

Lesson Plan for the Session-2024-25

Physical Education BA 1st semester

July-2024

Introduction of Physical education and Sports

August-2024

Foundation of Physical Education

September-2024

Recreation & organisation of Sports

October-2024

Light Apparatus and Marching

November-2024

Revisison

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(Associate Professor)

Physical Education

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Physical Education BA 3rd semester

July-2024

Introduction of Health Education

August-2024

Health and Health Education

Concept of Health, Meaning and definitions of Health and Health Education, Aim and Objectives of Health Education, Health and Physical Fitness. WHO, UNICEF, Role of Physical Activity towards different dimension of health.

September-2024

Food and Nutrition: -

Balance diet, Factors affecting diet, Elements and functions of the balanced diet. Nutritional tips, Vegetarian verses non vegetarian diet.

October-2024

Posture –

Posture: Concept of posture, value of posture, causes of poor posture, types of postural deformities, their causes and precautions First-Aid General Principles of first aid, Common first-aid measures for:

a) Snake biting (b) Choking (c) Drawing (d) Fainting (e) Fracture (f) Burns (g) Poison and Unconsciousness (h) Heat Stroke

November-2024

Exercise and life style disease –

Exercise and life style disease - Exercise and obesity - Exercise & Heart disease - Exercise & diabetes

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Physical Education BA 5th semester

July-2024

Introduction of psychology

August-2024

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

September-2024

Sports Socializing Agency: -

Sports as medium of socialization, Effects of socio-economic status on sports, spectators and crowd behavior (Positive, Negative and Neutral) Sports and Economy. Traditions and their influence on behavior patterns.

October-2024

Conditioning –

Need and Importance of conditioning, Methods of conditioning (Circuit Training, Interval training, Fartlek Training, Weight Training)

November-2024

Doping –

Types of doping, prevention of doping - Hazard of smoking and drinking, prevention of smoking and drinking, quitting techniques of smoking and drinking habits.

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