

LESSON PLAN

NAME OF FACULTY- SATPAL
 SUBJECT-- HEALTH & PHYSICAL EDUCATION
 NAME OF COURSE-- SPORTS TRAINING (major)
 COURSE CODE- B23-PED-501
 CLASS - BA.
 SEMESTER-- 5TH. SEMESTER
 SESSION- 2025-26

MONTH (fortnightly basis)	TOPICS-THEORY	TOPIC-PRACTICAL	REMARKS
22/7/2025 to 04/8/2025	Unit--Introduction to sports training An introduction Meaning, definition of sports training Importance of sports training	Assessment of endurance By Harvard step test	
05/8/2025 To 18/8/2025	Aim and objectives of sports training Principles of sports training Characteristics of sports training	Assessment of endurance By Harvard step test	
19/8/2025 To 01/09/2025	Unit--physical fitness An introduction Meaning of physical fitness Definitions of physical fitness Importance of physical fitness	Assessment of endurance By Harvard step test	
02/9/2025 To 15/9/2025	Types of physical fitness Various components of physical fitness	Assessment of flexibility by Bend and reach test	
16/9/2025 To 29/9/2025	Unit--Training load An introduction Meaning of training load Definition of training load	Assessment of flexibility by Bend and reach test	

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	Importance of training load		
30/9/2025 To 13/10/2025	Types of training load Factors affecting of training load Functions of training load	Assessment of flexibility by Bend and reach test	
14/10/2025 To 18/10/2025	Unit--Training plans An introduction Meaning of training plans Types of training plans:- Macro, meso, micro And training session plans	Assessment of explosive strength by Standing broad jump	Vacation (Diwali) 19/10/2025 To 26/10/2025
27/10/2025 To 09/11/2025	Principles of formulation of training plans Factors affecting of training plans	Assessment of explosive strength by Standing broad jump	
10/11/2025 To 24/11/2025	Revision of all the syllabus of theory and organization of quiz contest and paper/power point presentation by the students.	Assessment of explosive strength by Standing broad jump	Examinations w.e.f.25/11/2025

COURSE LEARNING OUTCOME OF THEORY AND PRACTICALS

After completing this course, the learner will be able:-

1. Describe the meaning, aims and objective of sports training
2. Understand the importance and principles of sports training
3. Enhance the mean and types of physical fitness
4. Provide the knowledge about meaning, types and factor affecting of training load
5. Explain the meaning, types and principles of formulation of training plan
6. Able for the assessment of endurance (Harvard step test)
7. Able for assessment of flexibility (bend and reach test)
8. Able to assess the explosive strength (standing broad jump)


Signature of faculty


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