

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2023-24

Name of the Teacher: *Randhir Singh* Deptt: *Physical Education*

Subject/Course: *Health & Physical Education* Programme: *B.A. SEM-IV*

Semester: *IV*

<i>Sr. No</i>	<i>Name of Topic</i>	<i>Tentative Dates/Days</i>
<i>1.</i>	<i>1. Meaning of warming up and types of warming up. 2. Importance of warming up. 3. Meaning, types and importance of cooling down. 4. Method of warming up and cooling down. 5. Psychological aspect of warming up and cooling down.</i>	<i>Jan.31, 2024 to Feb 29,2024</i>
<i>2.</i>	<i>1. Meaning of Psychology. 2. Meaning of sports psychology. 3. Learning and laws of learning. 4. Learning curve and type of learning curve. 5. What is plateau, types of learning Plateau. 6. Causes of Plateau.</i>	<i>March 01,2024 to March 24,2024</i>
<i>3.</i>	<i>1. Ancient Olympic games. 2. Modern Olympic games. 3. Olympic ideals. 4. Objective of Olympic. 5. Asian games. 6. Calendar of Asian and Olympic games common wealth games.</i>	<i>March 25,2024 to April 19, 2024</i>
<i>4.</i>	<i>1. Structure of Respiratory system, 2. Physiology of Respiratory system. 3. Effect of exercise on respiratory system. 4. Tidal volume, Residual volume and total lung capacity</i>	<i>April 20, 2024 to May 10,2024</i>

Randhir Singh

Associate Prof. of Physical Education

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2023-24

Name of the Teacher: Satish Kumar

Deptt: Physical Education

Subject/Course: History and Foundation Of Physical Education

Programme: B.A. SEM-I

Semester: 1st

Sr. No	Name of Topic	Tentative Dates/Days
5.	<ol style="list-style-type: none">1. Meaning and definition of Physical Education2. Relationship of Physical Education with Health and General Education3. Aim and Objectives Physical Education4. Scope of Physical Education.5. Need of Physical Education in modern society.6. Misconceptions regarding Physical Education.7. Physical Education as Arts or Science	July 24, 2023 to Aug.31,2023
6.	<p>History of Physical Education in India:</p> <ol style="list-style-type: none">1. Physical Education during Indus Valley Civilization (3250 BC – 2500 BC)2. Physical Education during Vedic period (2500 BC – 600 BC)3. Physical Education during Early Hindu Period(600 BC – 320 A.D)4. Physical Education during Later Hindu Period(320 A.D – 1000 A.D)5. Physical Education during Medieval Period (1000 A.D – 1757 A.D)6. Physical Education during British Period (Till 1947)7. Physical Education during After Independence	Sept.01,2023 to Sept.30,2023
7.	<ol style="list-style-type: none">1. Biological Basis of Physical Education:2. Meaning of Growth and Development3. Meaning of Chronological Age, Anatomical age, Physiological age and Mental age4. Principles of Growth and development5. Difference between Growth and development6. Factor affecting Growth and development7. Growth and Development at various Levels of Childhood: Pre -Adolescence – Adolescence – Adulthood.	Oct. 01,2023 to Nov.04, 2023
8.	<p>Career opportunities in Physical Education and Sports:</p> <ol style="list-style-type: none">1. Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions.2. Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others3. Qualifications and responsibilities as sports Event Managers, Technical Officials, Researcher and others4. Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others.5. Qualifications and responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts6. Career opportunities in various Central Govt, State Govt., Private Organizations and others7. Career opportunities in Manufacturing and Marketing sectors.8. Entrepreneurs opportunities in Physical Education and Sports.	Nov 05, 2023 to Dec 04,2023

Satish Kumar

Assistant Prof. of Physical Education

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2023-24

Name of the Teacher: Satish Kumar

Deptt: Physical Education

Subject/Course: Basic Anatomy and Physiology

Programme: B.A.

Semester: 2nd

Sr. No	Name of Topic	Tentative Dates/Days
1	Introduction of Anatomy and Physiology I. Meaning and Definition of Anatomy and Physiology. II. Importance of Anatomy and Physiology in Physical Education and sports III. Cell: Structure, Properties and functions IV. Meaning of Cell, Tissues, Organs and System. V. Bone: Meaning and types VI. Skeletal System: Structure and functions of Skeletal System. VII. Axial and Appendicular Skelton	Jan.31, 2024 to Feb 29,2024
2	Joints and Muscular System I. Meaning of Joints, Types of Joints II. Types of Synovial Joints present in human body III. Meaning of Muscle, Types of muscles present in human body IV. Gross Structure of Skeletal Muscle, V. Structural Classification of Skeletal muscles.	March 01,2024 to March 25,2024
3	Circulatory System and Digestive System I. Constituents of blood and Function of blood II. Structure of the heart III. Types of Blood Circulation: Systemic, Pulmonary and Coronary, IV. Organs of Digestive System V. Structure and functions of the digestive system, VI. Process of Food absorption, Name and functions of various digestive juices and enzymes	March 26,2024 to April 20, 2024
4	Respiratory System and Excretory System I. Organs of Respiratory system and their functions. II. Structure of Respiratory system III. Exchange of gases in the lungs and tissues, IV. Organs of Excretory System kidneys and skin V. Parts and Functions of the urinary system VI. Structure and functions of Skin.	April 21, 2024 to May 10,2024

Satish Kumar

Assistant Prof. of Physical Education

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2023-24

Name of the Teacher: *Krishan Sheokand*

Deptt: *Physical Education*

Subject/Course: *Health & Physical Education*

Programme: *B.A. SEM-VI*

Semester: *6th*

<i>Sr. No</i>	<i>Name of Topic</i>	<i>Tentative Dates/Days</i>
<i>1.</i>	<i>1. Meaning & definition of motivation 2. Types of Motivation and importance of motivation in sports. 3. Meaning of socialisation and socialization through sports. 4. Effect of social behaviour on Performance of sports person.</i>	<i>Jan.31, 2024 to Feb 29,2024</i>
<i>2.</i>	<i>1. Meaning and definition of sports training. 2. Factor effecting sports training. 3. Types of sports training, circuit Training, Internal training and continuous training. 4. Doping, Meaning, types and it effect on health.</i>	<i>March 01,2024 to March 24,2024</i>
<i>3.</i>	<i>1. Meaning and definition of sports Bio Mechanics. 2. Importance of Bio-Mechanics in sports. 3. Newton 's Law of motion and their application in sports. 4. Liver meaning, types and their application in sports.</i>	<i>March 25,2024 to April 19, 2024</i>
<i>4.</i>	<i>1. Organ of Digestive system. 2. Structure of digestive system. 3. Mechanism of food digestive. 4. Effect of exercise on digestive system</i>	<i>April 20, 2024 to May 10,2024</i>

Krishan Sheokand

Extenson Lecturer of Physical Education