC-II	Week-3	April (Week-3)	Practical: Ten Basic Asanas – Complete Practice and Demonstration	
		MDC-II	Week-3	April	Practical: Shitali and Sheetkari Pranayama –	

				(Week-3)	Demonstration and Practice	
		MDC-II	Week-4	April (Week-4)	Shatkarma – Types and General Importance	
		MDC-II	Week-4	April (Week-4)	Pranayama and Shatkarma – Complete Discussion and Revision	
		MDC-II	Week-4	April (Week-4)	Practical: Demonstration of Skill – Ten Basic Asanas	
		MDC-II	Week-4	April (Week-4)	Practical: Demonstration of Skill – Five Pranayamas	
		MDC-II	Week-5	May (Week-1)	Pranayama – Meaning, Types and Principles: Complete Revision	
		MDC-II	Week-5	May (Week-1)	Shatkarma – Meaning and Types: Revision and Discussion	
		MDC-II	Week-5	May (Week-1)	Practical: Ten Basic Asanas – Final Demonstration / Skill Assessment	
		MDC-II	Week-5	May (Week-1)	Practical: Five Pranayamas – Final Demonstration / Skill Assessment	

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(Dr. Kuldeep Singh)
Deptt. of Physical Education

Lesson Plan Format**Name of the Assistant Professor: Dr. Kuldeep Singh****Class and Section: B.A. III Sem. (Exercise Physiology) Subject****Lesson Plan Duration: 15 Week from (01-8-2026 to 31-10-2026) & (10-11-26 to 4-12-26)****Note: (Vacation 1 to 9 Nov.,2026) (Examination 5-12-26 to onward)**

Sr.No	Subject	Class	Topic /Chapter to be covered			Other activity
	Health and Physical Education	B.A.-III Sem	Week 1	Month	Topic to be Covered	
		B.A.-III Sem	Week-1	August (Week-1)	Theory: Meaning of Exercise Physiology	
		B.A.-III Sem	Week-1	August (Week-1)	Theory: Meaning of Anabolism, Catabolism and Metabolism	
		B.A.-III Sem	Week-1	August (Week-1)	Theory: Importance of Exercise Physiology in Physical Education	
		B.A.-III Sem	Week-1	August (Week-1)	Practical Class: Football – General Warm-up, Head-to-Toe Exercises and Basic Body Movements	
		B.A.-III Sem	Week-1	August (Week-1)	Practical Class: Football – Introduction, Ground Familiarization and Basic Ball Handling	Recreational Activity: Dodgeball
		B.A.-III Sem	Week-2	August (Week-2)	Theory: Types of Muscular Contractions – Isometric, Isotonic and Isokinetic	
		B.A.-III Sem	Week-2	August (Week-2)	Theory: Comparison of Isometric, Isotonic and Isokinetic Contractions	
		B.A.-III Sem	Week-2	August (Week-2)	Theory: Meaning of Body Composition and Its Components	
		B.A.-III Sem	Week-2	August (Week-2)	Practical Class: Football – Basic Stance, Movement, Dribbling and Ball Control	
		B.A.-III Sem	Week-2	August (Week-2)	Practical Class: Football – Passing and Receiving Skills	
		B.A.-III Sem	Week-3	August (Week-3)	Theory: Effect of Exercise on Body Composition	
		B.A.-III Sem	Week-3	August (Week-3)	Theory: Exercise Physiology – Relationship with Physical Education and Sports Performance	
		B.A.-III Sem	Week-3	August (Week-3)	Theory: Exercise Physiology – Discussion and Conceptual Revision	
		B.A.-III Sem	Week-3	August (Week-3)	Practical Class: Football – Dribbling, Passing and Receiving Drills	
		B.A.-III Sem	Week-3	August (Week-3)	Practical Class: Football – Shooting and Basic Defensive Skills	Intramural Activity: Leg Cricket – B.A.-I Class
		B.A.-III Sem	Week-4	August (Week-4)	Theory: Muscular Contractions – Revision and Practical Applications	
		B.A.-III Sem	Week-4	August (Week-4)	Theory: Body Composition – Components and Effects of Exercise	
		B.A.-III Sem	Week-4	August (Week-4)	Theory: Introduction of Exercise Physiology – Unit Discussion	
		B.A.-III Sem	Week-4	August (Week-4)	Practical Class: Football – Combination of Dribbling, Passing and Receiving	
		B.A.-III Sem	Week-4	August (Week-4)	Practical Class: Football – Shooting, Defending and Small-Sided Game Practice	
		B.A.-III Sem	Week-5	August (Week-5)	Theory: Introduction of Exercise Physiology – Complete Unit Revision	
		B.A.-III Sem	Week-5	August (Week-5)	Practical Class: Football – Revision of Court/Ground Specifications, General Rules and Basic Skills	

