

SA Ist YearIst Sem. PHYSICAL EDU.July 3rd WeekUnit I

- ⇒ Basic Introduction of P.E.
- ⇒ Definition & Meaning of P.E.
- ⇒ Scope of P.E.
- ⇒ Importance of P.E.

4th Week

- ⇒ Historical Development of Ancient Olympic
- ⇒ National games of India
- ⇒ Group Discussion about previous topics
- ⇒ Doubts to be cleared

AugustIst Week

- ⇒ Test
- ⇒ Feedback about the performance of Test
- ⇒ Introduction of Biological Basis of life/
Physical Activity

IInd Week

⇒ Types of Exercise

Isometric, Isotonic, Isokinetic etc.

IIIrd Week

⇒ Growth & Exercise

Practical about diff. exercises

IVth Week

⇒ Body Types

Growth, of Exercise & Well being

September

Ist week

- ⇒ Revision of Unit II
- ⇒ Group Discussion
- ⇒ Assignment

IInd week

- ⇒ Growth of P.E. in India
- ⇒ LNUPE

IIIrd week

- ⇒ SAI, NSNIS
- ⇒ YMCA
- ⇒ IOA

IVth week

- ⇒ Revision of All above Topics
- ⇒ Doubts to be cleared
- ⇒ Q.D. & Test
- ⇒ Feedback

Oct = Ist week

- ⇒ Modern olympics revival & progress
- ⇒ Olympic Flag
- ⇒ Motto, Oly. Torch

IInd week

- ⇒ Oly. Ideal, Objective
- ⇒ Rules of the competition
- ⇒ opening & closing ceremony

IIIrd week

- ⇒ Performance of Players in Olympics
- ⇒ Indian Players performance in Asian games

IIIrd week

- ⇒ Revision about previous topics
- ⇒ Group discussions
- ⇒ Assignment

IVth week ⇒ Test & Discussion about performance

- ⇒ Feedback

Nov. 1st week

- ⇒ National sports Awards
- ⇒ Objectives of Giving N.S.A.

IInd week

- ⇒ Arjuna Award
- ⇒ Dronacharya Award

IIIrd week

- ⇒ Khel Ratna Award
- ⇒ Bhum Award

IVth week

- ⇒ Maulana Abdul Kalam Azad Trophy
- ⇒ Revision, Test, Assignment
- ⇒ Doubts to be cleared

July 3rd week

Unit I :- Concept of Health & Health Edu.
 Meaning of Health & Health Edu.
 Definition of Health & H.E.

4th week

- :- Aim of Health Edu.
- :- Objectives of H.E.

August 1st week

- :- Principles of H. Edu.
- :- Physical Fitness

2nd week :- Components of P. Fitness

- :- Speed, Strength, Endurance

3rd week :- Power, Flexibility, Agility

Relation of Health & Fitness

4th week :- WHO

UNICEF

Revision of above topics

September :- 1st week

:- Test

:- Revision

:- Feedback & Group discussion

2nd week

:- Food & Nutrition

⇒ Balanced Diet, Factors affecting Diet

3rd week

⇒ Functions of Balanced Diet

⇒ Nutritional tips

4th Week :- Vegetarian v/s Non-Veg. diet
class Test
Group Discussion

Oct 1st Week :- Posture, Value of Posture
Causes of poor posture

2nd Week :- Types of postural Deformities
Causes & their precautions

3rd Week :- General principles of First aid
Common first aid measures of
Snake biting, choking, drowning

4th Week :- Fainting, Fracture, burns, poison
& unconsciousness, heat stroke
Test

Nov. 1st week :- Group Discussion about previous
topics
:- Exercise & life style disease

2nd Week :- Exercise & obesity
Exercise & heart disease

3rd week :- Exercise & Diabetes
Exercise & stress Management

4th week :- Assignment
Group discussion
Test & Feedback
Doubts

IV
July

Vth Sem

Lesson Plan

July 3rd week

- Introduction of psychological aspect of PE.
- Psycho-Unity | Physical of human being

4th week :- Law of learning

Application of learning to different play ground situation

Aug. 1st week :- Revision of previous topics
Group Discussion

IInd week :- Theories of Play
Individual differences

IIIrd week :- Test, Assignment, Feedback
Revision

IVth week :- Adjustment & Motivation

Doubts & Q. Discussion

1st week :- Sports Socializing Agency

• Sports as medium of socialization

IInd W. :- Effects of socio-economic status on sports, spectators & crowd

behaviour

IIIrd W. :- Sports & Economy

Test, Revision of previous topics

IVth W. :- Traditions & their influence on behaviour patterns.

