

**INDIRA GANDHI (P.G.) MAHILA MAHAVIDYALAYA, KAITHAL**

**Affiliated to Kurukshetra University, Kurukshetra**

**Department of Health & Physical Education**

**Lesson Plan (Session 2025-2026)**

Class: B. A

Semester: 1

Name of the Course: Fundamentals of Physical Education

Course Code: B23-PED-104

Dates: 22 July - 24 Nov.

Syllabus

Maximum Marks: 100

Time: 3 hours

End Term Exam Marks: 50(T)+20(P)=70 Marks

Assessment: 20(T)+10(P)=30 Marks

Note: Examiner will be required to set nine questions in all. First question will be compulsory, consisting of short type question covering the entire syllabus in addition to that eight more questions will be set, two question from each unit. Students will be required to attempt in all. In addition to the compulsory question, student will have to attempt four more questions selecting one question from each unit.

<b>Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
<b>Unit: I</b>	<b>INTRODUCTION OF PHYSICAL EDUCATION</b> Meaning and definition of physical education Relationship of physical education with health and general education Aim and objectives physical education Scope of physical education Need of physical education in modern society Misconceptions regarding physical education Physical education as arts or science	12
<b>Unit: II</b>	<b>BIOLOGICAL BASIS OF PHYSICAL EDUCATION</b> Meaning of growth and development Meaning of chronological age, anatomical age, physiological age and mental age Principles of growth and development Difference between growth and development Factor affecting growth and development Growth and development at various levels of childhood: Pre – adolescence – adolescence - adulthood	10
<b>Unit: III</b>	<b>CAREER OPPORTUNITIES IN PHYSICAL EDUCATION AND SPORTS</b> Qualifications and responsibilities of physical education and sports professionals at various levels of educational institutions Qualifications and responsibilities as coach, fitness trainers, yoga instructors and others Qualifications and responsibilities as sports event managers, technical officials, researcher and others Qualifications and responsibilities in health clubs and fitness centers, aerobics, dance & recreation clubs in corporate sectors and others Qualifications and responsibilities sports journalists, commentators, sports photographers and video analysts Career opportunities in various central govt, state govt, private organization and others career opportunities in manufacturing and marketing sectors Entrepreneurs opportunities in physical education and sports	11
<b>V</b>	Kho-Kho: court specifications, general rules and basic skills Badminton: court specifications, general rules and basic skills	30

**Text Books:**

1. Dr. V.K. Sharma. Health & Physical Education. Luxmi Publication House.
2. Dr. Rajesh Fore. History & Foundation of Physical Education. Nirmal Publishing House.

**Course Outcomes**

After completing this course, the learner will be able to:

1. Describe the aim, objective and scope of physical education
2. Explain the historical development of physical education in India
3. Illustrate the basic knowledge of biological aspects of physical education
4. Tell the various career opportunities in physical education
5. Know the basic specification of court, ground

### Lesson Plan

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July	Meaning and definition of physical education Relationship of physical education with health and general education	Kho-Kho: court specifications ,general rules and basic skills
2	28 July - 2 August	Aim and objectives physical education	Practice
3	4 August -8 August	Scope of physical education	Badminton: court specifications, general rules and basic skills
4	11 August - 14 August	Need of physical education in modern society	Practice
5	18 August - 23August	Misconceptions regarding physical education Physical education as arts or science	practice
6	25 August -30 August	Physical education during Indus valley civilization(3250 BC-2500 BC) Physical education during Vedic period(2500 BC-600 BC)	Practice
7	1 Sept. - 6 Sept.	Physical education during early Hindu period(600 BC-320 BC) Physical education during later Hindu period(320 A.D.-1000 A.D.)	practice
8	8 Sept. - 13 Sept.	Physical education during later Hindu period(320 A.D.1000 A.D.) Physical Education during Medieval period(1000 A.D.-1757 A.D.)	Practice
9	15 Sept. - 20 Sept.	Physical education during British period(till 1947) :Physical education during after independence	Practice
10	22 Sept. - 27 Sept.	Meaning of growth and development :Meaning of chronological age,anatomicalage,physiological age and mental age	practice
11	29 Sept.- 4 Oct.	Principles of growth and development Difference between growth and development	Practice
12	6 Oct.- 11 Oct.	Factor affecting growth and development Growth and development at various levels of childhood:Pre – adolescence – adolescence - adulthood	Practice
13	13 Oct.- 18 Oct.	Qualifications and responsibilities of physical education and sports professionals at various levels of educational institutions Qualifications and responsibilities as coach,fitnesstrainers,yoga instructors and others	Practice
14	27 Oct. - 1 Nov.	Qualifications and responsibilities as sports event managers ,technical officials,researcher and others :Qualifications and responsibilities in health clubs and fitness centers,aerobics,dance& recreation clubs in corporate sectors and others	Practice
15	3 Nov. - 8Nov	career opportunities in manufacturing and marketing sectors Entrepreneurs opportunities in physical education and sports	Practice
16	10 Nov-15 Nov	Revision	Practice
17	17 Nov -22 Nov	Revision	Practice
18	24 Nov.	Revision	Practice

