

Lesson Plan

Class- BA. 3rd Semester (Odd Sem.)
 Subject- Physical Education
 Name of the course- Exercise Physiology
 Core Course-3 (Major)
 Course Code- B23-PED-301
 Session-2024-25

Month	Theory syllabus/topics	Practical syllabus/ topics
22-31 July 2024	Unit-1 <ul style="list-style-type: none"> Introduction of exercise physiology 	football-court specifications and general rules
1-15 Aug.	<ul style="list-style-type: none"> Meaning of exercise physiology, anabolism, catabolism and metabolism Importance of exercise physiology in physical education 	football-court specifications and general rules
16-31 Aug.	<ul style="list-style-type: none"> Types of muscular contraction, isometric, isotonic, isokinetic Meaning of body composition, components of body composition, Effect of exercise on the body composition 	football-court specifications and general rules
1-15 Sept.	Unit-2- Muscular system and exercise <ul style="list-style-type: none"> Gross structure of muscular system Functions of muscular system 	Wrestling/judo/boxing-ring /mat Specification. general rules and basic skill
16-30 Sept.	<ul style="list-style-type: none"> Properties of slow twitch and fast twitch muscle fibre Meaning of aerobic activity, anaerobic activity, muscle tone, muscle hypertrophy, and atrophy Effect of exercise and training on the muscular system 	Wrestling/judo/boxing-ring /mat Specification. general rules and basic skill
1-15 Oct.	Unit-3 Cardiovascular system and exercise	Wrestling/judo/boxing-ring /mat Specification. general rules and basic skill



	<ul style="list-style-type: none"> • Meaning and function of cardiovascular system • Meaning of stroke volume, cardiac output, heart rate, blood pressure, and cardiac hypertrophy 	
16-31 Oct.	<ul style="list-style-type: none"> • Conduction system of heart • Blood circulation in the heart, blood supply to the heart • Effect of exercise and training on the cardiovascular system 	Wrestling/judo/boxing-ring /mat Specification. general rules and basic skill
1-15 Nov.	Unit-4 Respiratory system and exercise <ul style="list-style-type: none"> • Meaning of lung volume, inspiratory reserve volume, expiratory reserve volume, tidal volume and residual volume • Meaning of lung capacity, total lung capacity, inspiratory capacity, vital capacity, and functional residual capacity 	Wrestling/judo/boxing-ring /mat Specification. general rules and basic skill
16-22 Nov.	<ul style="list-style-type: none"> • Mechanism of breathing • Diffusion of gases-exchange of gases in the lungs and tissues • Effect of exercises and training on respiratory system 	Revision/ Practice

Course learning outcomes: -

After completing the course, the learner will be able to:

- Will be able to understand the exercise physiology, body composition and types of contraction.
- Will be able to understand the effect of exercise on the various aspects of skeleton system.
- Will be able to understand the effect of various aspects of circulatory system.
- Will be able to understand the various effect of exercise on the various capacities and volume of Lungs.

Teacher's Signature




Principal

Lesson Plan

Class- BA. 5th. Semester (Odd Sem.)

Subject- Physical Education

Name of the course- Health & Physical Education

Session-2024-25

Month	Theory syllabus/topics	Practical syllabus/ topics
22-31 July 2024	Unit-1-Growth & Development: <ul style="list-style-type: none"> ▪ Concept of Growth & Development 	<ul style="list-style-type: none"> ▪ Pranayama ▪ Basic concept
1-15 August	Unit-1-Growth & Development: Meaning and definition of Growth and development <ul style="list-style-type: none"> ▪ Stages of Growth & Development ▪ Principles of Growth & Development 	<ul style="list-style-type: none"> ▪ Pranayama ▪ Basic concept ▪ Bhramari ▪ Anulom Vilom ▪ Kapal Bhati
16-31 Aug.	<ul style="list-style-type: none"> • Factors influencing the Growth & Development ▪ Age and sex differences in relation to Physical activities and sports 	Anyone game of the following <ul style="list-style-type: none"> ▪ Volleyball ▪ Hockey ▪ Judo/boxing/wrestling ▪ Self-defense tactics ▪ (ground, specifications, general rules and general skills)
1-15 sept.	Unit-II Concep of Sports Organization and Administration <ul style="list-style-type: none"> ▪ Concept of Sports Organization and Administration ▪ meaning and importance of organization and administration in physical education and sport. 	Anyone game of the following <ul style="list-style-type: none"> ▪ Volleyball ▪ Hockey ▪ Judo/boxing/wrestling ▪ Self-defense tactics ▪ (ground specifications, general rules and general skills)
16-30 sept	<ul style="list-style-type: none"> • principles of sports organization and administration ▪ organization and administration of intra mural activities 	Anyone game of the following <ul style="list-style-type: none"> ▪ Volleyball ▪ Hockey



