

## Lesson Plan (Even Semester – 2023-24)

Name of Teacher – Satpal Singh

Subject :- Health & Physical Edu.

Class :- B.A. 2<sup>nd</sup> Sem. (NEP)

| Month         | Topic Theory  | Topic Practical  | Remarks. |
|---------------|---|--|----------|
| Feb<br>2024   | Unit – I<br>Introduction of anatomy & Physiology<br>1.1 to 1.4  | Unit – I<br>Identification of name<br>and Location of human<br>bones   |          |
| March<br>2024 | Unit – I<br>Introduction of anatomy & physiology<br>1.5 to 1.7<br>&<br>Unit – II<br>Joint & Muscular System<br>2.1 to 2.5 | Unit – II<br>Identification of names<br>and location of major<br>muscular of human<br>body on model & chart  |          |
| April<br>2024 | Unit – III<br>Circulatory system & Digestive system<br>&<br>Unit – IV<br>Respiratory System & Excretory System            | Identification of name<br>& location of organs of<br>various system<br>I Circulatory<br>II Digestive<br>III Respiratory<br>IV Excretory<br>On Model & Chart. |          |

*Satpal Singh*  
(SATPAL)

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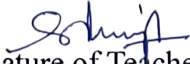
## Lesson Plan (Even semester- 2023-24)

Name of Teacher -Satpal Singh

Claas- B.A -II (4<sup>th</sup> Sem)

Subject:- Health and Physical Education (Theory & Practical)

| Month            | Topics- Theory   | Topic- Practical   | Remarks<br>(If any) |
|------------------|--|--|---------------------|
| January<br>2024  | <b>Unit-1 Warming Up and Cooling Down:</b><br>1. Meaning, types and significance of waring up<br>2. Meaning, types and significance of cooling down.<br>3. Methods of warming up and cooling down.<br>4. Physiological aspects of warming up and cooling Down<br>Note: Thematic Test & Assignment                | 1. Measurement of Body Mass Index<br>(Normal Range of B.M.I for Children, Women and Men)   |                     |
| February<br>2024 | <b>Unit -II Psychological aspects of Physical Education:</b><br>1. Meaning of Psychology and sports Psychology<br>2. Need and importance of sports psychology<br>3. Learning: meaning and laws<br>4. Learning curve<br>Note: Thematic Test   | 2. Any one Game of the following<br>(With ground specification general rules and general skills)<br>1. Basketball 2. Foot ball3. Kabaddi |                     |
| March<br>2024    | Unit -III Major Sports Events<br>1. Ancient Olympic Games<br>2. Modern Olympic Ganes<br>3. Asian Games<br>4. Common Wealth Games<br>Note: Thematic Test  | 3. Athletics:<br>Discus throw and long Jump<br>(Specifications. general rules and general skills)  |                     |
| April<br>2024    | Unit - IV Anatomy and Physiology of Human Body System<br>1. Structure of Respiratory Organs.<br>2. Physiology of respiratory System.<br>3. Effect of exercise on respiratory System<br>4. Terminology of respiration: Tidal Volume, Residual Volume and Total Lung Capacity.<br>Note: Thematic Test & Assignment | Revision of syllabus   |                     |

  
 Signature of Teacher  
 (SATPAL)



## Lesson Plan (Even semester- 2023-24)

Name of Teacher -Satpal Singh  
Subject:- Health and Physical Education (Theory & Practical)

Claas- B.A -II (6<sup>th</sup> Sem)

| Month            | Topics- Theory   | Topic- Practical  | Remarks (If any) |
|------------------|--|---|------------------|
| January<br>2024  | <b>Unit-1 Concept of Motivation and Socialization</b><br>1. Meaning and definition of motivation.<br>2. Types of motivation and importance of motivation of sports<br>3. Meaning of Socialization and Socialization through sports.<br>4. Effect of social behavior on performance of sports person.<br>Note: Thematic Test & Assignment | <b>1. Pranayam:</b><br>a) Bhramari b) Anuikom Vilom c) Kapal Bhati  |                  |
| February<br>2024 | <b>Unit- II Concept of Sports Training and Doping</b><br>1. Meaning and definition of sports training<br>2. Factors affecting sports training<br>3. Types of sports training: Circuit training. Interval training Training and Continuous Training<br>4. Doping: Meaning, types and its effects on health.<br>Note: Thematic Test        | <b>2. Any one Came of the following</b><br>(Ground Specifications, General rules and General Skill)<br>a) Volleyball b) hockey c) Judo/Boxing W restling Self-defense tactics |                  |
| March<br>2024    | <b>Unit - III Concept of Sports Biomechanics</b><br>1. Meaning and definition of sports biomechanics<br>2. Importance of Biomechanics in Sports<br>3. Newton's Laws of motion and their application in sports<br>4. Levers: Meaning, types and their application in Sports<br>Note: Thematic Test  | 3. Tying of different ty pes of Bandages and Ani Slings   |                  |
| April<br>2024    | <b>Unit - IV Anatomy and Physiology</b><br>1. Organs of Digestive System<br>2. Structure of Digestive System<br>3. Mechanism of food digestion<br>4. Effects of exercise on Digestive System.<br>Note: Thematic Test & Assignment  | 4. First Aid<br>(First aid fer different injuries and Circumstance: Items first aid box and their use)<br>And Revision of syllabus  |                  |

  
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