

LESSON PLAN

Subject: Health & Physical Edu.

Class : B.A I, II, III

Session : 2024-25

(Odd Semester)

Subject: B.A.I (First Semester)
Session: Health & Physical Education
2024-25
LESSON PLAN

July 2024

: Introduction to Physical Education:

- Meaning, Definition & Scope of Physical Education
- Relationship of Physical Education with Health & General Education
- Aims & Objectives of Physical Education
- Need & Importance of Physical Education in Modern Society.
- Misconceptions regarding Physical Education

Practical : Kho-Kho

August 2024 : History of Physical Education in India:

- History of Ancient Period
- History of British Period
- History after Independence.

Practical : Measurement of Play fields

September 2024 : Biological Basis of Physical Education:

- Meaning of Growth & Development
- Principles of Growth & Development
- Difference between Growth & Development
- Factors affecting Growth & Development.

Practical : Badminton

October 2024 : Career Opportunities in Physical Education & Sports:

- Qualifications & Responsibilities of Physical Education & Sports Professionals
- Qualifications & Responsibilities as Sports Event Managers, Technical officials, Researcher & Others

Practical : Specifications of Sports Equipments

November 2024 : Career opportunities in various Central Govt, State Govt, Private organisations & other

- Career opportunities in Manufacturing & Marketing Sectors
- Revision & Test

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Class: B.A II (3rd Semester)

Subject: Health & Physical Education

Session: 2024-25

Lesson Plan

- July 2024:
- * Introduction of Exercise Physiology
 - Meaning of exercise physiology, Anabolism, Catabolism and Metabolism
 - Importance of exercise physiology in physical Edu.
 - Types of Muscular Contractions: Isometric, isotonic and Isokinetic
 - Meaning of Body Composition, Components of Body Composition
 - Effect of Exercise on the body composition

Practical: Football: Court specification, General rules and basic skills

- August:
- * Muscular System and Exercise
 - Gross structure of the skeletal muscle
 - Function of muscular system
 - Properties of slow-twitch and fast-twitch muscle fibres
 - Meaning of Aerobic Activity, Anaerobic Activity
 - Muscle tone, muscle hypertrophy and atrophy

Practical: - Wrestling

- September:
- * Cardiovascular System and Exercise
 - Meaning and Function of Cardiovascular system
 - Meaning of Stroke Volume, Cardiac output, Heart rate, blood pressure and Cardiac hypertrophy
 - Conduction system of the heart
 - Blood circulation in the heart
 - Blood supply to the heart
 - Effect of exercise and training on the Cardiovascular system.

Practical: Judo: General rules and skills P.T.O

October 2024

Respiratory System and Exercise

- Measuring of lung volumes: Inspiratory Reserve Volume, Expiratory Reserve Volume
- Tidal Volume and Residual Volume
- Measuring of lung capacities: Total Lung Capacity, Inspiratory Capacity, Vital Capacity and Functional Residual Capacity

November 2024

Exercise: Ring - Specifications

November 2024

- Mechanism of Breathing
- Diffusion of Gases: Exchange of Gases in the lungs and Exchange of Gases in the tissues
- Effect of exercise and training on the respiratory system.

Revision 1 Part

Signature

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Class: B A III (5th Semester)
Subject: Health & Physical Education
Session: 2024-25
LESSON PLAN

July 2024 : Growth & Development

- Meaning & Definition of Growth & Development
- Stages of Growth & Development
- Principles & Factors Influencing growth & development
- Age & Sex difference in relation to Physical activities & Sports

Practical : Pranayam

August 2024 : Concept of Sports Organization & Administration

- Meaning & Importance of organization & administration in Physical Education & Sports
- Principles of Sports Organization & administration
- Organization & Administration of Intramural & Extramural Activities.
- Tournaments & their types

Practical : Volleyball (Game)

September 2024 : Concept of Posture

- Meaning of Posture & Importance of good posture
- Causes of good posture
- Precautions & Remedies for postural deformities

Practical : Judo (Game)
Boxing (Game)

October 2024 : Anatomy

- Gross Anatomy of Muscle, Types of Muscles in Human body.
- Effects of Exercise on Muscular System

Practical : Wrestling, First Aid

November 2024 : Physiology

- Composition of Human Blood
- Functions of Blood

Revision & Test

Smita
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