		B.A.-III Sem	Week-5	August (Week-5)	Practical Class: Football – Combined Skill Practice and Application of Rules	
		B.A.-III Sem	Week-5	September (Week-1)	Theory: Gross Structure of the Skeletal Muscle	
		B.A.-III Sem	Week-5	September (Week-1)	Theory: Functions of the Muscular System	
		B.A.-III Sem	Week-5	September (Week-1)	Theory: Properties of Slow-Twitch and Fast-Twitch Muscle Fibers	
		B.A.-III Sem	Week-6	September (Week-1)	Practical Class: Boxing – General Warm-up, Head-to-Toe Exercises, Basic Body Movements and Mobility	
		B.A.-III Sem	Week-6	September (Week-1)	Practical Class: Boxing – Introduction, Ring/Mat Familiarization, Basic Stance and Guard Position	Recreational Activity: Dodgeball
		B.A.-III Sem	Week-6	September (Week-2)	Theory: Meaning of Aerobic Activity and Anaerobic Activity	
		B.A.-III Sem	Week-6	September (Week-2)	Theory: Meaning of Muscle Tone, Muscle Hypertrophy and Atrophy	
		B.A.-III Sem	Week-6	September (Week-2)	Theory: Effect of Exercise and Training on the Muscular System	
		B.A.-III Sem	Week-7	September (Week-2)	Practical Class: Boxing – Basic Footwork, Movement and Balance	
		B.A.-III Sem	Week-7	September (Week-2)	Practical Class: Boxing – Basic Punches: Jab, Cross and Hook	
		B.A.-III Sem	Week-7	September (Week-3)	Theory: Effect of Exercise and Training on Muscle Fibers and Muscular Adaptations	
		B.A.-III Sem	Week-7	September (Week-3)	Theory: Aerobic and Anaerobic Activities – Relationship with Muscular Performance	
		B.A.-III Sem	Week-7	September (Week-3)	Theory: Muscular System and Exercise – Discussion and Conceptual Revision	
		B.A.-III Sem	Week-8	September (Week-3)	Practical Class: Boxing – Defensive Skills: Blocking, Parrying and Basic Evasion	
		B.A.-III Sem	Week-8	September (Week-3)	Practical Class: Boxing – Basic Punch Combinations and Movement Drills	Intramural Activity: Leg Cricket – B.A.-I Class
		B.A.-III Sem	Week-8	September (Week-4)	Theory: Muscular System and Exercise – Structure and Functions Revision	
		B.A.-III Sem	Week-8	September (Week-4)	Theory: Muscle Fiber Types, Muscle Tone, Hypertrophy and Atrophy – Revision	
		B.A.-III Sem	Week-8	September (Week-4)	Theory: Effect of Exercise and Training on the Muscular System – Discussion	
		B.A.-III Sem	Week-8	September (Week-4)	Practical Class: Boxing – Combined Footwork, Punching and Defensive Skills	
		B.A.-III Sem	Week-8	September (Week-4)	Practical Class: Boxing – Basic Combinations and Controlled Practice	
		B.A.-III Sem	Week-8	September (Week-5)	Theory: Muscular System and Exercise – Complete Unit Revision	
		B.A.-III Sem	Week-9	September (Week-5)	Practical Class: Boxing – Revision of Ring/Mat Specifications, General Rules and Basic Skills	
		B.A.-III Sem	Week-9	September (Week-5)	Practical Class: Boxing – Combined Skill Practice and Application of Rules	
		B.A.-III Sem	Week-9	October (Week-1)	Theory: Meaning and Functions of the Cardiovascular System	
		B.A.-III Sem	Week-9	October (Week-1)	Theory: Meaning of Stroke Volume, Cardiac Output and Heart Rate	
		B.A.-III Sem	Week-9	October (Week-1)	Theory: Meaning of Blood Pressure and Cardiac Hypertrophy	
		B.A.-III Sem	Week-10	October (Week-1)	Practical Class: Football – General Warm-up, Head-to-Toe Exercises, Basic Movements and Ball Familiarization	

		B.A.-III Sem	Week-10	October (Week-1)	Practical Class: Boxing – General Warm-up, Basic Stance, Guard Position and Footwork	
		B.A.-III Sem	Week-10	October (Week-2)	Theory: Conduction System of the Heart	
		B.A.-III Sem	Week-10	October (Week-2)	Theory: Blood Circulation through the Heart	
		B.A.-III Sem	Week-10	October (Week-2)	Theory: Blood Supply to the Heart	
		B.A.-III Sem	Week-10	October (Week-2)	Practical Class: Football – Dribbling, Passing and Receiving Skills	
		B.A.-III Sem	Week-11	October (Week-2)	Practical Class: Boxing – Basic Punches: Jab, Cross and Hook	
		B.A.-III Sem	Week-11	October (Week-3)	Theory: Effect of Exercise and Training on the Cardiovascular System	
		B.A.-III Sem	Week-11	October (Week-3)	Theory: Cardiovascular Adaptations to Regular Exercise and Training	
		B.A.-III Sem	Week-11	October (Week-3)	Theory: Cardiovascular System and Exercise – Discussion and Revision	
		B.A.-III Sem	Week-11	October (Week-3)	Practical Class: Football – Shooting, Ball Control and Basic Defensive Skills	
		B.A.-III Sem	Week-12	October (Week-3)	Practical Class: Boxing – Defensive Skills, Blocking, Parrying and Basic Evasion	Intramural Activity: Leg Cricket – B.A.-I Class
		B.A.-III Sem	Week-12	October (Week-4)	Theory: Stroke Volume, Cardiac Output, Heart Rate and Blood Pressure – Revision	
		B.A.-III Sem	Week-12	October (Week-4)	Theory: Conduction System and Blood Circulation in the Heart – Revision	
		B.A.-III Sem	Week-12	October (Week-4)	Theory: Effect of Exercise and Training on the Cardiovascular System – Discussion	
		B.A.-III Sem	Week-13	October (Week-4)	Practical Class: Football – Combined Dribbling, Passing, Receiving and Shooting Drills	
		B.A.-III Sem	Week-13	October (Week-4)	Practical Class: Boxing – Combined Footwork, Punching and Defensive Skills	
		B.A.-III Sem	Week-13	October (Week-5)	Theory: Cardiovascular System and Exercise – Complete Unit Revision	
		B.A.-III Sem	Week-13	October (Week-5)	Practical Class: Football – Revision of Ground Specifications, General Rules and Basic Skills	
		B.A.-III Sem	Week-13	October (Week-5)	Practical Class: Boxing – Revision of Ring/Mat Specifications, General Rules and Basic Skills	Practical File Preparation
		B.A.-III Sem	Week-14	October (Week-5)	Practical Class: Football and Boxing – Combined Skill Practice and Application of Rules	
		B.A.-III Sem	Week-14	November (Week-1)	Theory: Meaning of Lung Volumes – Tidal Volume, Inspiratory Reserve Volume, Expiratory Reserve Volume and Residual Volume	
		B.A.-III Sem	Week-14	November (Week-1)	Theory: Meaning of Lung Capacities – Total Lung Capacity, Inspiratory Capacity, Vital Capacity and Functional Residual Capacity	
		B.A.-III Sem	Week-14	November (Week-1)	Theory: Mechanism of Breathing – Inspiration and Expiration	
		B.A.-III Sem	Week-14	November (Week-1)	Practical Revision: Football – Ground Specifications, General Rules and Basic Skills	
		B.A.-III Sem	Week-15	November (Week-1)	Practical Revision: Boxing – Ring/Mat Specifications, General Rules and Basic Skills	Practical Record File Preparation
		B.A.-III Sem	Week-15	November (Week-2)	Theory: Diffusion of Gases – Exchange of Gases in the Lungs	
		B.A.-III Sem	Week-15	November (Week-2)	Theory: Diffusion of Gases – Exchange of Gases in the Tissues	
		B.A.-III Sem	Week-15	November (Week-2)	Theory: Effect of Exercise and Training on the Respiratory System	
		B.A.-III Sem	Week-	November	Practical Revision: Football – Dribbling,	