Assignment

Ist Week :- Vegetarian v/s Non-Veg. diet
class Test

Group Discussion

Oct
Ist week :- Posture, Value of Posture
Causes of poor posture

IInd week :- Types of postural Deformities
Causes & their precautions

IIIrd week :- General principles of First aid
Common first aid measures of
Snake biting, choking, drowning
IVth week :- Fainting, Fracture, burns, poison
& unconsciousness, heat stroke

Test

Nov. Ist week :- group Discussion about poisonous
topics

:- Exercise & life style disease

IInd week :- Exercise & obesity

Exercise & heart disease

IIIrd week :- Exercise & Diabetes

Exercise & stress Management

IVth week :- Assignment

Group discussion

Test & Feedback

Doubts

M. K. Singh

BA Jadyo Ind Sem

January Unit I

- ⇒ Meaning, Importance of Health & Health Edu. in Modern Society.
- ⇒ Guiding Principle of Health Edu.

Feb Unit II

- ⇒ Importance of Light & Cross ventilation at School & Home
- ⇒ Meaning of Personal Hygiene & its Importance
- ⇒ Meaning & Importance of personal hygiene of personal hygiene of the following:
a) Teeth b) Ears c) Eyes d) Skin e) Nails

March Unit III

- ⇒ Meaning of Communicable diseases
- ⇒ Mode of transmission & prevention of the following:
i) HIV/AIDS ii) Hepatitis B & C iii) Malaria
iv) Tuberculosis v) Cholera

April :- Unit IV

- ⇒ Meaning, type & aims of Yoga -
- ⇒ procedure & benefits of following Asana,
- ⇒ Surya Namaskar: Bhujang Asan, Ho Pranish Asan, Ardha Nachhender Asan, Chakras Asan, Matsy Asan, Katsan Pasa Asan, Mayur Asan & Setu Band Asan.

△ Revision, group discussion, doubts to be cleared.

Abhishek

Lesson Plan of P.E. of the Session

BA IInd year (IVth Sem.)

Physical Fitness & Yoga

January

Unit: I Physical Education

- Meaning & Importance of P.E.
- Aims & Objectives of P.E. with General Edu.
- Relationship of P.E. with modern society
- Need of P.E. in the modern society

Feb.

Unit II Physical Fitness

- Meaning & Components of Physical Fitness, (Speed, strength, endurance, flexibility, Agility)
- Factors influencing Physical Fitness
- Warming up - cooling down
- a) Types of warming up
- b) Guiding principles of warming up
- c) Importance of warming up & cooling down

- Meaning & objectives of Sudhi Kriya
- Types of Sudhi Kriya, (Neti, Dhauti, Nauli, Basti, Kapalbhati, Tsatata)
- Physiological values of Sudhi Kriyas

April 2 - Unit IV

Camping

- Meaning of camping
- Types of camping
- educational values of camping

Role of following agencies in promotion of

games & sports (AICS)

a) All India Council of sports (AICS)

b) International Olympic Committee (IOC)

c) International Olympic Christian Ass. (IYOCA)

d) Young Women

Christians Aptitude Test (SPAT)

sports Physical Aptitude Test (SPAT)

discussions, doubts

Revision Group
to be deposed

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Pranab

Semester VI P.E.

Unit I Track

January

⇒ Need, Importance & characteristics of track;
case & maintenance of Track.

⇒ Conduct of Annual Athletic Meet

⇒ Organisation & Conduct of Tournament.

February

Unit II Sports Management

⇒ Meaning, Importance & Scope of sports

⇒ Factors influencing sports Management

⇒ Qualification & qualities of Physical Education

⇒ Duties of an official (pre-game, During-game & post game)

March

Unit III

Sports Injuries

⇒ Prevention of sports Injuries

⇒ Rehabilitation of sports Injuries

⇒ Various factors causing injury

⇒ Principles of prevention of sports Injury

- Meaning & Scope of Rehabilitation
- ⇒ Facilities available for rehabilitation
 - ⇒ Role of Phys. Edu. Teacher in Rehabilitation

April Unit IV Professional Preparation

- ⇒ Meaning of Professional Preparation
- ⇒ Definition & Significance of Professional Preparation in P.E.
- ⇒ Curriculum Design in P.E.

Working