Signature of Teacher

Head of Department

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Affiliated to Kurukshetra University, Kurukshetra

Department of Health & Physical Education

Lesson Plan (Session 2025-2026)

Class: B. A

Name of the Course: Basics of Naturopathy

Semester: III

Course Code: B23-PED-303

Dates: 22 July - 24 Nov.

Syllabus

Maximum Marks: 100

Time: 3 hours

End Term Exam Marks: 50(T)+20(P)=70 Marks

Assessment: 20(T)+10(P)=30 Marks

Note: Examiner will be required to set nine questions in all. First question will be compulsory, consisting of short type question covering the entire syllabus in addition to that eight more questions will be set, two question from each unit. Students will be required to attempt in all. In addition to the compulsory question, student will have to attempt four more questions selecting one question from each unit.

Unit	Topics	Contact Hours
Unit: I	<b>INTRODUCTION OF NATUROPATHY</b> Meaning and definition of naturopathy Philosophy of naturopathy Principles of naturopathy Misconceptions about naturopathy Relationship of naturopathy with yoga	12
Unit: II	<b>MUDTHERAPY</b> Meaning and definition of prithvitatva Principles of mudtherapy Importance of prithvitatva Different techniques of Mudtherapy and their benefits Uses of Mudtherapy in different illness	10
Unit: III	<b>HYDROTHERAPY</b> Meaning and definition of jaltatva general principles of hydro-therapy Importance of jaltatva Different techniques of hydrotherapy and their benefits Uses of hydrotherapy in different illness	11
V	surya namaskar:12 counts shatkarma:rubberneti and jalneti	30

**Text Books:**

1. Dr. V.K. Sharma. Health & Physical Education.Luxmi Publication House.
2. Dr. Rajesh Fore. History & Foundation of Physical Education. Nirmal Publishing House.

**Course Outcomes**

After completing this course, the learner will be able to:

- 1.Describe the meaning and principles of the basics of Naturopathy
- 2.Illustrate basic knowledge of various types of yoga
- 3.Explain the basic concept and applications of different types of Hydrotherapy
- 4.Demonstrate the practical performance of Surya namaskar,Jal Neti and Rubber Neti

### Lesson Plan

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July	Meaning and definition of naturopathy Philosophy of naturopathy	surya namaskar:12 counts
2	28 July - 2 August	Principles of naturopathy	Practice
3	4 August -8 August	Misconceptions about naturopathy	shatkarma:rubberneteti and jalneti
4	11 August - 14 August	Relationship of naturopathy with yoga	Practice
5	18 August - 23August	Meaning and definition of prithvitatva Principles of mudtherapy	practice
6	25 August -30 August	Importance of prithvitatva	Practice
7	1 Sept. - 6 Sept.	Different techniques of Mudtherapy and their benefits	Practice
8	8 Sept. - 13 Sept.	Uses of Mudtherapy in different illness	Practice
9	15 Sept. - 20 Sept.	Meaning and definition of jaltatva	Practice
10	22 Sept. - 27 Sept.	general principles of hydro-therapy	practice
11	29 Sept.- 4 Oct.	Importance of jaltatva	Practice
12	6 Oct.- 11 Oct.	Different techniques of hydrotherapy and their benefits	Practice
13	13 Oct.- 18 Oct.	Uses of hydrotherapy in different illness	Practice
14	27 Oct. - 1 Nov.	Revision	Practice
15	3 Nov. - 8Nov	Revision	Practice
16	10 Nov-15 Nov	Revision	Practice
17	17 Nov -22 Nov	Revision	Practice
18	24 Nov.	Revision	Practice

**Signature of Teacher**

**Head of Department**