		Sem	15	(Week-2)	Passing, Receiving and Shooting Skills	
		B.A.-III Sem	Week- 15	November (Week-2)	Practical Revision: Boxing – Stance, Footwork, Basic Punches and Defensive Skills	Practical Record File Preparation
		B.A.-III Sem		November (Week-3)	Theory: Respiratory System and Exercise – Relationship of Lung Volumes and Capacities with Exercise	
		B.A.-III Sem		November (Week-3)	Theory: Respiratory System and Exercise – Complete Unit Revision	
		B.A.-III Sem		November (Week-3)	Practical Revision: Football – Combined Skills and Application of General Rules	
		B.A.-III Sem		November (Week-3)	Practical Revision: Boxing – Combined Basic Skills and Application of General Rules	
		B.A.-III Sem		November (Week-3)	Practical Revision: Football and Boxing – Final Skill Practice and Assessment	Practical Record File Completion

Note: Kindly note that the simultaneous scheduling of games and sports activities for college Note: The teaching schedule may be subject to modification due to the scheduling of sports and NCC activities for college students in accordance with the Kurukshetra University Sports Calendar and the directives issued by 10 HR BN NCC, Kurukshetra. Accordingly, necessary adjustments may be made in the implementation of the lesson plan to accommodate such activities.

Lesson Plan Format

Name of the Assistant Professor: Dr. Kuldeep Singh

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

Paper: physical fitness

Subject Lesson Plan: 15 Week from (07-01-27 to 19-03-2027) & 29-3-2027 to 7-5-2027 Offline Mode

Vacation (20-3-27 to 28-3-27) Examination (10-5-2026 to onward) Summer vacation-20-5-27 to 30-6-27

Sr.No	Subject	Class	Topic /Chapter to be covered			Other activity
	Health and Physical Education	B.A.-IV Sem	Week 1	Month	Topic to be Covered	
		B.A.-IV Sem.	Week-1	January (Week-1)	Theory: Introduction of Physical Fitness – Meaning and Definition of Physical Fitness	
		B.A.-IV Sem.	Week-1	January (Week-1)	Theory: Benefits and Importance of Physical Fitness in Sports and Daily Life	
		B.A.-IV Sem.	Week-1	January (Week-1)	Practical Class: Introduction to Measuring Hand Grip Strength by Dynamometer – Equipment, Procedure and Safety Precautions	
		B.A.-IV Sem.	Week-2	January (Week-2)	Theory: Meaning and Types of Aerobic Activities	
		B.A.-IV Sem.	Week-2	January (Week-2)	Theory: Meaning and Types of Anaerobic Activities	
		B.A.-IV Sem.	Week-2	January (Week-2)	Theory: Difference between Aerobic and Anaerobic Activities	
		B.A.-IV Sem.	Week-2	January (Week-2)	Practical Class: Measuring Hand Grip Strength by Dynamometer – Demonstration, Practice and Recording of Results	
		B.A.-IV Sem.	Week-2	January (Week-2)	Practical Class: Measuring Leg and Back Strength by Dynamometer – Demonstration, Practice and Recording of Results	
		B.A.-IV Sem.	Week-3	January (Week-3)	Theory: Exercises and Heart Rate Zones for Different Intensities of Aerobic Activities	
		B.A.-IV Sem.	Week-3	January (Week-3)	Theory: Exercises and Heart Rate Zones for Different Intensities of Anaerobic Activities	
		B.A.-IV Sem.	Week-3	January (Week-3)	Theory: Relationship between Exercise Intensity, Heart Rate and Physical Fitness	
		B.A.-IV Sem.	Week-3	January (Week-3)	Practical Class: Measuring Flexibility by Sit and Reach Test – Introduction, Equipment and Procedure	
		B.A.-IV Sem.	Week-3	January (Week-3)	Practical Class: Sit and Reach Test – Demonstration, Practice and Recording of Results	
		B.A.-IV Sem.	Week-4	January (Week-4)	Theory: WHO Guidelines and Recommendations for Physical Activity – Children Under 5 Years of Age	
		B.A.-IV Sem.	Week-4	January (Week-4)	Theory: WHO Guidelines for Children and Adolescents Aged 5–17 Years	
		B.A.-IV Sem.	Week-4	January (Week-4)	Theory: WHO Guidelines for Adults Aged 18–64 Years; Comparison and Key Recommendations	
		B.A.-IV Sem.	Week-4	January (Week-4)	Practical Class: Hand Grip, Leg and Back Strength – Reassessment, Comparison and Interpretation of Results	
		B.A.-IV Sem.	Week-4	January (Week-4)	Practical Class: Sit and Reach Test – Reassessment, Scoring and Interpretation of Results	
		B.A.-IV Sem.	Week-1	February (Week-1)	Theory: Warming Up – Meaning and Definition of Warming Up	
		B.A.-IV Sem.	Week-1	February (Week-1)	Theory: Principles of Warming Up	
		B.A.-IV Sem.	Week-1	February (Week-1)	Theory: Physiological Benefits of Warming Up	
		B.A.-IV Sem.	Week-1	February (Week-1)	Practical Class: Hand-Eye Coordination Test – Introduction, Purpose, Equipment and Procedure	
		B.A.-IV Sem.	Week-1	February (Week-1)	Practical Class: Hand-Eye Coordination Test – Demonstration and Familiarization with the Test Procedure	

