

LESSON PLAN

NAME OF FACULTY- SATPAL
SUBJECT-- HEALTH & PHYSICAL EDUCATION
NAME OF COURSE— EXERCISE PHYSIOLOGY (major)
COURSE CODE- B23-PED-301
CLASS – BA.
SEMESTER— 3RD. SEMESTER
SESSION- 2025-26

MONTH (fortnightly basis)	TOPICS-THEORY	TOPIC-PRACTICAL	REMARKS
22/7/2025 to 04/8/2025	Unit- Introduction of exercise physiology What is exercise physiology Meaning of exercise physiology, anabolism Catabolism and metabolism. Importance of exercise physiology in physical education.	Football:- An introduction Court specifications	
05/8/2025 To 18/8/2025	What is Muscular contraction. Types of muscular contractions, Isometric Isotonic, Isokinetic Meaning of body composition Component of body composition Effect of exercise on the body composition.	Football:- General rules learning through practices	
19/8/2025 To 01/09/2025	Unit---Muscular system and exercise An introduction Gross structure of skeletal muscle Functions of muscular system	Football:- Basic skills Learning through practices	
02/9/2025 To 15/9/2025	Properties of slow twitch and fast twitch muscle fibers Meaning of Aerobic activities	Wrestling:- An introduction	

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	<p>Anaerobic activities</p> <p>Muscle tone Muscle hypertrophy and atrophy</p> <p>Effect of exercise and training on muscular system</p>	Mat specifications	
16/9/2025 To 29/9/2025	<p>Unit--Cardiovascular system and exercise Meaning and functions of cardiovascular system</p> <p>Meaning of stroke volume, cardiac output Heart rate, blood pressure and cardiac hypertrophy</p>	<p>Wrestling:-</p> <p>General rules</p> <p>Learning through practices</p>	
30/9/2025 To 13/10/2025	<p>Conduction system of the heart</p> <p>Blood circulation in the heart and blood supply to the heart</p> <p>Effect of exercise and training on the cardiovascular system</p>	<p>Wrestling:-</p> <p>Basic skills</p> <p>Learning through practices</p>	
14/10/2025 To 18/10/2025	<p>Unit---Respiratory system and exercise An introduction Meaning of Lung volumes:- Inspiratory reserve volume Expiratory reserve volume Tidal volume and residual volume</p>	<p>Judo:-</p> <p>An introduction</p> <p>Mat specifications</p> <p>General rules</p> <p>Basic skills Learning through practices</p>	<p>Vacation (Diwali) 19/10/2025 To 26/10/2025</p>
27/10/2025 To 09/11/2025	<p>Meaning of Lung capacities:- Total Lung capacity Inspiratory capacity Vital capacity</p> <p>Functional residual capacity</p> <p>Mechanism of breathing</p> <p>Diffusion of gases:- Exchange of gases in the</p>	<p>Boxing:-</p> <p>An introduction</p> <p>Ring specifications</p>	

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	Lungs and exchange of gases in the tissues Effect of exercise and training on respiratory system		
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.	Boxing:- General rules Basic skills Learning through practices	Examinations w.e.f.25/11/2025

COURSE LEARNING OUTCOME OF THEORY AND PRACTICAL

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

1. Describe the exercise physiology , body composition and types of muscles contractions
2. Explain the effect of exercise on the various aspects of skeleton muscles
3. Illustrate the effect of the various aspect of circulatory system
4. Tell the various effect of exercise on the various capacities and volumes of lungs
5. Know The Basic Specifications of Court/Ground, General Rules And Demonstrate the Basic skills of football and boxing/wrestling/judo


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