**LESSON PLAN**

**OF**

**Physical education department**

**UG/PG Courses**

**Odd Semester**



**2023-24**

**INDIRA GANDHI (PG) MAHILA MAHAVIDYALAYA**

**Affiliated to Kurukshetra University, Kurukshetra**

**Karnal Road, Kaithal -136027 (Haryana)**

**Indira Gandhi Mahila Mahavidyalaya, Kaithal**

**Course Code- 23-BPE-101 Class – B.A**

**Subject – Physical Education, Health Education & Sport Science**  **Sem- 1st**

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| **Sr. No.** | **Date** | **Course content** |
| **1** | **24July-29July** | Meaning & definition of Physical Education, Relationship of physical education with health & general Education. |
| **2** | **31July- 5 Aug** | Aim and physical education scope of physical education. growth and development |
| **3** | **7Aug - 12Aug** | need of Physical education in modern society misconceptions regarding physical education physical education as arts or science . |
| **4** | **14Aug - 19Aug** | physical education during Indus valley civilization (3250 BC-2500 BC), physical education vedic period (2500 BC-600 BC) |
| **5** | **21Aug - 26 Aug** | physical education during later Hindu period (600BC-320 AD) |
| **6** | **28 Aug - 2Sep** | physical education during later Hindu period (320AD-1000AD) |
| **7** | **4Sep - 9Sep** | physical education during medieval period (1000AD-1757AD) |
| **8** | **11 Sep - 16Sep** | physical education during British period( Till 1957) |
| **9** | **18 Sep - 23Sep** | physical education during after independence, meaning of growth and development |
| **10** | **25 Sep – 30 Sep** | meaning of chronological age anatomical is physiological age and mental age principle of growth and development difference between growth and devolvement |
| **11** | **3 Oct - 7Oct** | factor affecting growth and development, growth and development at various level of childhood pre adolescence- adolescence-adulthood . |
| **12** | **9Oct - 14Oct** | Qualification and responsibility of physical education and sports professional at various level of educational institution qualification and responsibilities as quotes fitness trainer yoga structure and others |
| **13** | **16Oct - 21Oct** | qualification and responsibility as sports event manager technical official research and others |
| **14** | **23Oct - 28Oct** | qualification and responsibility in health club and fitness centre aerobic dance and recreational recreation club in cooperative operator sector and others |
| **15** | **30Oct - 4 Nov** | qualification and responsibility sports journalist comments sports photographer and video analysts |
| **16** | **6 Nov - 9Nov** | Revision & test. |
| **17** | **17 Nov - 18 Nov** | career opportunity in various centre Government State Government private organizations and others |
| **18** | **20 Nov – 24 Nov** | Revision & test. |

**INDIRA GANDHI MAHILA MAHAVIDYALAYA**

**Faculty Name:- Ms. Reena Gill Semester=3rd**

**Subject Name:- Health & Physical Education Session:-2023-2024**

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| **Sr.No** | **Date** | **Content** |
| 1 | **24July-29July** | Meaning, need and importance of safety education |
| 2 | **31July- 5 Aug** | Sports injuries: types and causes |
| 3 | **7Aug - 12Aug** | Principals for preventions of sports injuries |
| 4 | **14Aug - 19Aug** | General treatment for common sports injuries i.e. abrasion, contusion, sprain, strain, Fracture and Dislocation of Joints |
| 5 | **21Aug - 26 Aug** | Meaning of Communicable and Non-Communicable diseases |
| 6 | **28 Aug - 2Sep** | Common diseases: HIV/AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza. |
| 7 | **4Sep - 9Sep** | Allergy related diseases : Asthma And Sinuses |
| 8 | **11 Sep - 16Sep** | Balanced Diet: Meaning and importance |
| 9 | **18 Sep - 23Sep** | Components of balanced diet and their sources |
| 10 | **25 Sep – 30 Sep** | Factors affecting balanced diet |
| 11 | **3 Oct - 7Oct** | Harmful effects of junk food |
| 12 | **9Oct - 14Oct** | Circulatory System: Structure of Heart |
| 13 | **16Oct - 21Oct** | Functioning of Heart |
| 14 | **23Oct - 28Oct** | Types of Circulation: Systemic and Pulmonary |
| 15 | **30Oct - 4 Nov** | Effects of exercise on circulatory system |
| 16 | **6 Nov - 9Nov** | Revision |