		B.A.-IV Sem.	Week-2	February (Week-2)	Theory: Psychological Benefits of Warming Up	
		B.A.-IV Sem.	Week-2	February (Week-2)	Theory: Types of Warming Up – General and Specific Warming Up	
		B.A.-IV Sem.	Week-2	February (Week-2)	Theory: Characteristics and Importance of Different Types of Warming Up	
		B.A.-IV Sem.	Week-2	February (Week-2)	Practical Class: Hand-Eye Coordination Test – Practice Trial and Correct Test Technique	
		B.A.-IV Sem.	Week-2	February (Week-2)	Practical Class: Hand-Eye Coordination Test – Conducting the Test and Recording Performance	
		B.A.-IV Sem.	Week-3	February (Week-3)	Theory: Methods of Warming Up – Active and Passive Methods	
		B.A.-IV Sem.	Week-3	February (Week-3)	Theory: Active Warming Up – General Exercises, Stretching and Movement Activities	
		B.A.-IV Sem.	Week-3	February (Week-3)	Theory: Passive Warming Up – Methods, Uses and Limitations	
		B.A.-IV Sem.	Week-3	February (Week-3)	Practical Class: Hand-Eye Coordination Test – Final Test Administration and Accurate Recording of Scores	
		B.A.-IV Sem.	Week-3	February (Week-3)	Practical Class: Hand-Eye Coordination Test – Repeated Trial, Scoring and Comparison of Performance	
		B.A.-IV Sem.	Week-4	February (Week-4)	Theory: Methods of Warming Up – Comparison of Active and Passive Methods	
		B.A.-IV Sem.	Week-4	February (Week-4)	Theory: Importance of Proper Warming Up Before Physical Activity and Sports	
		B.A.-IV Sem.	Week-4	February (Week-4)	Theory: Warming Up – Complete Unit Discussion and Revision	
		B.A.-IV Sem.	Week-4	February (Week-4)	Practical Class: Hand-Eye Coordination Test – Reassessment, Scoring and Interpretation of Results	
		B.A.-IV Sem.	Week-4	February (Week-4)	Practical Class: Hand-Eye Coordination Test – Complete Revision and Practical Assessment	
		B.A.-IV Sem.	Week-1	March (Week-1)	Theory: Cooling Down – Meaning and Definition of Cooling Down	
		B.A.-IV Sem.	Week-1	March (Week-1)	Theory: Principles of Cooling Down	
		B.A.-IV Sem.	Week-1	March (Week-1)	Theory: Physiological Benefits of Cooling Down	
		B.A.-IV Sem.	Week-1	March (Week-1)	Practical Class: Measuring Agility by LUS Agility Obstacle Course – Introduction, Purpose, Equipment and Procedure	
		B.A.-IV Sem.	Week-1	March (Week-1)	Practical Class: LUS Agility Obstacle Course – Demonstration and Familiarization with the Course	
		B.A.-IV Sem.	Week-2	March (Week-2)	Theory: Psychological Benefits of Cooling Down	
		B.A.-IV Sem.	Week-2	March (Week-2)	Theory: Procedure for Cooling Down – Gradual Reduction of Exercise Intensity, Light Exercise and Stretching	
		B.A.-IV Sem.	Week-2	March (Week-2)	Theory: Importance of Proper Cooling Down After Physical Activity and Sports	
		B.A.-IV Sem.	Week-2	March (Week-2)	Practical Class: LUS Agility Obstacle Course – Practice of Individual Obstacles and Correct Movement Technique	
		B.A.-IV Sem.	Week-2	March (Week-2)	Practical Class: LUS Agility Obstacle Course – Complete Course Practice and Timing Procedure	
		B.A.-IV Sem.	Week-3	March (Week-3)	Theory: Types of Cooling Down – Active and Passive Cooling Down	
		B.A.-IV Sem.	Week-3	March (Week-3)	Theory: Active Cooling Down – Light Aerobic Exercise, Walking and Stretching	
		B.A.-IV Sem.	Week-3	March (Week-3)	Theory: Passive Cooling Down – Methods, Uses and Limitations	
		B.A.-IV Sem.	Week-3	March (Week-3)	Practical Class: LUS Agility Obstacle Course – Complete Trial and Accurate Timing	

		B.A.-IV Sem.	Week-3	March (Week-3)	Practical Class: LUS Agility Obstacle Course – Repeated Trials and Recording of Performance	
		B.A.-IV Sem.	Week-4	March (Week-4)	Theory: Comparison of Active and Passive Cooling Down	
		B.A.-IV Sem.	Week-4	March (Week-4)	Theory: Physiological and Psychological Importance of Cooling Down in Sports	
		B.A.-IV Sem.	Week-4	March (Week-4)	Theory: Cooling Down – Complete Unit Discussion and Revision	
		B.A.-IV Sem.	Week-4	March (Week-4)	Practical Class: LUS Agility Obstacle Course – Final Assessment, Timing, Scoring and Interpretation of Results	
		B.A.-IV Sem.	Week-4	March (Week-4)	Practical Class: LUS Agility Obstacle Course – Complete Revision and Practical Assessment	
		B.A.-IV Sem.	Week-1	April (Week-1)	Theory: Components of Physical Fitness – Meaning and Importance of Health-Related Components	
		B.A.-IV Sem.	Week-1	April (Week-1)	Theory: Cardiovascular Fitness – Meaning and Importance	
		B.A.-IV Sem.	Week-1	April (Week-1)	Theory: Muscular Strength – Meaning and Importance	
		B.A.-IV Sem.	Week-1	April (Week-1)	Practical Class: Assessment of Cardiovascular Fitness – Fitness Testing and Recording of Test Scores	
		B.A.-IV Sem.	Week-1	April (Week-1)	Practical Class: Assessment of Muscular Strength – Hand Grip / Leg and Back Strength Test	
		B.A.-IV Sem.	Week-2	April (Week-2)	Theory: Muscular Endurance – Meaning and Importance	
		B.A.-IV Sem.	Week-2	April (Week-2)	Theory: Body Composition – Meaning and Importance	
		B.A.-IV Sem.	Week-2	April (Week-2)	Theory: Flexibility – Meaning and Importance	
		B.A.-IV Sem.	Week-2	April (Week-2)	Practical Class: Assessment of Muscular Endurance – Test Procedure and Recording of Scores	
		B.A.-IV Sem.	Week-2	April (Week-2)	Practical Class: Assessment of Flexibility – Sit and Reach Test	
		B.A.-IV Sem.	Week-3	April (Week-3)	Theory: Health-Related Fitness Components – Cardiovascular Fitness, Muscular Strength and Muscular Endurance	
		B.A.-IV Sem.	Week-3	April (Week-3)	Theory: Health-Related Fitness Components – Body Composition and Flexibility	
		B.A.-IV Sem.	Week-3	April (Week-3)	Theory: Importance of Health-Related Fitness Components in Sports and Daily Life	
		B.A.-IV Sem.	Week-3	April (Week-3)	Practical Class: Reassessment of Selected Health-Related Fitness Components	
		B.A.-IV Sem.	Week-3	April (Week-3)	Practical Class: Recording, Scoring and Interpretation of Fitness Test Results	
		B.A.-IV Sem.	Week-4	April (Week-4)	Theory: Skill-Related Fitness Components – Meaning and Importance	
		B.A.-IV Sem.	Week-4	April (Week-4)	Theory: Agility, Balance, Neuromuscular Adaptations and Coordinative Abilities	
		B.A.-IV Sem.	Week-4	April (Week-4)	Theory: Speed, Strength and Reaction Time	
		B.A.-IV Sem.	Week-4	April (Week-4)	Practical Class: Assessment of Agility – LUS Agility Obstacle Course	
		B.A.-IV Sem.	Week-4	April (Week-4)	Practical Class: Assessment of Balance and Coordinative Abilities – Practice and Performance Recording	
		B.A.-IV Sem.	Week-5	May (Week-1)	Theory: Skill-Related Fitness Components – Complete Discussion and Relationship among Agility, Balance, Speed, Strength and Reaction Time	
		B.A.-IV Sem.	Week-5	May (Week-1)	Theory: Importance of Skill-Related Fitness Components in Sports Performance	
		B.A.-IV Sem.	Week-5	May (Week-1)	Theory: Components of Physical Fitness – Complete Unit Revision	

