

LESSON PLAN FOR EVEN SEM
SESSION 2017-18

NAME OF ASSISTANT PROFESSOR : BABITA SOOD
CLASS/SECTION : B.A IV SEM
SUBJECT : Health And Physical Education

UNIT/PART I	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 1-1-18	Syllabus Introduction	
DAY2 DATE 2-1-18	Warming up Introduction	
DAY3 DATE 3-1-18	Meaning of warming up & Types of Warming up	
DAY4 DATE 4-1-18	Significance & Revision	
DAY5 DATE 5-1-18		Introduction of Body Mass Index
DAY6 DATE 6-1-18		Introduction of Body Mass Index
DAY7 DATE 8-1-18	Introduction and Meaning of cooling down	
DAY8 DATE 9-1-18	Types of Cooling Down	
DAY9 DATE 10-1-18	Significance of Cooling Down	
DAY10 DATE 11-1-18	Method of warming up	
DAY11 DATE 12-1-18		How to measure Body Mass Index man and Women
DAY12 DATE 13-1-18		How to measure Body Mass Index man and Women
DAY13 DATE 15-1-18	Method of cooling down	
DAY 14 DATE 16-1-18	Method of cooling down	
DAY15 DATE 17-1-18	Revision	
DAY16 DATE 18-1-18	Physiological aspects of warming up	
DAY17 DATE 19-1-18		Precaution during warming up

DAY18 DATE 20-1-18		Precaution during warming up
DAY19 DATE 22-1-18	HOLIDAY	
DAY20 DATE 23-1-18	SPORTS DAY	
DAY21 DATE 24-1-18	HOLIDAY	
DAY22 DATE 25-1-18	Revision of physiological aspects	
DAY23 DATE 26-1-18	HOLIDAY	
DAY 24 DATE 27-1-18		Revision of body Mass Index
UNIT/PART II	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 29-1-18	Introduction & Meaning of physiological aspects of physical education	
DAY2 DATE 30-1-18	Introduction & Meaning of physiological aspects of physical education	
DAY3 DATE 31-1-18	HOLIDAY	
DAY4 DATE 1-2-18	Sport Psychology of Physical Education	
DAY5 DATE 2-2-18		Introduction of Games
DAY6 DATE 3-2-18		Basket Ball
DAY7 DATE 5-2-18	Need and Importance of Sports Psychological	
DAY8 DATE 6-2-18	Need and Importance of Sports Psychological	
DAY9 DATE 7-2-18	Meaning of Learning Laws	
DAY10 DATE 8-2-18	Meaning of Learning Laws	
DAY11 DATE 9-2-18	ASSIGNMENT 1	
DAY12 DATE 10-2-18	HOLIDAY	
DAY13 DATE 12-2-18	Revision	
DAY14 DATE 13-2-18	HOLIDAY	
DAY15 DATE 14-2-18	Revision of learning loss	

DAY16 DATE 15-2-18	Revision of laws	
DAY17 DATE 16-2-18		Introduction of Basket Ball
DAY18 DATE 17-2-18		Specification, General Rules & General Skills,
DAY19 DATE 19-2-18	Introduction of learning Curve	
DAY20 DATE 20-2-18	Introduction of learning Curve	
DAY21 DATE 21-2-18	Meaning of Learning Curve	
DAY22 DATE 22-2-18	Revision	
DAY23 DATE 23-2-18		Introduction of Kabaddi
UNIT/PART III	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 24-2-18		Specification, General Rules & General Skills,
DAY2 DATE 26-2-18	Introduction of Measure sports Events	
DAY3 DATE 27-2-18	Introduction of Measure sports Events	
DAY4 DATE 28-2-18	HOLIDAY	
DAY5 DATE 1-3-18	HOLIDAY	
DAY6 DATE 2-3-18	HOLIDAY	
DAY7 DATE 3-3-18	HOLIDAY	
DAY8 DATE 5-3-18	Ancient Olympic Games	
DAY9 DATE 6-3-18	Ancient Olympic Games	
DAY10 DATE 7-3-18	Modern Olympic Games	
DAY11 DATE 8-3-18	Modern Olympic Games	
DAY12 DATE 9-3-18		Introduction of Athletics
DAY13 DATE 10-3-18	Revision ASSIGNMENT 2	
DAY 14 DATE 12-3-18	Asian Games	