**INDIRA GANDHI MAHILA MAHAVIDYALAYA**

**Faculty Name:- Ms. Reena Gill Semester=5th**

**Subject Name:- Health & Physical Education Session:-2023-2024**

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| **Sr.No** | **Date** | **Content** |
| 1 | **24July-29July** | Meaning of posture and importance of good posture |
| 2 | **31July- 5 Aug** | Causes of Poor posture |
| 3 | **7Aug - 12Aug** | Symptoms and causes of postural  Deformities: lordosis, kyphosis, Scoliosis Flat Feet, Knock Knee and Blow Legs |
| 4 | **14Aug - 19Aug** | Precautions and Remedies for postural Deformities |
| 5 | **21Aug - 26 Aug** | Gross Anatomy of muscles, Types of muscles in human body |
| 6 | **28 Aug - 2Sep** | Effects of exercise on Muscular System |
| 7 | **4Sep - 9Sep** | Composition of Human Blood |
| 8 | **11 Sep - 16Sep** | Functions of Blood |
| 9 | **18 Sep - 23Sep** | Meaning and definition of Growth and Development |
| 10 | **25 Sep – 30 Sep** | Stages of Growth and Development |
| 11 | **3 Oct - 7Oct** | Principals and factors influencing growth and development |
| 12 | **9Oct - 14Oct** | Age and Sex difference in relation to physical activates and sports |
| 13 | **16Oct - 21Oct** | Meaning and importance of organization and administration in physical Education and sports |
| 14 | **23Oct - 28Oct** | Principals of sports organization and administration in physical education and sports |
| 15 | **30Oct - 4 Nov** | Principles of sports organization and administration |
| 16 | **6 Nov - 9Nov** | Tournament and their types(league and knock out) |

**Indira Gandhi Mahila Mahavidyalaya, Kaithal**

**Course Code- B23-PED-104 CLASS=MDC**

**Subject – Health and Physical Education Semester- 1st**

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| **Sr. No.** | **Date** | **Course content** |
| **1** | **24July-29July** | Meaning & definition of Physical Education, Relationship of physical education with health & general Education. |
| **2** | **31July- 5 Aug** | Aim and physical education scope of physical education. growth and development |
| **3** | **7Aug - 12Aug** | need of Physical education in modern society misconceptions regarding physical education physical education as arts or science . |
| **4** | **14Aug - 19Aug** | physical education during after independence, meaning of growth and development |
| **5** | **21Aug - 26 Aug** | meaning of chronological age anatomical is physiological age and mental age principle of growth and development difference between growth and devolvement |
| **6** | **28 Aug - 2Sep** | factor affecting growth and development, growth and development at various level of childhood pre adolescence- adolescence-adulthood . |
| **7** | **4Sep - 9Sep** | Qualification and responsibility of physical education and sports professional at various level of educational institution qualification and responsibilities as quotes fitness trainer yoga structure and others |
| **8** | **11 Sep - 16Sep** | qualification and responsibility as sports event manager technical official research and others |
| **9** | **18 Sep - 23Sep** | qualification and responsibility in health club and fitness centre aerobic dance and recreational recreation club in cooperative operator sector and others |
| **10** | **25 Sep – 30 Sep** | qualification and responsibility sports journalist comments sports photographer and video analysts |
| **11** | **3 Oct - 7Oct** | Revision & test. |
| **12** | **9Oct - 14Oct** | career opportunity in various centre Government State Government private organizations and others |
| **13** | **16Oct - 21Oct** | Revision & test. |
| **14** | **23Oct - 28Oct** | physical education during after independence, meaning of growth and development |
| **15** | **30Oct - 4 Nov** | meaning of chronological age anatomical is physiological age and mental age principle of growth and development difference between growth and devolvement |
| **16** | **6 Nov - 9Nov** | factor affecting growth and development, growth and development at various level of childhood pre adolescence- adolescence-adulthood . |
| **17** | **17 Nov - 18 Nov** | Qualification and responsibility of physical education and sports professional at various level of educational institution qualification and responsibilities as quotes fitness trainer yoga structure and others, qualification and responsibility as sports event manager technical official research and others |
| **18** | **20 Nov – 24 Nov** | Revision & test |