		B.A.-IV Sem.	Week-5	May (Week-1)	Practical Class: Complete Fitness Test Score Review, Comparison and Interpretation	
		B.A.-IV Sem.	Week-5	May (Week-1)	Practical Class: Practical Revision and Finalization of Practical Record File	
Note: The teaching schedule may be subject to modification due to the scheduling of sports and NCC activities for college students in accordance with the Kurukshetra University Sports Calendar and the directives issued by 10 HR BN NCC, Kurukshetra. Accordingly, necessary adjustments may be made in the implementation of the lesson plan to accommodate such activities.						

(Dr. Kuldeep Singh)
Deptt. of Physical Education

Lesson Plan Format**Name of the Assistant Professor: Dr. Kuldeep Singh****Class and Section: B.A. V Sem. (Health and Physical Education)****Lesson Plan Duration: 15 Week from (01-8-2026 to 31-10-2026) & (10-11-26 to 4-12-26)****Note: (Vacation 1 to 9 Nov.,2026) (Examination 5-12-26 to onward)**

Sr.No	Subject	Class	Week 1	Month	Topic /Chapter to be covered	Other activity
	Health and Physical Education	Class	Week	Month (Week)	Topic / Chapter to be Covered	Other Activity
		B.A.-V Sem.	Week-1	August (Week-1)	Theory: Introduction to Sports Training – Meaning and Definition of Sports Training	
		B.A.-V Sem.	Week-1	August (Week-1)	Theory: Importance of Sports Training	
		B.A.-V Sem.	Week-1	August (Week-1)	Theory: Aim and Objectives of Sports Training	
		B.A.-V Sem.	Week-1	August (Week-1)	Practical Class: Assessment of Endurance – Introduction to Harvard Step Test, Purpose and Requirements	
		B.A.-V Sem.	Week-1	August (Week-1)	Practical Class: Harvard Step Test – Procedure, Equipment and Safety Precautions	
		B.A.-V Sem.	Week-2	August (Week-2)	Theory: Principles of Sports Training – Meaning and Importance	
		B.A.-V Sem.	Week-2	August (Week-2)	Theory: Principles of Sports Training – Individualization, Progression and Overload	
		B.A.-V Sem.	Week-2	August (Week-2)	Theory: Principles of Sports Training – Specificity, Continuity and Variety	
		B.A.-V Sem.	Week-2	August (Week-2)	Practical Class: Harvard Step Test – Demonstration and Familiarization with Test Procedure	
		B.A.-V Sem.	Week-2	August (Week-2)	Practical Class: Harvard Step Test – Practice Trial and Recording of Performance	
		B.A.-V Sem.	Week-3	August (Week-3)	Theory: Principles of Sports Training – Recovery, Adaptation and Reversibility	
		B.A.-V Sem.	Week-3	August (Week-3)	Theory: Characteristics of Sports Training – Systematic, Planned and Goal-Oriented Training	
		B.A.-V Sem.	Week-3	August (Week-3)	Theory: Characteristics of Sports Training – Regularity, Progressive Load and Scientific Approach	
		B.A.-V Sem.	Week-3	August (Week-3)	Practical Class: Harvard Step Test – Conducting the Test and Measurement of Pulse Rate	
		B.A.-V Sem.	Week-3	August (Week-3)	Practical Class: Harvard Step Test – Calculation of Physical Efficiency Index (PEI)	
		B.A.-V Sem.	Week-4	August (Week-4)	Theory: Characteristics of Sports Training – Adaptation, Individual Differences and Performance Improvement	
		B.A.-V Sem.	Week-4	August (Week-4)	Theory: Importance of Scientific Training in Sports Performance	
		B.A.-V Sem.	Week-4	August (Week-4)	Theory: Introduction to Sports Training – Unit Discussion and Revision	
		B.A.-V Sem.	Week-4	August (Week-4)	Practical Class: Harvard Step Test – Complete Assessment of Endurance and Recording of Results	
		B.A.-V Sem.	Week-4	August (Week-4)	Practical Class: Harvard Step Test – Interpretation of Physical Efficiency Index (PEI)	
		B.A.-V Sem.	Week-5	August (Week-5)	Theory: Introduction to Sports Training – Complete Unit Revision	
		B.A.-V Sem.	Week-5	August (Week-5)	Practical Class: Harvard Step Test – Revision of Procedure, Calculation and Interpretation	
		B.A.-V Sem.	Week-1	September (Week-1)	Theory: Physical Fitness – Meaning and Definition	
		B.A.-V Sem.	Week-1	September (Week-1)	Theory: Importance of Physical Fitness	

