

Lesson Plan B.A 2nd Sem (Physical Education)
Session - 2024-25

January 2025 -

- Meaning and Definition of Anatomy and Physiology.
- Importance of Anatomy and Physiology in Physical Education and Sports
- Cell: Structure, Properties and functions
- Meaning of Cell, Tissues, Organs and system.

February 2025 :-

- Bones: Meaning of cell and Types
- Skeletal System: Structure and Functions of Skeletal System.
- Axial and Appendicular Skeleton
- Meaning of Joints, Types of Joints
- Type of Synovial Joints present in human body
- Meaning of Muscles, Type of muscles present in human body

March - 2025 :-

- Gross structure of Skeletal Muscle,
- Structural classification of skeletal muscles.
- Constituents of blood and function of blood
- Structure of Heart
- Type of Blood Circulation: System, Pulmonary and Coronary

April - 2025

- Organs of Digestive System
- Structure and function of the digestive system,
- Process of food absorption, Name and function of various digestive juices and Enzymes.
- Organs of Respiratory system and their functions.
- Structure of Respiratory system
- Exchange of gases in the lungs and tissues.

Dr. (or Rajen Bora) Physical Education department, Dicol, Jind

Lesson plan B.A 4th Sem. (Physical Education)

Session - 2024-25

January 2025 -

- Meaning and definition of physical fitness
- Benefits of physical fitness in sports and daily life.
- Meaning and types of Aerobic and Anaerobic activities

February 2025 -

- Exercises and Heart rate zones for intensities of aerobic and anaerobic activities.
- WHO guidelines & recommendations of physical Activities for Children under 5 years of age. Children and adolescents aged 5-17 years and Adults aged 18-64 years.

March 2025 -

- Meaning and definition of warming up.
- Principles of warming up
- physiological & psychological benefits of Warming up
- Types of warming up

April 2025 -

- Methods of Warming up
- Meaning and definition of Cooling down
- principles of Cooling down.
- physiological & psychological Benefits of Cooling down
- Procedure for Cooling down
- Types of Cooling down

May 2025 -

- Meaning of Health - related components of Physical fitness
① Cardiovascular fitness, ② Muscular strength, ③ Muscular Endurance ④ Body Composition. ⑤ flexibility.
- Meaning of skill related fitness components: ① Agility, ② Balance, ③ Neuromuscular Adaptations and coordinative abilities, ④ speed, ⑤ strength, ⑥ Reaction Time.

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January 2025 -

- Meaning and definitions of Motivation
- Types of Motivation & Importances of Motivation in sports.
- Types of Motivation
- Importance of Motivation in physical Education

February 2025 -

- Meaning of Socialization & Socialization through sports
- Meaning of socialization
- Socialization through sports
- Effects of social behaviour on the performance of sports persons
- Meaning & definitions of sports training
- Meaning of sports training
- Definitions of sports training
- factors affecting sports training

March 2025 -

- Types of sports training : Circuit training, Interval training and Continuous training.
- Meaning, Types & its Effects on Health
- Meaning of Doping
- Types of Doping
- Effects of Doping on the Health
- Meaning & Definition of Sports Biomechanics
- Importances of Biomechanics in sports.

April 2025 -

- Newton's Laws of Motion and their Application in sports

lever's Meaning, types and their application in sports.

- Meaning of lever
 - Types of Levers
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May 2025 -

- Organs of Digestive System
 - Structure of Digestive System
 - Mechanism of Digestive System
 - Effects of Exercise on Digestive System
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(Dr. Rajesh Bhoora)

Physical Education Deptt.

G. C. W. Tond

Lesson Plan Mdc 2nd Semester Physical Education
Session 2024-2025

Jan, 2025

- Meaning and Definition of Yoga
- Aims and objectives of Yoga

February

- Traditional & Historical Development of Yoga (Traditional)
- The Yoga Sutra : General consideration
- Need and importance of yoga in Modern Society.
- Misconceptions about Yoga.

March

- The Astanga Yoga : Yama , Niyama , Asana , Pranayama , Pratyahara Dharana , Dhyana and Samadhi
- Yoga in the Bhagavadgita - Karma Yoga , Raj Yoga , Jnana Yoga and Bhakti Yoga

April

- Brief introduction of Hath Yoga
- Meaning of Asanas , Classifications of Asanas
- Principles of Asanas
- Meaning of Pranayam , Different Types of Pranayams .

May

- Principles of Pranayams .
- Meaning of Shatkarma and Types of Shatkarma .


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