

Shri Gurū Teg bahadur Ji Government College, Taraori(Karnal)

Department: Physical Education Class: B.A.II | 2nd Sem.

Subject: Health & Phy. Education Lesson Plan
Basic Anatomy and Physiology

Month	Week	Topic	Practical
Feb 2025	Week 1	• Meaning and Definition of Anatomy and Physiology • Importance of Anatomy and Physiology	Practical: Identify parts of human body.
	Week 2	Cell: • Structure, Properties and functions • Meaning of Cell, Tissues, organs and system	Practical: Identify different types of cells.
	Week 3	Bone: Meaning and Types of Bone Skeletal system: Structure and Functions of Skeletal System	Practical: Identify different types of bones.
	Week 4	• Axial and Appendicular Skeleton • Practical: Identification of name and location of human bones of skeleton	Practical: Name and location of major muscles.
March 2025	Week 1	• Meaning of Joints • Types of Joints	Practical: Name and location of major muscles.
	Week 2	• Types of Synovial Joints Present in Human Body • Practical:	Practical: Name of organs.
	Week 3	• Meaning of muscles, Types of muscles present in human body	Practical: Name of organs.
	Week 4	• Cross structure of skeletal muscle • Structural Classification of skeletal muscles	Practical: organs of various system
April 2025	Week 1	• Constituents of blood • Function of blood	Practical: organs of various system
	Week 2	• Structure of the Heart • Types of blood circulation	Practical: organs of various system
	Week 3	• organs of digestive system • structure and function of the digestive system	Practical: organs of various system
	Week 4	• Process of food absorption • Name and Functions of various digestive juices and Enzymes	Practical: organs of various system
May 2025	Week 1	• organs of Respiratory system and their Functions. • Structure of Respiratory system	Practical: organs of various system
	Week 2	• Exchange of gases in the lungs and tissues • Practical:	Practical: organs of various system
	Week 3	• Organs of Excretory system Kidneys and Bladder • Practical: Identification of name and location of organs of various system	Practical: organs of various system
	Week 4	• Parts and Functions of the Urinary System • Structure and Function of skin	Practical: organs of various system

Practical: Location of organs of various system: Circulatory, Digestive, and Respiratory system etc.

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 Dr. SATISH SHARMA

Shri Guru Teg bahadur Ji Government College, Taraori(Karnal)

Department:

Phy. Edu.

Class: B.A IIIrd 6th Sem.

Subject:

Health and Physical Education.

Lesson Plan

Month	Week	Topic	Practical
Jan To April 2025	Week 1	- Concept of Motivation and Socialization - Meaning and Definition of Motivation - Types of Motivation and Importance of Motivation in Sports	
	Week 2	- Meaning of Socialization - Socialization Through Sports	Practical: Banayana
	Week 3	Effect of Social behaviour on the Performance of Sports Persons.	Practical: Volley Ball
	Week 4	- Concept of Sports Training and Doping - Meaning and Definitions of Sports Training	
Feb. 2025	Week 1	- Factors Affecting Sports Training - Types of Sports Training	Practical: Judo
	Week 2	- Circuit Training - Interval Training - Continuous Training	Practical: Bandages and Sling Methods of using Bandage
	Week 3	- Meaning of Doping - Types of Doping	
	Week 4	Effects of Doping on the Health	Practical: General Rules of Bandaging
March 2025	Week 1	- Concept of Sports Bio-Mechanics - Meaning and Definition of Sports Bio-Mechanics	Practical: First Aid
	Week 2	- Importance of Biomechanics in Sports - Newton's Laws of Motion and Their Application in Sports	
	Week 3	- Lever's Meaning - Types of levers	Practical: First Aid General Rules and Injuries
	Week 4	Types of levers and Their Application in Sports.	Practical: Cuts and wounds
April 2025	Week 1	- Meaning of Digestion - organs of Digestive System	Practical: Bleeding, Dislocations of Joints
	Week 2	Structure of Digestive System	Practical: Fracture
	Week 3	Mechanism of Digestive System	Practical: Snake Biting, Drowning
	Week 4	Effects of Exercise on Digestive System	Practical: Burning, Electric Shock, Bleeding etc.

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PR. SATISH BHARDWAJ

Shri Gurū Teg bahadur Ji Government College, Taraori (Karnal)

Department: Physical Education

Subject: Health and Physical Edu.

Class: B.A.II

4th Sem

Lesson Plan

Month	Week	Topic
Feb. 2025	Week 1	- Introduction of Physical fitness - Meaning and Definition of Physical fitness - Practical: Measuring Hand Grip and leg back strength by dynamometer
	Week 2	- Benefit of physical fitness in sports and daily life - Meaning and Types of Aerobic and Anaerobic Activities - Practical: Measuring flexibility by Sit and Reach Test
	Week 3	- Exercise and heart rate zones for intensities of Aerobic and anaerobic activities - Practical:
	Week 4	WHO guidelines and recommendations of Physical Activities for children under 5 yrs of age, children and adolescents aged 5-17 years and Adults age 18-64 years
March 2025	Week 1	- Warming up - Meaning and definition of Warming up
	Week 2	- Principles of Warming up - Physiological and Psychological benefits of Warming up
	Week 3	- Types of warming up - Practical: Measuring flexibility by Sit and Reach Test
	Week 4	- Method of warming up - Practical: Hand eye Coordination Test
April 2025	Week 1	- Cooling Down - Meaning and Definition of Cooling Down - Practical:
	Week 2	- Physiological and Psychological Benefits of Cooling down - Practical: Measuring Agility by LUS Agility Obstacle course
	Week 3	- Procedure for Cooling Down - Practical: Measuring Agility
	Week 4	- Types of cooling down - Practical: Evaluation through Quiz
May 2025	Week 1	- Components of Physical Fitness - Meaning of Health-related Components of Physical Fitness
	Week 2	(I) Cardiovascular Fitness (II) Muscular Strength (III) Muscular Endurance (IV) Body Composition (V) Flexibility
	Week 3	- Meaning of Health-related Components of Physical Fitness (I) Agility (II) Balance
	Week 4	- Neuro-muscular Adaptation and Coordination (I) Speed (II) Strength (III) Reaction Time - Practical: Evaluation through Assignments/Quiz/Viva Voce/Practical Record file