

Lesson Plan

(Semester-5)

Session-2026-27

Name of Faculty--Satpal Singh

Name of Subject--Health & Physical Education

Name of Course—Sports Training

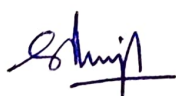
Course Code-----B23-PED-501

Course Type-----Core Course-5, Major Core Course-9

Fortnightly basis Lesson Plan: -

(Tentative schedule)

Month & Date 2026	Theory Topics	Practical Topics
01-14 August	Unit -1– introduction to Sports Training • Concept of sports training • Meaning, definition of sports training • Importance of sports training	Assessment of Endurance: -an introduction and learning of Harvard Step test by practices
15-28 August Unit test will be organized	• Aim and objective of sports training • Principles of sports training • Characteristics of sports training	Assessment of Endurance: -an introduction and learning of Harvard Step test by practices
29 Aug—11 Sept.	Unit-2- Physical Fitness • Concept of physical fitness • Meaning and definition of physical fitness • Importance of physical fitness	Assessment of flexibility: - an introduction and learning of bend and reach test by practices
12—25 Sept. Unit test will be organized	• Types of physical fitness • Components of physical fitness	Assessment of flexibility: - an introduction and bend and reach test by practices



26 Sept.-09 Oct.	• Unit -3- Training Load • Basic concept of training load • Meaning and definition of training load • Importance of training load	Explosive strength: - an introduction and learning of standing broad jump by practices
10---23 Oct. Unit test will be organized	• Types of training load • Factors affecting training load • Functions of training load	Explosive strength: - an introduction and learning of standing broad jump by practices
24 Oct.31 Oct.	Unit -4- training plans- • Basic concept of training plan • Meaning of training plan • Types of training plan-macro, meso, micro and training session plan	Revision of all the above tests by practices
November 1-9	Diwali Break	
10-15 November Unit test will be organized	• Principles of formulation of training plan • Factors affecting training plan	Revision of all the above tests by practices
16 Nov.04 December	Revision of all the syllabus of theory and doubts clearance	Revision of all the above tests by practices

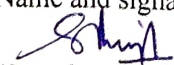
Note- Two Assignments will be taken

➤ **COURSE LEARNING OUTCOME OF THEORY AND PRACTICAL**

After completing this course, the learner will be able:

- Describe the meaning, aim and objective of sports training
- Understand the importance and principles of sports training
- Enhance the meaning, types of physical fitness
- Provide the knowledge about meaning, types and factors affecting of training load
- Explain the meaning, types and principle of formulation of training plans.
- Learning of Endurance assessment by Harvard step test,
- Learning flexibility assessment by Bend and reach test
- Learning of explosive strength by standing broad jump.

Name and signature of Faculty


(Satpal Singh)