		B.A.-V Sem.	Week-1	September (Week-1)	Theory: Types of Physical Fitness – Health-Related and Skill-Related Fitness	
		B.A.-V Sem.	Week-1	September (Week-1)	Practical Class: Assessment of Flexibility – Introduction to Bend and Reach Test, Purpose and Requirements	
		B.A.-V Sem.	Week-1	September (Week-1)	Practical Class: Bend and Reach Test – Demonstration, Test Procedure and Safety Precautions	
		B.A.-V Sem.	Week-2	September (Week-2)	Theory: Components of Physical Fitness – Strength and Endurance	
		B.A.-V Sem.	Week-2	September (Week-2)	Theory: Components of Physical Fitness – Flexibility and Speed	
		B.A.-V Sem.	Week-2	September (Week-2)	Theory: Components of Physical Fitness – Agility, Balance and Coordination	
		B.A.-V Sem.	Week-2	September (Week-2)	Practical Class: Bend and Reach Test – Warm-up, Correct Body Position and Practice	
		B.A.-V Sem.	Week-2	September (Week-2)	Practical Class: Bend and Reach Test – Practice Trials and Recording of Scores	
		B.A.-V Sem.	Week-3	September (Week-3)	Theory: Components of Physical Fitness – Reaction Time, Power and Accuracy	
		B.A.-V Sem.	Week-3	September (Week-3)	Theory: Relationship among Different Components of Physical Fitness	
		B.A.-V Sem.	Week-3	September (Week-3)	Theory: Importance of Physical Fitness Components for Sports Performance	
		B.A.-V Sem.	Week-3	September (Week-3)	Practical Class: Bend and Reach Test – Conducting the Flexibility Assessment	
		B.A.-V Sem.	Week-3	September (Week-3)	Practical Class: Bend and Reach Test – Measurement and Recording of Individual Scores	
		B.A.-V Sem.	Week-4	September (Week-4)	Theory: Physical Fitness – Application in Daily Life and Sports Performance	
		B.A.-V Sem.	Week-4	September (Week-4)	Theory: Physical Fitness – Factors Affecting Physical Fitness	
		B.A.-V Sem.	Week-4	September (Week-4)	Theory: Physical Fitness – Unit Discussion and Revision	
		B.A.-V Sem.	Week-4	September (Week-4)	Practical Class: Bend and Reach Test – Reassessment and Comparison of Scores	
		B.A.-V Sem.	Week-4	September (Week-4)	Practical Class: Bend and Reach Test – Interpretation of Results and Practical Record	
		B.A.-V Sem.	Week-5	September (Week-5)	Theory: Physical Fitness – Complete Unit Revision	
		B.A.-V Sem.	Week-5	September (Week-5)	Practical Class: Bend and Reach Test – Revision of Procedure, Scoring and Interpretation	
		B.A.-V Sem.	Week-1	October (Week-1)	Theory: Training Load – Meaning and Definition	

		B.A.-V Sem.	Week-1	October (Week-1)	Theory: Importance of Training Load in Sports Training	
		B.A.-V Sem.	Week-1	October (Week-1)	Theory: Types of Training Load – External and Internal Load	
		B.A.-V Sem.	Week-1	October (Week-1)	Practical Class: Explosive Strength – Introduction to Standing Broad Jump, Purpose and Requirements	
		B.A.-V Sem.	Week-1	October (Week-1)	Practical Class: Standing Broad Jump – Demonstration, Starting Position and Jumping Technique	
		B.A.-V Sem.	Week-2	October (Week-2)	Theory: Types of Training Load – General and Specific Training Load	
		B.A.-V Sem.	Week-2	October (Week-2)	Theory: Factors Affecting Training Load – Age, Sex and Fitness Level	
		B.A.-V Sem.	Week-2	October (Week-2)	Theory: Factors Affecting Training Load – Intensity, Volume, Frequency and Recovery	
		B.A.-V Sem.	Week-2	October (Week-2)	Practical Class: Standing Broad Jump – Warm-up, Take-off and Landing Technique	
		B.A.-V Sem.	Week-2	October (Week-2)	Practical Class: Standing Broad Jump – Practice Trials and Corrective Technique	
		B.A.-V Sem.	Week-3	October (Week-3)	Theory: Factors Affecting Training Load – Training Status, Environment and Nature of Activity	
		B.A.-V Sem.	Week-3	October (Week-3)	Theory: Functions of Training Load – Development and Improvement of Physical Fitness	
		B.A.-V Sem.	Week-3	October (Week-3)	Theory: Functions of Training Load – Adaptation, Performance Improvement and Recovery	
		B.A.-V Sem.	Week-3	October (Week-3)	Practical Class: Standing Broad Jump – Measurement of Jump Distance and Recording of Performance	
		B.A.-V Sem.	Week-3	October (Week-3)	Practical Class: Standing Broad Jump – Repeated Trials and Best Performance Recording	
		B.A.-V Sem.	Week-4	October (Week-4)	Theory: Training Load – Relationship among Volume, Intensity and Recovery	
		B.A.-V Sem.	Week-4	October (Week-4)	Theory: Training Load – Application in Sports Training and Performance	
		B.A.-V Sem.	Week-4	October (Week-4)	Theory: Training Load – Unit Discussion and Revision	
		B.A.-V Sem.	Week-4	October (Week-4)	Practical Class: Standing Broad Jump – Complete Assessment of Explosive Strength	
		B.A.-V Sem.	Week-4	October (Week-4)	Practical Class: Standing Broad Jump – Scoring, Interpretation and Practical Record	
		B.A.-V Sem.	Week-5	October (Week-5)	Theory: Training Load – Complete Unit Revision	
		B.A.-V Sem.	Week-5	October (Week-5)	Practical Class: Standing Broad Jump – Revision of Procedure, Measurement and Recording	
		B.A.-V Sem.	Week-1	November (Week-1)	Theory: Training Plans – Meaning and Importance	
		B.A.-V Sem.	Week-1	November (Week-1)	Theory: Types of Training Plans – Macro Cycle and Meso Cycle	
		B.A.-V Sem.	Week-1	November (Week-1)	Theory: Types of Training Plans – Micro Cycle and Training Session Plan	
		B.A.-V Sem.	Week-1	November (Week-1)	Practical Class: Assessment of Endurance – Harvard Step Test: Procedure, Measurement and Recording	
		B.A.-V Sem.	Week-1	November (Week-1)	Practical Class: Assessment of Flexibility – Bend and Reach Test: Procedure, Measurement and Recording	
		B.A.-V Sem.	Week-2	November (Week-2)	Theory: Principles of Formulation of Training Plans – Specificity, Progression and Individualization	
		B.A.-V Sem.	Week-2	November	Theory: Principles of Formulation of Training Plans	

