

Government College for Girls, Taraori, Karnal

Lesson Planning for the semester started w.e.f. October 2021

Dr Mahabir Singh , Associate Professor

Department of Health & Physical Education

B.A-1st Semester

Subject - Health & Physical Education

Month	Topic/chapter covered	Test/assignment
October	Introduction to Physical Education 1. Meaning, definition and scope of Physical Education. 2. Relationship of Physical Education with General Education 3. Aim, Objectives and Importance of Physical Education in modern society. 4. Misconceptions regarding Physical Education	1st Assignment
November	Health & Hygiene 1. Meaning, definition and importance of Health. 2. Factors influencing Health. 3. Meaning and importance of Personal Hygiene 4. Hygiene of various body parts and Factors influencing Personal Hygiene	1 st Unit Test
December	Introduction to Yoga 1. Yoga - Meaning, Concept and Historical development 2. Types of Yoga 3. Importance of yoga in healthy living 4. Pranayam - Meaning, types and their benefits.	2nd Assignment and Test
January	Introduction to Human Anatomy and Physiology 1. Meaning and definition of Human Anatomy and Physiology 2. Importance of Human Anatomy and Physiology in Physical Education 3. Definition of Cell, Tissue, Organ and System 4. Structure and Properties of Cell	Test



Government College for Girls, Taraori, Karnal

Lesson Planning for the semester started w.e.f. October 2021

Dr Mahabir Singh , Associate Professor

Department of Health & Physical Education

B.A-3rd Semester

Subject- Health & Physical Education

Month	Topic/chapter covered	Test/assignment
October	Concept of Safety Education 1. Meaning, need and importance of Safety Education 2. Sports Injuries: Types and causes 3. Principles for prevention of sports Injuries. 4. General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, Fracture and Dislocation of joints	1st Assignment
November	Common Diseases 1. Meaning of Communicable and Non – Communicable diseases 2. Modes of transmission, prevention and control of communicable diseases. 3. Common diseases: HIV/ AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza. 4. Allergy related diseases: Asthma and Sinuses	Test
December	Concept of Balanced Diet 1. Balanced Diet: Meaning and importance 2. Components of balanced diet and their sources 3. Factors affecting balanced diet 4. Harmful effects of Junk Food	2nd Assignment and Test
January	Anatomy and Physiology of Body System 1. Circulatory System: Structure of Heart 2. Functioning of Heart 3. Types of Circulation: Systemic and Pulmonary 4. Effects of exercise on Circulatory System.	Test

Government College for Girls, Taraori, Karnal

Lesson Planning for the semester started w.e.f. October 2021

Dr Mahabir Singh , Associate Professor

Department of Health & Physical Education

B.A-5th Semester

Subject- Health & Physical Education

Month	Topic/chapter covered	Test/assignment
October	Growth & Development 1. Meaning and definition of Growth and Development 2. Stages of Growth and Development. 3. Principles and factors influencing growth and development 4. Age and sex difference in relation to physical activities and sports	1st Assignment
November	Concept of Sports Organization and Administration 1. Meaning and importance of organization and administration in Physical Education and Sports 2. Principles of sports organization and administration 3. Organization and administration of Intramural and Extramural activities 4. Tournaments and their types (League and Knock out)	Test
December	Concept of Posture 1. Meaning of posture and importance of good posture 2. Causes of poor posture 3. Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs. 4. Precautions and Remedies for postural deformities	2nd Assignment and Test
January	Anatomy and Physiology 1. Gross Anatomy of muscle, Types of Muscles in human body 2. Effects of exercise on Muscular System 3. Composition of Human Blood 4. Functions of Blood.	Test