DAY15 DATE 13-3-18	Asian Games	
DAY16 DATE 14-3-18	Revision of Asian Game	
DAY17 DATE 15-3-18	Common wealth Games	
DAY18 DATE 16-3-18		Specification, General Rules & General Skills of discuss throw
DAY19 DATE 17-3-18		Specification, General Rules & General Skills of Long Jump
DAY20 DATE 19-3-18	Common wealth games	
DAY21 DATE 20-3-18	Revision	
DAY22 DATE 21-3-18	CONDITIONAL TEST	
DAY23 DATE 22-3-18	CONDITIONAL TEST	
DAY 24 DATE 23-3-18	HOLIDAY	
DAY 25 DATE 24-3-18		Revision of discuss throw and long jump
UNIT/PART IV	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 26-3-18	Introduction of Anatomy and physiology	
DAY2 DATE 27-3-18	Introduction of Anatomy and physiology	
DAY3 DATE 28-3-18	Introduction of Respiratory Organs	
DAY4 DATE 29-3-18	HOLIDAY	
DAY5 DATE 30-3-18		Practice of Long Jump
DAY6 DATE 31-3-18		Practice of discuss Throw
DAY7 DATE 2-4-18	Structure of Respiratory Organs	
DAY8 DATE 3-4-18	Structure of Respiratory Organs	
DAY9 DATE 4-4-18	Physiology of Respiratory System	
DAY10 DATE 5-4-18	Physiology of Respiratory System	

DAY11 DATE 6-4-18		General Question of Viva
DAY12 DATE 7-4-18		General Question of Viva
DAY13 DATE 9-4-18	Effect of Exercise on Respiratory system	
DAY14 DATE 10-4-18	Effect of Exercise on Respiratory system	
DAY15 DATE 11-4-18	Terminology of Respiration	
DAY16 DATE 12-4-18	Tidual Volume	
DAY17 DATE 13-4-18		Practical file
DAY18 DATE 14-4-18	HOLIDAY	
DAY19 DATE 16-4-18	Residual volume	
DAY20 DATE 17-4-18	Residual volume	
DAY21 DATE 18-4-18	HOLIDAY	
DAY22 DATE 19-4-18	Total Lung capacity	
DAY23 DATE 20-4-18		Practical File

NAME OF ASSISTANT PROFESSOR: BABITA SOOD
CLASS/SECTION: B.A SEM - II
SUBJECT: HEALTH AND PHYSICAL EDUCATION

UNIT/PART I	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 1-1-18	Introduction to syllabus	
DAY2 DATE 2-1-18	Meaning, definition of health Education	
DAY3 DATE 3-1-18	Aims and objective of health Education	
DAY4 DATE 4-1-18	Scope of Health Education	
DAY5 DATE 5-1-18		Introduction of Games

DAY6 DATE 6-1-18		Ground Specification, General Rule and General skill
DAY7 DATE 8-1-18	Importance of health Education in Modern Society	
DAY8 DATE 9-1-18	Importance of health Education in Modern Society	
DAY9 DATE 10-1-18	Importance of health Education in Modern Society	
DAY10 DATE 11-1-18	Meaning of first Aid	
DAY11 DATE 12-1-18		Introduction of Badminton
DAY12 DATE 13-1-18		Ground Specification, General Rule and General skill
DAY13 DATE 15-1-18	Aims and objectives of First Aid	
DAY 14 DATE 16-1-18	General Principles of First Aid	
DAY15 DATE 17-1-18	General Principles of First Aid	
DAY16 DATE 18-1-18	Common Injuries	
DAY17 DATE 19-1-18		Introduction of Cricket
DAY18 DATE 20-1-18		Ground Specification, General Rule and General skill
DAY19 DATE 22-1-18	HOLIDAY	
DAY20 DATE 23-1-18	SPORTS DAY	
DAY21 DATE 24-1-18	HOLIDAY	
DAY22 DATE 25-1-18	common injuries: Electric Shock, Bleeding	
DAY23 DATE 26-1-18	HOLIDAY	
DAY 24 DATE 27-1-18	Drowning and Snake Bite	
UNIT/PART II	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 29-1-18	Pre-Independence and post independence historical development of physical education in India	
DAY2 DATE 30-1-18	Pre-Independence and post independence historical development of physical education in India	

