

Lesson Plan

Name of the Assistant Professor: **Dr. Rajesh Kumar**

Class and Section: **B.A.-Ist (Sem-1st)**

Subject: **Health & Physical Education**

Paper: **Foundations of Physical Education**

In the Month of August, 2021

Unit-I) Introduction of Physical Education:

- Meaning, definition and scope of physical education
 - Aim and objectives of physical education
 - Importance of physical education in modern society
 - Qualities and qualification for a physical education teacher.
- Unit test and assignment

In the Month of September, 2021

Unit-II) Historical Development of Physical Education:

- Pre-independence development of Physical Education & sports in India
 - Post-independence development of Physical Education & sports in India
 - S.A.I., NSNIS and role of these agencies in development of physical education and sports
 - IOA, Aim, objectives and role in promotion of sports.
- Unit test and assignment

In the Month of October, 2021

Unit-III) Olympic Movement:

- Historical development of ancient Olympic games
 - Historical development of modern Olympic games
 - India in Olympics
 - Asian games, Commonwealth games and highlights of India's performance in these games.
- Unit test and assignment

In the Month of November, 2021

Unit –IV) National Sports Awards:

- Rajiv Gandhi Khel Ratna award
 - Arjuna award
 - Dronacharya award
 - Bhim award (Haryana)
 - Maulana Abdul Kalam Azad (MAKA) trophy
 - Major Dhyan Chand award.
- Unit test and assignment

In the Month of December, 2021

Group discussions on any topics/units

Lesson Plan

Name of the Assistant Professor: **Dr. Rajesh Kumar**

Class and Section: **B.A.-2nd (Sem-3rd)**

Subject: **Physical Education**

Paper: **Physical Activity and Health**

In the Month of August, 2021

Unit-I) Health and Health Education:

- Concept of Health, Meaning and definitions of Health and Health Education
 - Aim and Objectives of Health Education
 - Health and Physical Fitness.
 - WHO, UNICEF
 - Role of Physical Activity towards Different Dimension of Health Aim and Objectives of Physical Education
- Unit test and assignment

In the Month of September, 2021

Unit-II) Food and Nutrition:

- Balance Diet
 - Factors Effecting Diet
 - Elements and Functions of the Balance Diet
 - Nutritional tips
 - Vegetarian verses Non Vegetarian Diet
- Unit test and assignment

In the Month of October, 2021

Unit-III) Posture:

- Concept of posture
- Value of posture
- Causes of poor posture
- Types of Postural Deformities, their Causes and Precautions

First-Aid

General Principles of first aid, Common first-aid measures for:

- a) Snake biting (b) Choking (c) Drawing (d) Fainting (e) Fracture (f) Burns (g) Poison and Unconsciousness (h) Heat Stroke

Unit test and assignment

In the Month of November, 2021

Unit –IV) Exercise and life style disease:

- Exercise and Life Style Disease
 - Exercise and Obesity
 - Exercise & Heart disease
 - Exercise & Diabetes
 - Exercise & Stress Management
- Unit test and assignment

In the Month of December, 2021

Group discussions on any topics/units

Lesson Plan

Name of the Assistant Professor: **Dr. Rajesh Kumar**

Class and Section: **B.A. - Ist (Sem-2nd)**

Subject: **Health & Physical Education**

Paper: **Health, Hygiene & Nutrition**

In the Month of February, 2021

Unit-I) Introduction to health:

- Introduction, Meaning and Definition of Health
 - Dimensions of Health
 - Importance of Health and Factors Affecting Health Need of Physical Education in the Modern Society
 - Characteristics of a Healthy Individual
- Unit test and assignment

In the Month of March, 2021

Unit-II) Health & Hygiene:

- Meaning and Importance of Personal Hygiene
 - Personal hygiene of:
(a) Teeth (b) Ears (c) Eyes (d) Skin (e) Nails and Fingers (f) Clothes
 - Meaning, Aim, Objectives and Guiding Principles of First-Aid.
 - First -Aid in case of :
a) Drowning (b) Fracture (c) Fainting (d) Heat Stroke
- Unit test and assignment

In the Month of April, 2021

Unit-III) Health & Nutrition:

- Concept of Nutrition and Balanced Diet
 - Components of Balanced diet
 - Factors Affecting Diet
 - Importance of Balanced Diet
- Unit test and assignment

In the Month of May, 2021

Unit –IV) Communicable Disease:

- Meaning of Communicable and Non-Communicable Diseases
 - Various Modes of Transmission of Communicable Diseases
 - Prevention and Control of Communicable diseases
 - Symptoms, prevention and control of :
a) A.I.D.S (b) Hepatitis (c) Tuberculosis (d) Malaria
- Unit test and assignment

In the Month of June, 2021

Group discussions on any topics/units

Lesson Plan

Name of the Assistant Professor: **Dr. Rajesh Kumar**

Class and Section: **B.A. - 2nd (Sem-4th)**

Subject: **Physical Education**

Paper: **Physical Fitness & Yoga**

In the Month of February, 2021

Unit-I) Physical Education:

- Meaning, Importance of physical education
 - Aim and objectives of physical education
 - Relationship of Physical Education with General Education. Qualities and qualification for a physical education teacher
 - Need of Physical Education in the modern society
- Unit test and assignment

In the Month of March, 2021

Unit-II) Physical Education Fitness:

- Meaning and Components of Physical fitness, (Speed, strength, Endurance, Flexibility, Agility). Factors influencing Physical fitness
- Warming up - cooling down**
- a) Types of warming up
 - b) Guiding principles of warming up
 - c) Importance of warming up and cooling down
- Unit test and assignment

In the Month of April, 2021

Unit-III) Yogic Kriyas:

- Meaning and objectives of Sudhi Kriya, Types of Sudhi Kriya, (Neti, Dhauti, Nauli, Basti, Kapalbhati, Trataka Historical development of modern Olympic games
 - Physiological values of Sudhi Kriyas.
- Unit test and assignment

In the Month of May, 2021

Unit –IV) Camping:

- Meaning of camping
 - Types of camping
 - Educational values of camping
- Role of following agencies in promotion of games and sports**
- a) All India Council of Sports (AICS)
 - b) International Olympic Committee (IOC)
 - c) Young Women Christian Association (YWCA)
 - d) Sports Physical Aptitude Test (SPAT)
- Unit test and assignment

In the Month of June, 2021

Group discussions on any topics/units