	<ul style="list-style-type: none"> ▪ principles of organization and administration of extra mural activities • Tournaments and their types 	<ul style="list-style-type: none"> ▪ Judo/boxing/wrestling ▪ Self-defense tactics ▪ (ground specifications, general rules and general skills)
1-15 oct.	Unit-III- Concept of posture <ul style="list-style-type: none"> ▪ Meaning and importance of good posture ▪ Causes of poor posture 	Tying of different types of bandages and Arm slings
16-31 oct.	<ul style="list-style-type: none"> ▪ Symptom and causes of postural deformities: - Lordosis, kyphosis, scoliosis, flat feet, knock knee and bow legs ▪ Precautions and remedies for postural deformities 	<ul style="list-style-type: none"> ▪ Tying of different types of bandages and Arm slings
1-15 nov.	Unit-IV- Anatomy and physiology <ul style="list-style-type: none"> • Gross Anatomy of Muscle, types of Muscles in human body • Effects of Exercise on Muscular system 	<ul style="list-style-type: none"> ▪ First Aid ▪ (first aid for different injuries and circumstances, items of first aid box and their uses)
16-22 Nov.	<ul style="list-style-type: none"> • Composition of human blood • Functions of blood 	<ul style="list-style-type: none"> ▪ First Aid ▪ (first aid for different injuries and circumstances, items of first aid box and their uses) ▪ Revision & Practice

Course learning outcomes: -

After completing the course, the learner will be able to:

- Will be able to understand the Concept of Growth & Development.
- Will be able to understand the Stages of Growth & Development, Principles of Growth & Development.
- Will be able to understand the Concept of Sports Organization and Administration.
- Will be able to understand the concept and meaning and importance of good posture.
- Will be able to understand the Gross Anatomy of Muscle, types of Muscles in human body

Will be able to understand the Effects of Exercise on Muscular system.

Teacher's Signature




Principal

Lesson Plan

Class- BA. 3rd Semester (Odd Sem.)

Subject- **Health & Physical Education.**

Name of the course-Yoga and Meditation

Course type- **Value Aided Course-3**

Course Code-B23-VAC-302

Session-2024-25

Month	Theory syllabus/topics
22-31 July 2024	Unit-1 Introduction of Yoga <ul style="list-style-type: none">• Introductory part and basic concept
1-15 Aug.	Unit-1 Introduction of Yoga <ul style="list-style-type: none">• Meaning and definition of yoga.• Aim and objectives of yoga
16-31 Aug.	<ul style="list-style-type: none">• Traditional and historical development of yoga.• The yoga Sutra: general consideration
1-15 Sept.	<ul style="list-style-type: none">• Need for and importance of yoga• Misconception about yoga
16-30 Sept.	Unit-2 Foundation of yoga <ul style="list-style-type: none">• The Ashtanga Yoga-yama niyama, asanas, pranayama Practices
1-15 Oct.	Unit-2 Foundation of yoga <ul style="list-style-type: none">• Pratyahara, dharna, dhyana, smadhi• Yoga in the Bhagavad-Gita• Kram yoga, Raj yoga Practices
16-31 Oct.	Unit-2 Foundation of yoga <ul style="list-style-type: none">• Jnana yoga, bhakti yoga• Brief introduction of hatha yoga Practices
1-15 Nov.	Unit-3



	<p>Meditation</p> <ul style="list-style-type: none"> • Introduction of meditation • Basic principles of meditation • Benefits of meditation, obstacles in meditation <p>Practices</p>
16-22 Nov.	<ul style="list-style-type: none"> • Relationship of concentration and meditation • Meaning and techniques of Trataka, ujjayi and OM meditation <p>Practices</p>

Course learning outcomes: -

After completing the course, the learner will be able to:

- Will be able to understand the aims, objectives, scope and principles of Yoga
- Will be able to understand the basic knowledge about various type of Yoga.
- Will be able to understand the principles of various types of Asanas and Pranayama.
- Will be able to understand the meditation and its techniques.
- Will be able to know the concept of "OM"

Teacher's Signature

Principal

Proposed Sports activity Calander/Plan

Department of Sports

RGGC. Saha

Session – 2024-25

Sr. no	Name of sports activity to be organized/practiced	Sports activity to be organized/practiced in the month
1	Football, Badminton, Table-Tennis, Cricket, Track & Field, Kabaddi, Martial Arts, Volleyball, Kho-Kho etc.	These sports activities will be practiced regularly throughout the session for the preparation of various DGHE sponsored state competitions and kuk sponsored Inter College Championship.
2	Intra- Mural Sports competitions in the above cited sports	August-2024 Sept-2024 Oct.-2024 Nov.-2024 Feb.-2025 March-2025
3	Various Selection Trials In the above cited Sports	Whenever the sports competition schedule is received
4	18 th Annual Athletic Meet of the College	Oct./Nov./2024
5	Yoga/Meditation workshop	Jan/Feb. 2025
5	Yoga Practices in Yoga Centre of the College	Regularly, as per the time-table/vacant period throughout the session
6	Indoor and outdoor Gym. Facility in the college	Regularly, as per the time-table/vacant period throughout the session
7	Celebration of International Yoga Day	21 June 2025

Objectives: -

- to motivate/encourage the maximum students for sports activities.
- to identify the hidden sports talent.
- to motivate/encouraged maximum students and staff towards Yoga/Yoga asanas
- to motivate/encouraged the maximum students towards fitness through the available Gym facility.
- to achieve the goals of sports policy.
- overall development of the students.
- to develop a Sports Culture in the College.