DAY3 DATE 31-1-18	HOLIDAY	
DAY4 DATE 1-2-18	Pre-Independence and post independence historical development of physical education in India	
DAY5 DATE 2-2-18		Name and identification of bones in human body
DAY6 DATE 3-2-18		Name and identification of bones in human body
DAY7 DATE 5-2-18	Pre-Independence and post independence historical development of physical education in India	
DAY8 DATE 6-2-18	Pre-Independence and post independence historical development of physical education in India	
DAY9 DATE 7-2-18	Role of IOA & SAI in the development of physical education and sports in India	
DAY10 DATE 8-2-18	NSNIS & YMCA in the development of physical education and sports in India	
DAY11 DATE 9-2-18	ASSIGNMENT 1	
DAY12 DATE 10-2-18	HOLIDAY	
DAY13 DATE 12-2-18	NSNIS & YMCA in the development of physical education and sports in India	
DAY14 DATE 13-2-18	HOLIDAY	
DAY15 DATE 14-2-18	NS & YMCA in the development of physical education and sports in India	
DAY16 DATE 15-2-18	Sports Policy of Haryana	
DAY17 DATE 16-2-18		Name and identification of bones in human body
DAY18 DATE 17-2-18		Name and identification of bones in human body
DAY19 DATE 19-2-18	Sports policy of Haryana State	
DAY20 DATE 20-2-18	National Sports policy	
DAY21 DATE 21-2-18	National Sports policy	
DAY22 DATE 22-2-18	National Sports policy	
DAY23 DATE 23-2-18		Introduction of Athletics

UNIT/PART III	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 24-2-18		Introduction of Athletics
DAY2 DATE 26-2-18	Meaning of physical Fitness	
DAY3 DATE 27-2-18	TEST & SEMINAR (PG CLASSES)	
DAY4 DATE 28-2-18	HOLIDAY	
DAY5 DATE 1-3-18	HOLIDAY	
DAY6 DATE 2-3-18	HOLIDAY	
DAY7 DATE 3-3-18	HOLIDAY	
DAY8 DATE 5-3-18	Definitions of Physical Fitness	
DAY9 DATE 6-3-18	Components of physical Fitness	
DAY10 DATE 7-3-18	Components of physical Fitness	
DAY11 DATE 8-3-18	Principles of physical Fitness	
DAY12 DATE 9-3-18		Introduction of shot put
DAY13 DATE 10-3-18	ASSIGNMENT 2	
DAY 14 DATE 12-3-18		Measurement and basic
DAY15 DATE 13-3-18	Factor influencing of physical Fitness	
DAY16 DATE 14-3-18	Factor influencing of physical Fitness	
DAY17 DATE 15-3-18	Meaning of Isometric exercise	
DAY18 DATE 16-3-18		Types of start, Crouch Start & Standing Start
DAY19 DATE 17-3-18		Types of start, Crouch Start & Standing Start
DAY20 DATE 19-3-18	Meaning Isotonic exercise & Is kinetic Exercise	
DAY21 DATE 20-3-18	Meaning Isotonic exercise & Is kinetic Exercise	