**LESSON PLAN**

**OF**

**Physical education department**

**UG/PG Courses**

**Even Semester**



**2023-24**

**INDIRA GANDHI (PG) MAHILA MAHAVIDYALAYA**

**Affiliated to Kurukshetra University, Kurukshetra**

**Karnal Road, Kaithal -136027 (Haryana)**

**INDIRA GANDHI MAHILA MAHAVIDYALAYA KAITHAL**

Class- BA 2ND

Subject- Health and Physical Education Semester- 4TH

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| Serial no. | Weeks | Course content |
| 1 | 1 Jan-6 Jan | **Meaning ,types and significant of warming up,Meaning,types and significant of cooling down** |
| 2. | 8 Jan – 13 Jan | **Methods of warming up and cooling down,Physiological aspects of warming up and cooling down** |
| 3. | 15 Jan-20 Jan | **Meaning of Psychology and sports psychology** |
| 4. | 22 Jan-27 Jan | **Need and importance of sports psychology** |
| 5. | 29 Jan- 3Feb | **Learning : Meaning and laws ,Learing curve** |
| 6. | 5 Feb – 10 Feb | **Ancient Olympic Games** |
| 7. | 12 Feb – 17 Feb | **Modern Olympic games,Asian games** |
| 8. | 19 Feb- 24 Feb | **Common Wealth Games** |
| 9. | 26 Feb – 2 March | **Structure of Respiratory Organs,Physiology of Respiratory system** |
| 10. | 4 March-9 March | Revision |
| 11. | 11 March- 16 March | **Effect of exercise on Respiratory system** |
| 12. | 18 March-22 March | **Terminology of Respiration: Tidal volume,Residual volume and total lung capacity** |
| 13. | 1April -6 April | **Revision** |
| 14. | 8 April-13 April | **Revision** |
| 15. | 15 April-20 April | **Revision** |
| 16. | 22 April-27 April | **Revision** |
| 17. | 29 April-30 April | **Revision** |

**INDIRA GANDHI MAHILA MAHAVIDYALAYA KAITHAL**

Class- BA 3rd

Subject- Health and Physical Education Semester- 6th

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| Serial no. | Weeks | Course content |
| 1 | 1 Jan-6 Jan | **Meaning and definition of motivations,Types of motivation and importance of motivation in sports** |
| 2. | 8 Jan – 13 Jan | **Meaning and socialization and socialization through sports** |
| 3. | 15 Jan-20 Jan | **Effect of social behaviour on performance of sports person** |
| 4. | 22 Jan-27 Jan | **Meaning and definition of sports training,factors affecting sports training** |
| 5. | 29 Jan- 3Feb | **Types of sports training :Circuit training ,interval training and continuous training,** |
| 6. | 5 Feb – 10 Feb | **Doping: Meaning,types and its effects on health** |
| 7. | 12 Feb – 17 Feb | **Meaning and definition of sports biomechanics,Imortances of biomechanics in sports** |
| 8. | 19 Feb- 24 Feb | **Newton”s Laws of motion and their applications in sports** |
| 9. | 26 Feb – 2 March | **Levers: Meaning ,types and their application in sports** |
| 10. | 4 March-9 March | **Organs of Digestive system, Structure of Digestive system** |
| 11. | 11 March- 16 March | **Mechanism of food digestion** |
| 12. | 18 March-22 March | **Effect of exercise on digestive system** |
| 13. | 1April -6 April | **Revision** |
| 14. | 8 April-13 April | **Revision** |
| 15. | 15 April-20 April | **Revision** |
| 16. | 22 April-27 April | **Revision** |
| 17. | 29 April-30 April | **Revision** |