		Sem.		er (Week-2)	– Continuity, Variation and Recovery	
		B.A.-V Sem.	Week-2	Novemb er (Week-2)	Theory: Principles of Formulation of Training Plans – Proper Sequencing and Balanced Training Load	
		B.A.-V Sem.	Week-2	Novemb er (Week-2)	Practical Class: Explosive Strength – Standing Broad Jump: Procedure, Measurement and Recording	
		B.A.-V Sem.	Week-2	Novemb er (Week-2)	Practical Class: Standing Broad Jump – Repeated Trials, Best Performance and Interpretation	
		B.A.-V Sem.	Week-3	Novemb er (Week-3)	Theory: Factors Affecting Training Plans – Age, Sex, Fitness Level and Training Status	
		B.A.-V Sem.	Week-3	Novemb er (Week-3)	Theory: Factors Affecting Training Plans – Training Load, Recovery, Environment and Available Facilities	
		B.A.-V Sem.	Week-3	Novemb er (Week-3)	Theory: Training Plans – Complete Unit Discussion and Revision	
		B.A.-V Sem.	Week-3	Novemb er (Week-3)	Practical Class: Revision and Assessment – Harvard Step Test, Bend and Reach Test and Standing Broad Jump	
		B.A.-V Sem.	Week-3	Novemb er (Week-3)	Practical Class: Compilation and Completion of Practical Record – All Three Fitness Assessments	Practical Record File Work

Note: The teaching schedule may be subject to modification due to the scheduling of sports and NCC activities for college students in accordance with the Kurukshetra University Sports Calendar and the directives issued by 10 HR BN NCC, Kurukshetra. Accordingly, necessary adjustments may be made in the implementation of the lesson plan to accommodate such activities.

Lesson Plan Format

Name of the Assistant Professor: Dr. Kuldeep Singh

Class and Section: B.A. VI Sem. (Health and Physical Education) NEP (Even Semester)

Paper: Organisation and Administration

Subject Lesson Plan: 15 Week from (07-01-27 to 19-03-2027) & 29-3-2027 to 7-5-2027 Offline Mode

Vacation (20-3-27 to 28-3-27) Examination (10-5-2026 to onward) Summer vacation-20-5-27 to 30-6-27

Sr.No	Subject	Class	Topic /Chapter to be covered			Other activity
	Health and Physical Education	B.A.-VI	Week 1	Month	Topic to be Covered	
		B.A.-VI Sem	Week-1	January (Week-1)	Introduction: Organization & Administration – Meaning, Definition & Importance	
		B.A.-VI Sem	Week-1	January (Week-1)	Principles of Organization & Administration	
		B.A.-VI Sem	Week-1	January (Week-1)	Practical: Methods of Issuing and Return of Sports Equipments – Introduction & Demonstration	
		B.A.-VI Sem	Week-2	January (Week-2)	Principles of Organization & Administration – Detailed Discussion	
		B.A.-VI Sem	Week-2	January (Week-2)	Functions of Organization & Administration	
		B.A.-VI Sem	Week-2	January (Week-2)	Characteristics of Organization & Administration	
		B.A.-VI Sem	Week-2	January (Week-2)	Practical: Methods of Issuing Sports Equipments – Procedure & Practice	
		B.A.-VI Sem	Week-2	January (Week-2)	Practical: Methods of Return of Sports Equipments – Procedure & Practice	
		B.A.-VI Sem	Week-3	January (Week-3)	Functions of Organization & Administration – Detailed Discussion	
		B.A.-VI Sem	Week-3	January (Week-3)	Characteristics of Organization & Administration – Detailed Discussion	
		B.A.-VI Sem	Week-3	January (Week-3)	Organization & Administration – Application in Physical Education and Sports	
		B.A.-VI Sem	Week-3	January (Week-3)	Practical: Issuing and Return of Sports Equipments – Practice	
		B.A.-VI Sem	Week-3	January (Week-3)	Practical: Preparation of Equipment Issue and Return Record	
		B.A.-VI Sem	Week-4	January (Week-4)	Principles, Functions and Characteristics of Organization & Administration – Revision	
		B.A.-VI Sem	Week-4	January (Week-4)	Importance and Application of Organization & Administration in Sports	
		B.A.-VI Sem	Week-4	January (Week-4)	Complete Unit – Recapitulation and Discussion	
		B.A.-VI Sem	Week-4	January (Week-4)	Practical: Complete Practice of Issuing and Return of Sports Equipments	
		B.A.-VI Sem	Week-4	January (Week-4)	Practical: Viva Voce / Practical Assessment	
		B.A.-VI Sem	Week-1	February (Week-1)	Sports Equipments & Facilities – Meaning & Importance	
		B.A.-VI Sem	Week-1	February (Week-1)	Need of Sports Equipments & Facilities	
		B.A.-VI Sem	Week-1	February (Week-1)	Classification of Sports Equipments – Introduction and Basis of Classification	
		B.A.-VI Sem	Week-1	February (Week-1)	Practical: Methods of Care and Maintenance of Sports Equipments and Facilities – Introduction	
		B.A.-VI Sem	Week-1	February (Week-1)	Practical: Demonstration of Basic Care and Maintenance Methods	
		B.A.-VI Sem	Week-2	February (Week-2)	Classification of Sports Equipments – Indoor and Outdoor Equipments	
		B.A.-VI	Week-2	February	Classification of Sports Equipments –	

