

SESSION 2023-24
SEMESTER-1st
LESSON PLAN

NAME OF TEACHER : Major Surender Kumar
DEPARTMENT – Physical Education

CLASS : B.A-1st

Week 1	Introduction, meaning, definition and scope of physical education Relationship of physical education with general education
Week 2	Aim, objective and importance of physical education in modern society
Week 3	Need and importance of Physical Education in modern society Misconceptions regarding Physical education
Week 4	Physical education: as an Arts or a Science
Week 5	History of Physical Education in India-History of Ancient period
Week 6	. History of British period , History after Independence
Week 7	Meaning and definition of Growth and development
Week 8	Meaning of chronological Age, Anatomical Age ,Physiological Age and Mental Age
Week 9	Principles of Growth and development, difference between Growth and development
Week 10	Factors affecting Growth and development, Growth and development at various levels of childhood, Pre-Adolescence, Adolescence and Adulthood
Week 11	Qualifications and Responsibilities of Physical Education and sports professionals at various levels of Educational Institution.
Week 12	Qualifications and Responsibilities as Coach, Fitness Trainers, Yoga Instructors, Sports event Managers, Technical officials and Researcher.
Week 13	Qualifications and Responsibilities in Health Club and Fitness centers, Aerobics, Dance and Recreation Club in corporate sectors and others
Week 14	Qualifications and Responsibilities of sports journalists, Commentators, Sports Photographers and Video Analysts.
Week 15	Career opportunities in various Central Govt. State Govt. and Private Organisations .
Week 16	Career opportunities in manufacturing and marketing in Physical Education and Sports sectors.

SESSION 2023-24
SEMESTER-2nd
LESSON PLAN

CLASS : B.A-1st

NAME OF TEACHER : Major Surender Kumar
DEPARTMENT – Physical Education

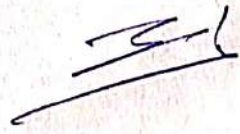
Week 1	Meaning and Definitions of Anatomy and Physiology Its Importance in Physical Education and Sports.
Week 2	Cell: Structure Properties and functions, Meaning of Cell, Tissues, Organs and System.
Week 3	Bone:- Meaning and Types, Structure and functions of skeleton system.
Week 4	Axial Skeleton and Appendicular Skeleton Meaning of joints and types of joints.
Week 5	Types of Synovial Joints, Meaning Muscles and types of Muscles.
Week 6	Gross Structure of Skeletal Muscle, Structural Classification of Skeletal Muscles.
Week 7	Constituents of Blood and Function of Blood and Structure of Heart.
Week 8	Types of blood circulation- systematic circulation, pulmonary circulation and coronary circulation
Week 9	Organs of Digestive system, structure and function of digestive system
Week 10	Process of food absorption, name and function of various digestive juices and enzymes
Week 11	Organs of respiratory system and their function
Week 12	Structure of respiratory system
Week 13	Exchange of gases in the lungs and tissues
Week 14	Organs of excretory system
Week 15	Part and function urinary system
Week 16	Structure and function of skin

SESSION 2023-24
SEMESTER-III
LESSON PLAN

NAME OF TEACHER : Major Surender Kumar
DEPARTMENT – Physical Education

CLASS : B.A-2nd

Week 1	Meaning, need and importance of safety education
Week 2	Sports injuries: types and causes
Week 3	Principle of prevention of sports injuries
Week 4	General treatment for common sports injuries-abrasion, contusion, sprain, strain, fracture and dislocation of joints
Week 5	Meaning of communicable and Non- communicable diseases
Week 6	Modes of transmissions, prevention and control of communicable diseases
Week 7	Common diseases- HIV, AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza.
Week 8	Allergy related diseases- Asthma and Sinuses
Week 9	Balanced diet- meaning and importance
Week 10	Components of balanced diet and their sources
Week 11	Factors affecting balanced diet
Week 12	Harmful effects of junk food
Week 13	Circulatory system- structure of Heart
Week 14	Functioning of Heart
Week 15	Type of circulation- systemic and pulmonary
Week 16	Effects of exercise on circulatory system



