

SESSION 2025-26

1<sup>st</sup> SEMESTER

LESSON PLAN

NAME OF TEACHER :- Sh. Surender Kumar  
DEPARTMENT – Health and Physical Education

CLASS :- B.A

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| Week 1  | MEANING AND DEFINATION OF PHYSICAL EDUCATION, RELATIONSHIP OF PHYSICAL EDUCATION WITH HEALTH AND GENERAL EDUCATION  |
| Week 2  | AIM AND OBJECTIVES PHYSICAL EDUCATION, SCOPE OF PHYSICAL EDUCATION  |
| Week 3  | NEED OF PHYSICAL EDUCATION IN MODERN SOCIETY, MISCONCEPTIONS REGARDING PHYSICAL EDUCATION   |
| Week 4  | PHYSICAL EDUCATION AN ARTS OR SCIENCE   |
| Week 5  | PHYSICAL EDUCATION DURING INDUS VALLEY CIVILIZATION( 3250 BC-2500BC) PHYSICAL EDUCATION DURING VADIC PERIOD ( 2500 BC-600 BS)   |
| Week 6  | PHYSICAL EDUCATION DURING HINDU EARLY HINDU PERIOD ( 600 BS-300 AD)   |
| Week 7  | PHYSICAL EDUCATION DURING LATER HINDU PERIOD ( 320 AD- 1000 AD) PHYSICAL EDUCATION DURING MEDIEVAL PERIOD ( 1000 AD-1757AD)   |
| Week 8  | PHYSICAL EDUCATION DURING BRITISH PERIOD ( TILL 1947), PHYSICAL EDUCATION DURING AFTER INDEPENDENCE   |
| Week 9  | MEANING OF GROSS AND DEVELOPMENT. MEANING OF CRONOLOGICAL AGE, ANATOMICAL AGE PHYSIOLOGICAL AGE AND MENTAL AGE  |
| Week 10 | PRINCIPLES OF FROWTH AND DEVELOPMENT, DIFFERENCE BETWEEN GROWTH AND DEVELOPMENT   |
| Week 11 | FACTORS AFFECTING GROSS AND DEVELOPMENT   |
| Week 12 | GROWTH AND DEVELOPMENT AT VARIOS LEVEL OF CHILDHOOD:- PRE ADOLESCENCE- E ADOLESCENCE, ADULTHOOD   |
| Week 13 | QUALIFCATION AND RESPONSIBILITY OF PHYSICAL EDUCATION AND SPORTS PROFESSIONALS AT VARIOS LEVELS OF EDUCATIONAL INSTITUTIONS   |
| Week 14 | QUALIFCATION AND RESPOSIBILITY OF COACH, FITNESS TRAINNER, YOGA INSTRUCTOR, SPORTS EVENT MANAGER TECHNICAL OFFICILAS, RESEARCHERS AND OTHERS  |
| Week 15 | QUALIFCATION AND RESPONSIBILITY OF IN HEALTH CLUB AND FITNESS CENTERS, AEROBICS, DANCE AND RECREATION CLUBS IN CORPORATE SECTORS AND OTHERS   |
| Week 16 | QUALIFCATION AND RESPONSIBILITY OF SPORTS JOURNALISTS, COMMENTATORS, SPORTS PHOTOGRAPHERS AND VIDEO ANALYSTS, CAREER OPPORTUNITIES IN VARIOUS CENTRAL JOBS, STATE GOVT., PRIVATE ORGANIZATIONS AND OTHERS |

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*Meer 7/4  
01/08/2025*

## SESSION 2025-26

## 3rd SEMESTER

## LESSON PLAN

NAME OF TEACHER :- Sh. Surender Kumar  
DEPARTMENT – Health and Physical Education

