

13/12

PEHY. of Phy. Edu.
Lesson Plan
Session: 2023-2024
B.A II, Fourth Semester

Jan. 2024:

Warming up and Cooling Down

- ① Meaning, types and significance of warming up.
- ② Meaning, types and significance of cooling down.
- ③ Methods of a warming up and cooling down.
- ④ Physiological aspects of warming up and cooling down.

Practical work: ④ Measurement of Body Mass Index

Feb. 2024: General Diseases

- ① Concept of Communicable and Non-Communicable Diseases
- ② Modes of Transmission and Prevention and Control of Communicable Diseases
- ③ Common Diseases
- ④ Allergy Related Diseases: Asthma and Sinusitis

Practical work:-

- ① Basketball
- ② FIBA Football

Smson

March 2024:

Major Sports Events

- ① Ancient Olympic Games
- ② Modern Olympic Games
- ③ Asian Games
- ④ Commonwealth Games

Practical work:

Badminton

April 2024: Anatomy and Physiology of Human Body System

- ① Structure of Respiratory organ
- ② Physiology of Respiratory system
- ③ Effects of Exercise on Respiratory system.
- ④ Terminology of Respiration: Tidal Volume, Residual Volume and Total lung capacity

Practical work: Athletics

- ① Marking of Standard Track
- ② Fundamental skills of Running
- ③ Athletics: Track Events
- ④ Throwing events and Jumping Events

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