

Lesson Plan 2025-26

Teacher Name:- Dr Shashi Bala

Name of the Class -: BA 5th Semester

Name of the Subject -: Physical Education

Month	Topic
July to August	Unit-I Psychological aspect of Physical Education - Learning of sports activity, Psycho-Physical Unity of human being, Law of learning, their application to situations on play ground. Theories of play, Individual differences, Adjustment, Motivation.
August to September	UNIT-II Sports Socializing Agency: - Sports as medium of socialization, Effects of socio-economic status on sports, spectators and crowd behaviour (Positive, Negative and Neutral) Sports and Economy. Traditions and their influence on behaviour patterns.
September to October	UNIT-III Conditioning - Need and Importance of conditioning, Methods of conditioning (Circuit Training, Interval training, Fartlek Training, Weight Training)
October to November	UNIT-IV Doping - Types of doping, prevention of doping - Hazard of smoking and drinking, prevention of smoking and drinking, quitting techniques of smoking and drinking habits.

Signature :- Shashi

September2025					
October2025					
November 2025					

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Teacher Name:- Dr Shashi Bala

Name of the Class -: BA 3rd Semester

Name of the Subject -: Physical Education

Month	Topic
July to August	Unit I: Fundamentals of Sports Management <input type="checkbox"/> Meaning and definition of sports management <input type="checkbox"/> Principles and scopes of sports management <input type="checkbox"/> Role of sports manager in event management
August to September	Unit II: Leadership in Sports Management <input type="checkbox"/> Meaning and definition of leadership <input type="checkbox"/> Different leadership styles <input type="checkbox"/> Qualities of an effective sports leader
September to October	Unit III: Sports Planning and Management at Institutional Level <input type="checkbox"/> Sports management in schools, colleges, and universities <input type="checkbox"/> Factors affecting sports planning <input type="checkbox"/> Skills required for effective sports management
October to November	Unit IV: Financial Management in Sports <input type="checkbox"/> Basics of financial management in sports <input type="checkbox"/> Purchase and audit procedures <input type="checkbox"/> Funding sources and budget allocation

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Teacher Name:- Dr Shashi Bala

Name of the Class -: BA 1st Semester

Name of the Subject -: Physical Education

Month	Topic
July to August	Unit 1: Introduction to Physical Education <input type="checkbox"/> Concept of Physical Education: Meaning, Definition & Scope <input type="checkbox"/> Aims & Objectives of Physical Education <input type="checkbox"/> Importance of physical education in modern era <input type="checkbox"/> Misconception about Physical Education
August to September	Unit 2: Historical Foundations of Physical Education <input type="checkbox"/> History of Physical Education in Ancient Greek, Comparative Study of Spartan and Athenian Education <input type="checkbox"/> History of Physical Education in Germany, Sweden & Denmark <input type="checkbox"/> History of Physical Education in India (Pre- Independence & Post Independence Era)
September to October	Unit 3: Development of Major Sports Events <input type="checkbox"/> Origin and Development of Olympic Games (Ancient & Modern) <input type="checkbox"/> Origin and Development of Commonwealth Games <input type="checkbox"/> Origin and Development of Asian Games <input type="checkbox"/> Origin and Development of National Games
October to November	Unit 4: National Awards and Sports Promotion Schemes in India <input type="checkbox"/> National awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Dhyan Chand Award <input type="checkbox"/> National Programmes / Schemes: Sports Authority of India, Fit India Movement, Khelo India, Target Olympic Podium Scheme

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