SESSION 2023-24

SEMESTER-4th

LESSON PLAN

NAME OF TEACHER : Major Surender Kumar

DEPARTMENT – Physical Education

CLASS : B.A-2nd

Week 1	Meaning, types and significance of warming up
Week 2	Meaning, types and significance of cooling down
Week 3	Methods of warming up and cooling down
Week 4	Physiological aspects of warming up and cooling down
Week 5	Meaning of Physiology and sports psychology
Week 6	Need and importance of psychology
Week 7	Learning- meaning and laws
Week 8	Learning curve
Week 9	Ancient Olympic games
Week 10	Modern Olympic games
Week 11	Asian games
Week 12	Commonwealth games
Week 13	Structure of respiratory organs
Week 14	Physiology of respiratory system
Week 15	Effects of exercise on respiratory system
Week 16	Terminology of respiration- tidal volume, residual volume and total lung capacity

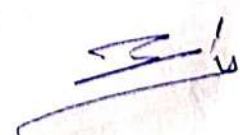


SESSION 2023-24
SEMESTER-V
LESSON PLAN

NAME OF TEACHER : Major Surender Kumar
DEPARTMENT – Physical Education

CLASS : B.A-3rd

Week 1	Meaning and definition of growth and development
Week 2	Stages of growth and development
Week 3	Principles and factors influencing growth and development
Week 4	Age and Sex difference in relation to physical activities and sports
Week 5	Meaning and importance of organization and administration in physical education and sports
Week 6	Principles of sports organization and administration
Week 7	Organization and administration of intramural and extramural activities
Week 8	Tournaments and their types- league and knock out
Week 9	Meaning of posture and importance of good posture
Week 10	Causes of poor posture
Week 11	Symptoms and causes of postural deformities- lordosis, kyphosis, scoliosis, flatfeet , knock knee and bow legs
Week 12	Precautions and remedies for postural deformities
Week 13	Gross anatomy of muscle, types of muscles in human body
Week 14	Effects of exercise on muscular system
Week 15	Composition of human blood
Week 16	Function of blood

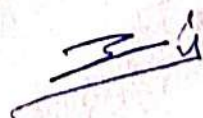


SESSION 2023-24
SEMESTER-6th
LESSON PLAN

NAME OF TEACHER : Major Surender Kumar
DEPARTMENT – Physical Education

CLASS : B.A-3rd

Week 1	Meaning and definition of motivation
Week 2	Types of motivation and importance of motivation in sports
Week 3	Meaning of socialization and socialization through sports
Week 4	Effects of social behaviour on performance of sports person
Week 5	Meaning and definition of sports training
Week 6	Factor effecting sports training
Week 7	Types of sports training- circuit training, interval training and continuous training
Week 8	Doping – meaning, types and its effects on health
Week 9	Meaning and definition of sports biome chines
Week 10	Importance of Biomechanics in sports
Week 11	Newton's Laws of motion and their application in sports
Week 12	Levers : meaning, types and their application in sports
Week 13	Organs of Digestive system
Week 14	Structure of digestive system
Week 15	Mechanism of food digestion
Week 16	Effects of exercise on digestive system



SESSION 2022-23

SEMESTER-1st

LESSON PLAN

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DEPARTMENT – Physical Education

CLASS : B.A-1st

Week 1	Introduction, meaning, definition and scope of physical education
Week 2	Relationship of physical education with general education
Week 3	Aim, objective and importance of physical education in modern society
Week 4	Misconceptions regarding physical education
Week 5	Meaning, definition and importance of health.
Week 6	Factors influencing health.
Week 7	Meaning and importance personal hygiene
Week 8	Hygiene of various body parts and factors influencing personal hygiene
Week 9	Yoga-meaning, concepts and historical development
Week 10	Types of yoga
Week 11	Importance of Yoga in healthy living
Week 12	Pranayama-meaning, types and their benefits
Week 13	Meaning and definition of human anatomy and physiology
Week 14	Importance of human anatomy and physiology in physical education
Week 15	Definition of cell, tissue, organ and system.
Week 16	Structure and properties of cell