DAY22 DATE 21-3-18	CONDITIONAL TEST	
DAY23 DATE 22-3-18	CONDITIONAL TEST	
DAY 24 DATE 23-3-18	HOLIDAY	
DAY 25 DATE 24-3-18		Techniques of Starts
UNIT/PART IV	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 26-3-18	Anatomy of Human Bone	
DAY2 DATE 27-3-18	Anatomy of Human Bone	
DAY3 DATE 28-3-18	Anatomy of Human Bone	
DAY4 DATE 29-3-18	HOLIDAY	
DAY5 DATE 30-3-18		Basic Techniques of start
DAY6 DATE 31-3-18		Basic Techniques of start
DAY7 DATE 2-4-18	Types and functions of Bones in Human Body	
DAY8 DATE 3-4-18	Types and functions of Bones in Human Body	
DAY9 DATE 4-4-18	Types and functions of Bones in Human Body	
DAY10 DATE 5-4-18	Types and functions of Bones in Human Body	
DAY11 DATE 6-4-18		Preparing of VIVA
DAY12 DATE 7-4-18		Preparing of VIVA
DAY13 DATE 9-4-18	Meaning and types of Joints in Human Body	
DAY14 DATE 10-4-18	Meaning and types of Joints in Human Body	
DAY15 DATE 11-4-18	Meaning and types of Joints in Human Body	
DAY16 DATE 12-4-18		Preparing of VIVA
DAY17 DATE 13-4-18		Preparing of VIVA

DAY18 DATE 14-4-18	HOLIDAY	
DAY19 DATE 16-4-18	Types of Synovial Joints in Human Body	
DAY20 DATE 17-4-18	Types of Synovial Joints in Human Body	
DAY21 DATE 18-4-18	HOLIDAY	
DAY22 DATE 19-4-18	Types of Synovial Joints in Human Body	
DAY23 DATE 20-4-18		Prepare of practical file

NAME OF ASSISTANT PROFESSOR: BABITA SOOD
CLASS/SECTION: BA SEM VI
SUBJECT: HEALTH AND PHYSICAL EDUCATION

UNIT/PART I	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 1-1-18	Introduction of syllabus	
DAY2 DATE 2-1-18	Introduction of motivation	
DAY3 DATE 3-1-18	Introduction and meaning of Motivation	
DAY4 DATE 4-1-18	Definition of Motivation	
DAY5 DATE 5-1-18		Introduction of Pranayam
DAY6 DATE 6-1-18		Advantages & disadvantages of Pranayam
DAY7 DATE 8-1-18	Types of Motivation	
DAY8 DATE 9-1-18	Types of Motivation	
DAY9 DATE 10-1-18	Importance of motivation in sports	
DAY10 DATE 11-1-18	Importance of motivation in sports	
DAY11 DATE 12-1-18		Introduction of Bhramri Pranayam
DAY12 DATE 13-1-18		Advantage and disadvantage of bhramri pranayam

DAY13 DATE 15-1-18	Meaning of socialization	
DAY 14 DATE 16-1-18	Meaning of socialization	
DAY15 DATE 17-1-18	Socialization Through Sports	
DAY16 DATE 18-1-18	Socialization Through Sports	
DAY17 DATE 19-1-18		Introduction of Anulom – Vilom
DAY18 DATE 20-1-18		Advantages & Disadvantage of Anulom – Vilom
DAY19 DATE 22-1-18	HOLIDAY	
DAY20 DATE 23-1-18	SPORTS DAY	
DAY21 DATE 24-1-18	HOLIDAY	
DAY22 DATE 25-1-18	Effects of social behaviour on performance of sports person	
DAY23 DATE 26-1-18	HOLIDAY	
DAY 24 DATE 27-1-18		Kapalbhatti Pranayam
UNIT/PART II	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 29-1-18	introduction of sports Training	
DAY2 DATE 30-1-18	Meaning of sports training	
DAY3 DATE 31-1-18	HOLIDAY	
DAY4 DATE 1-2-18	Definition of sports Training	
DAY5 DATE 2-2-18		Ground Specification, General rules and General Skill of Volleyball
DAY6 DATE 3-2-18		Ground Specification, General rules and General Skill of Volleyball
DAY7 DATE 5-2-18	Revision Work	
DAY8 DATE 6-2-18	Factor affecting sports Training	
DAY9 DATE 7-2-18	Factor affecting sports Training	

