

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2024-25

Name of the Teacher: Satish Kumar

Deptt: Physical Education

Subject/Course: History and Foundation of Physical Education

Programme: B.A. SEM-I

Semester: Ist

Course Type: Major

Sr. No	Name of Topic	Tentative Dates/Days
1.	<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 22, 2024 to Aug.31,2024
2.	<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.01,2024 to Sept. 30,2024
3.	<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. 01,2024 to Oct. 27, 2024
4.	<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 04, 2024 to Nov 22, 2024

Satish Kumar

Assistant Prof. of Physical Education

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2024-25

Name of the Teacher: Satish Kumar

Deptt: Physical Education

Subject/Course: Fundamentals of Physical Education

Programme:

Semester: Ist

Course Type: MDC

Sr. No	Name of Topic	Tentative Dates/Days
1.	<ul style="list-style-type: none">➤ Meaning and definition of Physical Education➤ Relationship of Physical Education with Health and General Education➤ Aim and Objectives of Physical Education➤ Professional Courses in Physical Education and Sports.➤ Need of Physical Education in modern society.➤ Misconceptions regarding Physical Education.➤ Physical Education as Arts or Science	July 22, 2024 to Aug.31,2024
2.	<ul style="list-style-type: none">➤ Meaning of Growth and Development➤ Meaning of Chronological Age, Anatomical age, Physiological Age and Mental age➤ Principles of Growth and development➤ Difference between Growth and development➤ Factors affecting Growth and development➤ Growth and Development at various Levels of Childhood: ➤ Pre - Adolescence – Adolescence – Adulthood.	Sept.01,2024 to Oct.15,2024
3.	<ul style="list-style-type: none">➤ Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions.➤ Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others➤ Qualifications and responsibilities as sports Event Managers, Technical Officials, Researchers and others➤ Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others.➤ Qualifications and responsibilities of Sports Journalists, Commentators, Sports Photographers and Video Analysts➤ Career opportunities in various Central Govt, State Govt., Private Organizations and others➤ Career opportunities in Manufacturing and Marketing sectors.➤ Entrepreneur opportunities in Physical Education and Sports.	Oct. 16,2024 to Nov 22, 2024

Satish Kumar
Assistant Prof. of Physical Education

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2024-25

Name of the Teacher: *Krishan Sheokand* Department: *Physical Education*

Subject/Course: *Health and Physical Education*

Programme: *B.A*

Semester: *3rd*

<i>Unit</i>	<i>Name of Topic/Contents</i>	<i>Tentative Dates/Days</i>
<i>1.</i>	<i>Introduction of Exercise Physiology</i> <i>Meaning of Exercise Physiology, Anabolism, Catabolism and Metabolism</i> <i>Importance of Exercise Physiology in Physical Education</i> <i>Types of muscular Contractions. Isometric, Isotonic and Isokinetic</i> <i>Meaning of Body Composition, Components of Body Composition</i> <i>Effect of Exercises on the body composition.</i> <i>Contact Hours</i> <i>Mechanism of Breathing</i> <i>Diffusion of Gases: Exchange of Gases in the Lungs and Exchange of Gases in the Tissues</i> <i>Effect of exercises and training on the respiratory system</i>	<i>July ,August,2024</i>
<i>2.</i>	<i>Muscular System and Exercise</i> <i>Gross Structure of the Skeletal Muscle Functions of Muscular system</i> <i>Properties of slow-twitch and fast-twitch muscle fibers</i> <i>Meaning of Aerobic Activity, Anaerobic Activity, Muscle Tone, Muscle Hypertrophy and Atrophy.</i> <i>Effect of exercises and training on the muscular system</i>	<i>September,2024</i>
<i>3.</i>	<i>Cardiovascular System and Exercise</i> <i>Meaning and functions of Cardiovascular System</i> <i>Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood pressure and Cardiac Hypertrophy Conduction System of the Heart</i> <i>Blood circulation in the Heart, Blood Supply to the Heart</i> <i>Effect of exercises and training on the Cardio vascular system.</i>	<i>October,2024</i>
<i>4.</i>	<i>Respiratory System and Exercise:</i> <i>Meaning of Lung Volumes Inspiratory Reserve Volume, Expiratory reserve volume, Tidal Volume and Residual Volume</i> <i>Meaning of Lung capacities. Total Lung Capacity, Inspiratory Capacity, Vital Capacity and Functional Residual Capacity</i> <i>Mechanism of Breathing</i> <i>Diffusion of Gases: Exchange of Gases in the Lungs and Exchange of Gases in the Tissues</i>	<i>November,2024</i>

Lesson-Plan for B.A 5th Sem.

Session- 2024-25

Aug Unit I

1. Meaning & definition of growth & Development.
2. Stages of growth & Development.
3. factor effect growth & Development.

Sept Unit II

1. Meaning & Importance of organization and administration in Phy. Edu.
2. Principal of sports organization and administration.
3. Interamural & extramural activity.
4. Tournament & Theirtype.

OCT Unit III

1. Meaning of posture and importance of good posture.
2. Postural deformities, Kyphosis, Lordosis.
3. Kytho-Loordo, Knocking knee, flat feet.

Nov Unit IV

1. Gross anotomy of muscle
2. Effect of exercise muscular on system.
3. Composition of human Blood.
4. Function of Blood.

Randhir singh