		Sem		(Week-2)	Individual and Team Sports Equipments	
		B.A.-VI Sem	Week-2	February (Week-2)	Care & Maintenance of Sports Equipments – General Principles	
		B.A.-VI Sem	Week-2	February (Week-2)	Practical: Care and Maintenance of Indoor Sports Equipments	
		B.A.-VI Sem	Week-2	February (Week-2)	Practical: Care and Maintenance of Outdoor Sports Equipments	
		B.A.-VI Sem	Week-3	February (Week-3)	Care & Maintenance of Different Types of Sports Equipments	
		B.A.-VI Sem	Week-3	February (Week-3)	Care & Maintenance of Sports Facilities – General Principles	
		B.A.-VI Sem	Week-3	February (Week-3)	Need and Importance of Proper Care & Maintenance	
		B.A.-VI Sem	Week-3	February (Week-3)	Practical: Methods of Care and Maintenance of Sports Equipments – Practice	
		B.A.-VI Sem	Week-3	February (Week-3)	Practical: Methods of Care and Maintenance of Sports Facilities – Practice	
		B.A.-VI Sem	Week-4	February (Week-4)	Sports Equipments & Facilities – Meaning, Importance and Need: Revision	
		B.A.-VI Sem	Week-4	February (Week-4)	Classification of Sports Equipments – Complete Discussion and Revision	
		B.A.-VI Sem	Week-4	February (Week-4)	Care & Maintenance of Sports Equipments & Facilities – Complete Discussion	
		B.A.-VI Sem	Week-4	February (Week-4)	Practical: Complete Practice of Care and Maintenance of Sports Equipments and Facilities	
		B.A.-VI Sem	Week-4	February (Week-4)	Practical: Practical Assessment / Viva Voce	
		B.A.-VI Sem	Week-1	March (Week-1)	Tournament – Meaning & Importance	
		B.A.-VI Sem	Week-1	March (Week-1)	Types of Tournaments – Introduction and Classification	
		B.A.-VI Sem	Week-1	March (Week-1)	Bye – Meaning and Criteria for Giving Byes	
		B.A.-VI Sem	Week-1	March (Week-1)	Practical: Methods of Storing Various Types of Sports Equipments – Introduction	
		B.A.-VI Sem	Week-1	March (Week-1)	Practical: Demonstration of Proper Storage Methods	
		B.A.-VI Sem	Week-2	March (Week-2)	Types of Tournaments – Knockout and Round Robin Tournaments	
		B.A.-VI Sem	Week-2	March (Week-2)	Fixtures – Meaning and Principles of Fixture Preparation	
		B.A.-VI Sem	Week-2	March (Week-2)	Knockout Tournament – Procedure for Preparing Fixtures	
		B.A.-VI Sem	Week-2	March (Week-2)	Practical: Storage Methods for Indoor Sports Equipments	
		B.A.-VI Sem	Week-2	March (Week-2)	Practical: Storage Methods for Outdoor Sports Equipments	
		B.A.-VI Sem	Week-3	March (Week-3)	Round Robin Tournament – Procedure for Preparing Fixtures	
		B.A.-VI Sem	Week-3	March (Week-3)	Knockout & Round Robin Fixtures – Comparison and Practice	
		B.A.-VI Sem	Week-3	March (Week-3)	Tournament – Complete Unit Revision and Discussion	
		B.A.-VI Sem	Week-3	March (Week-3)	Practical: Complete Practice of Storing Various Types of Sports Equipments	
		B.A.-VI Sem	Week-3	March (Week-3)	Practical: Practical Assessment / Viva Voce	
		B.A.-VI Sem	—	March (20–28)	Vacation – No Classes	
		B.A.-VI Sem	Week-1	April (Week-1)	Budget Planning – Meaning & Importance of Budget in Physical Education	

		B.A.-VI Sem	Week-1	April (Week-1)	Criteria of Good Budget	
		B.A.-VI Sem	Week-1	April (Week-1)	Preparation of Budget Planning – Basic Principles and Procedure	
		B.A.-VI Sem	Week-1	April (Week-1)	Practical: Practical Record File – Methods of Issuing and Return of Sports Equipments	
		B.A.-VI Sem	Week-1	April (Week-1)	Practical: Practical Record File – Methods of Care and Maintenance of Sports Equipments and Facilities	
		B.A.-VI Sem	Week-2	April (Week-2)	Preparation of Budget Planning – Steps and Procedure	
		B.A.-VI Sem	Week-2	April (Week-2)	Format of Making Budget of an Institution	
		B.A.-VI Sem	Week-2	April (Week-2)	Budget Planning – Application in Physical Education and Sports	
		B.A.-VI Sem	Week-2	April (Week-2)	Practical: Practical Record File – Methods of Storing Various Types of Sports Equipments	
		B.A.-VI Sem	Week-2	April (Week-2)	Practical: Record Preparation and Presentation of Practical Work	
		B.A.-VI Sem	Week-3	April (Week-3)	Criteria of Good Budget – Detailed Discussion and Application	
		B.A.-VI Sem	Week-3	April (Week-3)	Format of Making Budget of an Institution – Detailed Study	
		B.A.-VI Sem	Week-3	April (Week-3)	Budget Planning – Preparation of a Sample Institutional Budget	
		B.A.-VI Sem	Week-3	April (Week-3)	Practical: Methods of Issuing and Return of Sports Equipments – Practice and Record Completion	
		B.A.-VI Sem	Week-3	April (Week-3)	Practical: Methods of Care and Maintenance of Sports Equipments and Facilities – Practice and Record Completion	
		B.A.-VI Sem	Week-4	April (Week-4)	Budget – Meaning, Importance and Criteria of Good Budget: Revision	
		B.A.-VI Sem	Week-4	April (Week-4)	Preparation and Format of Institutional Budget – Practice	
		B.A.-VI Sem	Week-4	April (Week-4)	Complete Unit: Budget Planning – Discussion and Revision	
		B.A.-VI Sem	Week-4	April (Week-4)	Practical: Methods of Storing Various Types of Sports Equipments – Practice and Record Completion	
		B.A.-VI Sem	Week-4	April (Week-4)	Practical: Practical Record File – Review and Correction	
		B.A.-VI Sem	Week-1	May (Week-1)	Budget Planning – Complete Unit Revision	
		B.A.-VI Sem	Week-1	May (Week-1)	Budget Planning – Important Questions and Discussion	
		B.A.-VI Sem	Week-1	May (Week-1)	Budget Planning – Final Recapitulation / Unit Assessment	
		B.A.-VI Sem	Week-1	May (Week-1)	Practical: Complete Practical Record File – Finalization	
		B.A.-VI Sem	Week-1	May (Week-1)	Practical: Viva Voce / Practical Assessment	

Note: The teaching schedule may be subject to modification due to the scheduling of sports and NCC activities for college students in accordance with the Kurukshetra University Sports Calendar and the directives issued by 10 HR BN NCC, Kurukshetra. Accordingly, necessary adjustments may be made in the implementation of the lesson plan to accommodate such activities.

(Dr. Kuldeep Singh)
Deptt. of Physical Education