

Lesson Plan odd Semester of Session 2021-22

Name of the College- GCW, Jind

Class- B.A III Year

Subject- Physical Education

Name of the Professor- Dr. Sangeeta

Name of the Paper- Health & Physical Education

Month

Subject Matter

October

Stages of growth & development Principal and factor influencing growth and development. Age & sex differences in relation to Physical activities and sports.

Practical

Pranayam

November

Organization and administration in Physical Education and Sports. Principal of Organization and administration Tournament and their type.

Practical

Volley Ball

Assignment –I

Test-I

December

Posture and importance of good posture Causes of poor Posture. Postural deformities. Precaution and Remedied for Postural Deformities.

Practical

First Aid

January

Gross Anatomy of Muscle, Types of Muscles in human body. Effect of exercise on Muscular System. Composition and function of human blood.

Assignment –II

Test-II

Revision all syllabus

Lesson Plan odd Semester of Session 2021-22

Name of the College- GCW, Jind

Class- B.A I Year

Subject- Physical Education

Name of the Professor- Dr. Sangeeta

Name of the Paper- Health & Physical Education

Month

Subject Matter

October

Aim, objective, scope and importance of Physical Education in Modern Society. Misconception regarding Physical Education.

Practical

Kho-Kho

November

Importance of Health. Factor influencing Health. Importance of Personal hygiene. Factor influencing Personal hygiene.

Practical

Type of start

Assignment I

Test I

December

Yoga, Concept and Historical development. Type of yoga. Importance of yoga in health leaving. Pranayama - Meaning type and their benefit.

January

Human Anatomy and Physiology. Its importance of Physical Education. Cell, Tissue Organ and system. Structure & Properties of cell.

Assignment II

Test II

Revision

Lesson Plan odd Semester of Session 2021-22

Name of the College- GCW, Jind

Class- B.A II Year

Subject- Physical Education

Name of the Professor- Dr. Sangeeta

Name of the Paper- Health & Physical Education

Month

Subject Matter

October

Important of Safety Education Types of sports injuries.
Principal & General treatment of sports injuries. Fracture
& Dislocation of the Jointed.

November

Communicable and Non- Communicable disease. Mode
Of transmission, Prevention control, HIV, Hepatitis,
Typhod, Malaria, allergy related disease- Asthma &
Sinuses

Assignment-I

Test-I

December

Balanced diet component of balanced diet their sources
Factor affecting balanced diet Harmful effect of junk
Food.

January

Circulatory system, structure & functioning of heart,
Type of circulation effect of exercise on circulating
System.

Assignment-II

Test-II

Revision all syllabus