CLASS :- B.A

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| Week 1  | MEANING OF EXERCISE PHYSIOLOGY, ANABOLISM, CATABOLISM AND METABOLISM   |
| Week 2  | IMPORTANCE OF EXERCISE PHYSIOLOGY IN PHYSICAL EDUCATION  |
| Week 3  | TYPES OF MUSCULAR CONTRACTIONS:- ISOMETRIC, ISOTONIC AND ISOKINETIC  |
| Week 4  | MEANING OF BODY COMPOSITION, COMPONENTS OF BODY COMPOSITION, EFFECTS OF EXERCISES ON THE BODY COMPOSITION                |
| Week 5  | GROSS STRUCTURE OF THE SKELETAL MUSCLE, FUNCTION OF MUSCULAR SYSTEMS   |
| Week 6  | PROPERTIES OF SLOW-TWITCH AND FAST-TWITCH MUSCLE FIBERS  |
| Week 7  | MEANING OF AEROBIC ACTIVITY, ANAEROBIC ACTIVITY, MUSCLE TONE, MUSCLE HYPERTROPHY AND ATROPHY                             |
| Week 8  | EFFECTS OF EXERCISES AND TRAINING ON THE MUSCULAR SYSTEM   |
| Week 9  | MEANING AND FUNCTIONS OF CARDIOVASCULAR SYSTEM   |
| Week 10 | MEANING OF STROKE VOLUME, CARDIAC OUTPUT, HEART RATE, BLOOD PRESSURE AND CARDIAC HYPERTROPHY                             |
| Week 11 | CONDUCTION SYSTEM OF THE HEART, BLOOD CIRCULATION IN THE HEART, BLOOD SUPPLY TO THE HEART                                |
| Week 12 | EFFECTS OF EXERCISE AND TRAINING ON THE CARDIO VASCULAR SYSTEM   |
| Week 13 | MEANINGS OF LUNGS VOLUMES :- INSPIRATORY RESERVE VOLUME, EXPIRATORY RESERVE VOLUME, TIDAL VOLUME AND RESIDUAL VOLUME     |
| Week 14 | MEANING OF LUNGS CAPACITIES:- TOTAL LUNG CAPACITY, INSPIRATORY CAPACITY, VITAL CAPACITY AND FUNCTIONAL RESIDUAL CAPACITY |
| Week 15 | MECHANISM OF BRATHING, DIFFUSION OF GASES:- EXCHANGE OF GASES IN THE LUNGS AND EXCHANGE OF GASES IN THE TISSUES          |
| Week 16 | EFFECTS OF EXERCISE AND TRAINING ON THE RESPIRATORY SYSTEM   |

M. S. S. S.  
01/08/2025



SESSION 2025-26

5th SEMESTER

LESSON PLAN

NAME OF TEACHER :- Sh. Surender Kumar

CLASS :- B.A

DEPARTMENT – Health and Physical Education

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| Week 1  | MEANING AND DEFINATION OF SPORTS TREATING  |
| Week 2  | NEED AND IMPORTANCE AND SCOPE OF SPORTS TRAINING   |
| Week 3  | PRINCIPLES AND TYPES OF SPORTS TRAINING  |
| Week 4  | TRAINING LOAD MEANING, LOAD AND ADAPTATION, TYPE OF TRAINING LOAD, PRINCIPLES OF TRAINING LOAD                             |
| Week 5  | PRINCIPLE OF SPORTS TRAINING:- OVERLOAD, SPECIFICITY, PROGRESSION AND INDIVIDUALITY  |
| Week 6  | STRETCHING:- TYPES ( STATIC, DYNAMIC) AND PRINCIPLES OF STRETCHING   |
| Week 7  | WARMING UP AND COOLING DOWN:- MEANING AND DEFINITION AND ITS IMPORTANCE  |
| Week 8  | WEIGHT TRAINING, CIRCUIT TRAINING, INTERVAL TRAINING, FARTLEK TRAINING, POLYMETRIC TRAINING AND CONTINUOUS TRAINING METHOD |
| Week 9  | INTRODUCTION, PRINCIPLES AND TYPES OF TRAINING PLAN  |
| Week 10 | PERIODIZATION:- INTRODUCTION, TYPES THEIR AIMS AND CONTENTS  |
| Week 11 | Talent IDENTIFICATION :- PRE- REQUISITES AND CONDITIONS FOR DEVELOPING SUITABLE YOUNG ATHLETE                              |
| Week 12 | PRINCIPLES OF EARLY RECOGNITION OF ATHLETE TALENT  |
| Week 13 | INTRODUCTION, PSYCHOLOGICAL PREPARATION OF TEAMS AND INDIVIDUAL SPORTS   |
| Week 14 | TECHNICAL TRAINING:- INTRODUCTION OF TECHNIQUE, TACTICS, STRATEGY, SKILL STYLE, DEVELOPMENT OF TECHNIQUE AND TACTICS       |
| Week 15 | ENVIRONMENTAL FACTORS:- IMPORTANCE AND ROLE OF ENVIRONMENTAL FACTORS FOR SPORTS PERFORMANCE                                |
| Week 16 | RECOVERY:- INTRODUCTION, PHASE, MEAN OF RECOVERY AND PERFORMANCE   |

Sh. Surender Kumar

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01/08/2025