**INDIRA GANDHI MAHILA MAHAVIDYALAYA KAITHAL**

Class- BA 1st

Subject- Health and Physical Education

Name of Course-Basic Anatomy And Physiology Semester- 2nd

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| Serial no. | Weeks | Course content |
| 1 | **15 Feb.-17 Feb.** | **Meaning and definition of Anatomy and Physiology** |
| 2. | **19 Feb.-24 Feb.** | **Importance of Anatomy and Physiology in Phy.edu. and sports** |
| 3. | **26 Feb.-2 March** | **Cell: Structure, Properties and Functions,Meanig of of Cell ,tissues,organs and system** |
| 4. | **4 March- 9 March** | **Bones:meaning and types,Skelton System:structure and function of Skelton system** |
| 5. | **11 March-16 March** | **Axial and Appendicular Skelton** |
| 6. | **18 March-22 March** | **Meaning of joints , types of Joints, Types of synovial joints present in human body, meaning of muscle ,type of muscle present in human body** |
| 7. | **1April-6 April** | **Gross structure of skelton muscle,structural classification of skelton system** |
| 8. | **8April-13April** | **Constituents of blood and function of blood ,structure of heart, type of blood Circulation :Systematic ,Pulmonary and Coronary** |
| 9. | **15 April-20 April** | **Organs of digestive system, structure and function of digestive system, process of food absorption, name and function of various digestive food and enzymes** |
| 10. | **22 April-27 April** | **Organ of respiratory system and their functions, structure of respiratory system** |
| 11. | **29 April-4 May** | **Exchange of gases in the lungs and tissues, organ of excretory system kidneys and skin** |
| 12. | **6 May-11 May** | **Part and function of the urinary system ,structure and function of skin.** |
| 13. | **13May-18 May** | **Revision&** |
| 14. | **15 Feb.-17 Feb.** | **Revision** |
| 15. | **19 Feb.-24 Feb.** | **Revision** |
| 16. | **26 Feb.-2 March** | **Revision** |
| 17. | **4 March- 9 March** | **Revision** |

**INDIRA GANDHI MAHILA MAHAVIDYALAYA KAITHAL**

Course code=B23-PED-205

Subject- Health and Physical Education Class=MDC

Name of Course-Fundamentals of Yoga Semester- 2nd

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| Serial no. | Weeks | Course content |
| 1 | **15 Feb.-17 Feb.** | **Meaning and definition of yoga, aims and objectives of yoga** |
| 2. | **19 Feb.-24 Feb.** | **Traditional and historical development of yoga** |
| 3. | **26 Feb.-2 March** | **The yoga sutra: general consideration** |
| 4. | **4 March- 9 March** | **Need and importance of yoga in modern society** |
| 5. | **11 March-16 March** | **Misconceptions about yoga** |
| 6. | **18 March-22 March** | **The Astanga yoga: Yama,Niyama,Asana,Pranayama** |
| 7. | **1April-6 April** | **Pratyahara, dharna, dhyana ,and Samadhi** |
| 8. | **8April-13April** | **Yoga in the Bhagavadgita -Karma yoga, Raj yoga, Jnana yoga and**  **Bhakti yoga** |
| 9. | **15 April-20 April** | **Brief introduction of hath yoga** |
| 10. | **22 April-27 April** | **Meaning of Asanas, Classifications of Asanas** |
| 11. | **29 April-4 May** | **Principles of Asanas** |
| 12. | **6 May-11 May** | **Meaning of Pranayamas, different types of Pranayamas** |
| 13. | **13May-18 May** | **Principles of Pranayamas** |
| 14. | **15 Feb.-17 Feb.** | **Meaning of Shatkarm and types of Shatkarms** |
| 15. | **19 Feb.-24 Feb.** | **Revision** |
| 16. | **26 Feb.-2 March** | **Revision** |
| 17. | **4 March- 9 March** | **Revision** |