Sports committee



Principal

Proposed Co-Curriculum activity Plan
Deptt. of Physical Education
R.G.G.C. Saha
Session: -2024-25

All the Students of the Subject of Physical Education (B.A I, III & V Sem.) and Value-Added Course- III semester are hereby informed that the following co-curriculum activities are to be organized in the College during the session.

Sr.no	Proposed co-curriculum activities	To be organized in the month
1	Power point presentations	August 2024
2	Quiz contests	Sept.2024
3	Debate/talks	Oct.2024
4	Extension lectures	Nov.2024
5	Workshop on Yoga & meditation	Jan/ Feb 2025
6	Self- Defense workshops	Jan./ Feb/march 2025

Note- Apart from the above cited activities, students are required to be appeared in the thematic class tests to be organized time to time and to submit their assignments in the session 2024-25.

Objectives of the co- Curriculum activities: -

- To Strengthen the Confidence Level in the Students
- To develop a Competitive Culture
- To gain New Skills/Techniques
- To develop Quality of Leadership
- To develop human values through the contents of value-added course.
- To develop the quality of responsibility & discipline.

Teacher's Signature




Principal

Lesson Plan

Class- BA. 1ST Semester (Odd Sem.)

Subject- Physical Education

Name of the course- History and foundation of Physical Education

Core Course-1 (Major)

Course Code- B23-PED-101

Session-2024-25

Month	Theory syllabus/topics	Practical syllabus/ topics
22-31 July 2024	Unit-1- Introduction of physical education <ul style="list-style-type: none"> • Meaning and definition of physical education 	Kho-Kho- court specification, general rules and basic skill
1-15 August	<ul style="list-style-type: none"> • Relationship of physical education with health and general education • Aim and objectives of physical education • Scope of physical education 	Kho-Kho- court specification, general rules and basic skill
16-31 August	<ul style="list-style-type: none"> • Need of physical education in modern society • Misconception regarding physical education • Physical education as art or science 	Kho-Kho- court specification, general rules and basic skill
1-15 Sept.	<ul style="list-style-type: none"> • Unit-2- History of physical Education in India • Physical education during Indus valley civilization (3250 bc-2500 bc) • Physical education during Vedic period-2500bc-600bc 	Kho-Kho- court specification, general rules and basic skill
16-30 Sept.	<ul style="list-style-type: none"> • Physical education during early Hindu period-600bc-320ad • Physical education during later Hindu period-320ad-1000ad • Physical education during medieval period-1000ad-1757ad • Physical education during British period-(till 1947) 	Kho-Kho- court specification, general rules and basic skill
1-15 Oct.	<ul style="list-style-type: none"> • Unit-3- Biological basis of physical education • Meaning of growth and development • Meaning of chronological age, anatomical age, physiological age and mental age 	Badminton- court specification, general rules and basic skills



16-31 Oct.	<ul style="list-style-type: none"> Principles of growth and development Difference between growth and development Factor affecting growth and development Growth and development at various level of childhood- pre-Adolescence-Adolescence-Adulthood 	Badminton- court specification, general rules and basic skills
1-15 Nov.	<ul style="list-style-type: none"> Unit-IV Career opportunity in physical education and sports Qualifications and responsibilities of physical education and sports professionals at various level of institutes Qualifications and responsibilities as coach, fitness trainer, yoga instructor and other Qualifications and responsibilities as sports event manager, technical official, researcher and others Qualifications and responsibilities in health club and fitness Centre, Aerobic, dance, & recreation club in corporate sector and others 	Badminton- court specification, general rules and basic skills
16-22 Nov.	<ul style="list-style-type: none"> Qualifications and responsibilities of sports journalist, commentators, sports photographers, and video analyst Carrer opportunity in various central govt. state govt. private organization and others Career opportunities in manufacturing and marketing sector, Entrepreneurship opportunities, in physical education and sports 	Revision/ Practice

Course learning outcomes: -

After completing the course, the learner will be able to:

- Will be able to understand the aims, objectives and scope of Physical Education
- Will be able to understand the Historical Development of Physical Education in India
- Will be able to understand the basic knowledge of biological aspects of Physical Education
- Will be able to understand the various career opportunities in Physical Education and Sports

Teacher's Signature




Principal