DAY10 DATE 8-2-18	Factor affecting sports Training	
DAY11 DATE 9-2-18	ASSIGNMENT 1	
DAY12 DATE 10-2-18	HOLIDAY	
DAY13 DATE 12-2-18	Types of sport Training	
DAY14 DATE 13-2-18	HOLIDAY	
DAY15 DATE 14-2-18	Circuit training	
DAY16 DATE 15-2-18	Circuit training	
DAY17 DATE 16-2-18		Ground Specification, General rules and General Skill of Hockey
DAY18 DATE 17-2-18		Ground Specification, General rules and General Skill of Hockey
DAY19 DATE 19-2-18	Interval Training	
DAY20 DATE 20-2-18	Continues Training	
DAY21 DATE 21-2-18	Meaning of Doping	
DAY22 DATE 22-2-18	Types of Doping Its Effects on health	
DAY23 DATE 23-2-18		Ground Specification, General rules and General Skill of wrestling
UNIT/PART III	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 24-2-18		Ground Specification, General rules and General Skill of wrestling
DAY2 DATE 26-2-18	Meaning and Definition of Sports of biomechanics	
DAY3 DATE 27-2-18	TEST & SEMINAR (PG CLASSES)	
DAY4 DATE 28-2-18	HOLIDAY	
DAY5 DATE 1-3-18	HOLIDAY	
DAY6 DATE 2-3-18	HOLIDAY	

DAY7 DATE 3-3-18	HOLIDAY	
DAY8 DATE 5-3-18	Importance of Biomechanics of sports	
DAY9 DATE 6-3-18	Importance of Biomechanics of sports	
DAY10 DATE 7-3-18	Newton's laws of Motivation	
DAY11 DATE 8-3-18	Newton's laws of Motivation	
DAY12 DATE 9-3-18		Tying of Bandages and their Types
DAY13 DATE 10-3-18	ASSIGNMENT 2	Arm Lings
DAY 14 DATE 12-3-18	Revision of Newton's Law	
DAY15 DATE 13-3-18	Newton's Law Application in Sports	
DAY16 DATE 14-3-18	Meaning of Levers	
DAY17 DATE 15-3-18	Types of Levers	
DAY18 DATE 16-3-18		First Aid for different Injuries
DAY19 DATE 17-3-18		First Aid for different Injuries
DAY20 DATE 19-3-18	levers application in sports	
DAY21 DATE 20-3-18	levers application in sports	
DAY22 DATE 21-3-18	CONDITIONAL TEST	
DAY23 DATE 22-3-18	CONDITIONAL TEST	
DAY 24 DATE 23-3-18	HOLIDAY	
DAY 25 DATE 24-3-18		Items of First Aid Box and their uses
UNIT/PART IV	TOPIC	
	THEORY	PRACTICAL
DAY1 DATE 26-3-18	Meaning of Anatomy and physiology	
DAY2 DATE 27-3-18	Organs and Digestive system	

DAY3 DATE 28-3-18	Organs and Digestive system	
DAY4 DATE 29-3-18	HOLIDAY	
DAY5 DATE 30-3-18		General Question of Viva
DAY6 DATE 31-3-18		General Question of Viva
DAY7 DATE 2-4-18	Structure of Digestive System	
DAY8 DATE 3-4-18	Structure of Digestive System	
DAY9 DATE 4-4-18	Structure of Digestive System	
DAY10 DATE 5-4-18	Mechanism of food Digestion	
DAY11 DATE 6-4-18	Mechanism of food Digestion	
DAY12 DATE 7-4-18		General Question of Viva
DAY13 DATE 9-4-18	Mechanism of food Digestion	
DAY14 DATE 10-4-18	Effects of exercise on digestive system	
DAY15 DATE 11-4-18	Effects of exercise on digestive system	
DAY16 DATE 12-4-18	Effects of exercise on digestive system	
DAY17 DATE 13-4-18		Practical file
DAY18 DATE 14-4-18	HOLIDAY	
DAY19 DATE 16-4-18	Revision work	
DAY20 DATE 17-4-18	Revision work	
DAY21 DATE 18-4-18	HOLIDAY	
DAY22 DATE 19-4-18	Revision work	
DAY23 DATE 20-4-18		Practical File

NAME OF TEACHER