

# LESSON PLAN

NAME OF FACULTY- SATPAL  
SUBJECT-- HEALTH & PHYSICAL EDUCATION  
NAME OF COURSE— HISTORY & FOUNDATION OF PHYSICAL EDUCATION (major)  
COURSE CODE- B23-PED-101  
CLASS – BA.  
SEMESTER— 1<sup>ST</sup>. SEMESTER  
SESSION- 2025-26

MONTH (fortnightly basis)	TOPICS-THEORY	TOPIC-PRACTICAL	REMARKS
22/7/2025 to 04/8/2025	<b>Unit--Introduction of physical education</b>  An introduction  Meaning and definition of physical education  Relationship of physical education with health and general education  Aim and objective of physical education	Kho-kho An introduction  Court specifications	
05/8/2025 To 18/8/2025	Scope of physical education  Need of physical education in modern society  Misconception regarding physical education  Physical education as Arts or Science	Kho-kho  General rules.  Learning through practices	
19/8/2025 To 01/09/2025	<b>Unit--History of physical education in India</b>  An introduction  Physical education during Indus vally-3250 BC-2500 BC  Physical education during vedic period—2500 BC-600 BC	Kho-kho  Basic skills  Learning through practices	

*Satpal*

	Physical education during early hindu period--600 BC-320 AD		
02/9/2025 To 15/9/2025	Physical education during later Hindu period--320 AD-1000 AD  Physical education during during medieval period—1000 AD -1757 AD  Physical education during British period- till 1947  Physical education after independence	Badminton  Court specifications	
16/9/2025 To 29/9/2025	<b>Unit--Biological basis of physical education</b>  An introduction  Meaning of growth and development  Meaning of chronological age  Anatomical age Physiological age Mental age Principles of growth and development	Badminton  General rules.  Learning through practices	
30/9/2025 To 13/10/2025	Difference between growth and development  Factors affecting growth and development	Badminton  General rules.  Learning through practices	

*Shiny*

	Growth and development at various level:- Pre-adolescence Adolescence and childhood		
14/10/2025 To 18/10/2025	<b>Unit-Career opportunities in physical education and sports</b>  An introduction  Qualifications and responsibilities of physical education and sports professional at various levels of educational institutes  Qualifications and responsibilities as coach , fitness trainer, yoga instructor and others  Qualifications and responsibilities as sports event manager  Qualifications and responsibilities in health clubs and fitness centre, aerobics , dance and recreational clubs in corporate sectors and others	Badminton  Basic skills.  Learning through practices	Vacation (Diwali) 19/10/2025 To 26/10/2025
27/10/2025 To 09/11/2025	Qualifications and responsibilities of sports journalists, commentators, sports photographers and video analysts  Career opportunities in various central govt. state govt. private organizations and others  Career opportunities in manufacturing and marketing sectors	Badminton  Basic skills.  Learning through practices	

*Sohini*

	Entrepreneur opportunities in physical education and sports		
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.	Badminton  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 aim, objectives and scope of physical education
2. Explain the historical development of physical education in India
3. Illustrate the basic knowledge of biological aspects of physical education
4. Tell the various career opportunities in physical education and sports
5. Know the basic specifications of court /ground, general rules and demonstration the basic skills of kho-kho and badminton

  
Signature of faculty

  
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