

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

Name of the Course: History & Foundation of Physical Education

Dates: 22 July - 24 Nov.

Semester: I

Course Code: B23-PED-101

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	INTRODUCTION OF PHYSICAL EDUCATION 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
Unit: II	HISTORY OF PHYSICAL EDUCATION IN INDIA Physical education during Indus valley civilization(3250 BC-2500 BC) Physical education during Vedic period(2500 BC-600 BC) Physical education during early Hindu period(600 BC-320 BC) Physical education during later Hindu period (320 A.D.-1000 A.D.) Physical Education during Medieval period (1000 A.D.-1757 A.D.) Physical education during British period(till 1947) Physical education during after independence	10
Unit: III	BIOLOGICAL BASIS OF PHYSICAL EDUCATION 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	11
Unit: IV	CAREER OPPORTUNITIES IN PHYSICAL EDUCATION AND SPORTS 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 organisation and others career opportunities in manufacturing and marketing sectors Entrepreneurs opportunities in physical education and sports	11
V	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 Anatomy, Physiology and structure of cells
2. Explain the structure of joints and muscular system.

Lesson Plan

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July 2025	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, anatomical age, 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, fitness strainers, 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	Meaning and definition of physical education Relationship of physical education with health and general education.	Kho-Kho:court specifications ,general rules and basic skills
18	24 Nov.	Aim and objectives physical education	Practice

Signature of Teacher

Head of Department

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

Name of the Course: Exercise Physiology

Dates: 22 July - 24 Nov.

Semester: III

Course Code: B23-PED-301

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	MEANING OF EXERCISE PHYSIOLOGY Meaning of exercise physiology, anabolism, catabolism and metabolism Importance of exercise physiology in physical education Types of muscular contractions: isometric, isotonic and isokinetic Meaning of body composition, components of body composition Effect of exercise on the body composition	12
Unit: II	MUSCULAR SYSTEM AND EXERCISE Gross structure of the skeletal muscle Functions of Muscular system Properties of slow twitch and fast twitch muscle fibers Meaning of aerobic activity, anaerobic activity, muscle tone, muscle hypertrophy and atrophy Effect of exercises and training on the muscular system	10
Unit: III	CARDIOVASCULAR SYSTEM AND EXERCISE Meaning and functions 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	11
Unit: IV	RESPIRATORY SYSTEM AND EXERCISE Meaning of lung volumes: inspiratory reserve volume, expiratory reserve volume, tidal volume and residual volume Meaning of lung capacities: total lung capacity, inspiratory capacity, vital capacity and functional residual capacity 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	11
V	Football: court specifications, general rules and basic skills Wrestling/judo/boxing: Ring/mat 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 concepts of exercise physiology, body composition and types
2. Explain the effects of exercise on different aspects of skeletal muscles
3. Illustrates the effects of exercise on different aspects of the circulatory system
4. Explain the effects of exercise on lung capacity and lung volume

5.Understand the basic specification of courts and grounds

Lesson Plan

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July	Meaning of exercise physiology, anabolism, catabolism and metabolism Importance of exercise physiology in physical education	Football: court specifications, general rules and basic skills
2	28 July - 2 August	Types of muscular contractions: isometric, isotonic and isokinetic	Practice
3	4 August -8 August	Meaning of body composition, components of body composition Effect of exercise on the body composition	Wrestling/judo/boxing: Ring/mat specifications, general rules and basic skills
4	11 August - 14 August	Gross structure of the skeletal muscle	Practice
5	18 August - 23August	Functions of Muscular system	practice
6	25 August -30 August	Properties of slow twitch and fast twitch muscle fibers Meaning of aerobic activity, anaerobicactivity, muscletone, muscle hypertrophy and atrophy	Practice
7	1 Sept. - 6 Sept.	Effect of exercises and training on the muscular system	Practice
8	8 Sept. - 13 Sept.	Meaning and functions of cardiovascular system	Practice
9	15 Sept. - 20 Sept.	Meaning of stroke volume, cardiacoutput, heartrate, bloodpressure and cardiac hypertrophy	Practice
10	22 Sept. - 27 Sept.	Conduction system of the heart Blood circulation in the heart, blood supply to the heart	practice
11	29 Sept.- 4 Oct.	Effect of exercise and training on the cardio vascular system	Practice
12	6 Oct.- 11 Oct.	Meaning of lung volumes: inspiratory reserve volume, expiratory reserve volume, tidal volume and residual volume	Practice
13	13 Oct.- 18 Oct.	Meaning of lung capacities: total lung capacity, inspiratory capacity, vital capacity and functional residual capacity Mechanism of breathing	Practice
14	27 Oct. - 1 Nov.	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	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

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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: Sports Training

Dates: 22 July - 24 Nov.

Semester: V

Course Code: B23-Phy.ED.-501

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	INTRODUCTION TO SPORTS TRAINING Meaning ,definition and importance of sports training Aim and objectives of sports training Principles of sports training Characteristics of sports training	12
Unit: II	PHYSICAL FITNESS Physical fitness:Meaning,definition and importance Types of physical fitness Components of physical fitness	10
Unit: III	TRAINING LOAD Meaning, definition and importance of training load Types of training load Factors affecting of training load Functions of training load	11
Unit: IV	TRAINING PLANS Meaning and types(macro,meso,micro and training session plan) Principles of formulation of training plans Factors affecting of training plans	11
V	Assessment of endurance-(Harvard step test) Assessment of flexibility-(bend and reach test) Explosive strength-(standing broad jump)	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 ,aims, and objectives of sports training
- 2.Explain the importance and principles of sports training
- 3.Understanding the meaning and types of Physical fitness

4. Identify and explain the meaning, types, and factors affecting training load

5. Explain the meaning, types and principals involved in the formulation of training plans

Lesson Plan

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July	Meaning ,definition and importance of sports training	Assessment of endurance-(Harvard step test)
2	28 July - 2 August	Aim and objectives of sports training	Practice
3	4 August -8 August	Principles of sports training	Assessment of flexibility-(bend and reach test)
4	11 August - 14 August	Characteristics of sports training	Practice
5	18 August - 23August	Physical fitness:Meaning,definition and importance	Explosive strength-(standing broad jump)
6	25 August -30 August	Types of physical fitness	Practice
7	1 Sept. - 6 Sept.	Components of physical fitness	Practice
8	8 Sept. - 13 Sept.	Meaning, definition and importance of training load	Practice
9	15 Sept. - 20 Sept.	Types of training load	Practice
10	22 Sept. - 27 Sept.	Factors affecting of training load	practice
11	29 Sept.- 4 Oct.	Functions of training load	Practice
12	6 Oct.- 11 Oct.	-Meaning and types(macro,meso,micro and training session plan)	Practice
13	13 Oct.- 18 Oct.	Principles of formulation of training plans	Practice
14	27 Oct. - 1 Nov.	Factors affecting of training plans	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