

Lesson Plan

(Semester-3)

Session-2026-27

Name of Faculty--Satpal Singh

Name of Subject--Health & Physical Education

Name of Course—Exercise Physiology

Course Code-----B23-PED-301

Course Type-----Core Course-3, Major Core Course-4

Fortnightly basis Lesson Plan: -

(Tentative schedule)

Month & Date 2026	Theory Topics	Practical Topics
01-14 August	Unit -1– introduction of Exercise Physiology. • Meaning of Exercise Physiology. • What do you mean by Metabolism, Catabolism and Anabolism. • Importance of Exercise Physiology in Physical Education and Sports.	Football – an introduction and court specifications
15-28 August Unit test will be organized	• What is muscular contraction. • Types of muscular contractions-isometric, isotonic and isokinetic • Meaning of Body composition. • Components of Body composition. • Effects of Exercise on body composition.	Football-court specifications
29 Aug—11 Sept.	Unit-2-Muscular System and Exercise • Muscular system-an introduction. • Gross structure of skeletal muscle. • Functions of muscular system.	Football- General rules learning by practices
12—25 Sept. Unit test will be organized	• Property of slow twitch and fast twitch muscle fibers. • Meaning of Aerobics, anaerobic, muscle tone, muscle hypertrophy and Atrophy. • Effects of Exercise and training on muscular system.	Football- Basic skills learning by practices
26 Sept.-09 Oct.	• Unit -3– Cardiovascular system and exercise. • An introduction about cardiovascular systems.	Wrestling- Ring/Mat specifications, general rules and basic skills learning by practices.

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	• Meaning and function of cardiovascular system. • Meaning of stroke volume, cardiac output, Heart rate, blood pressure, and cardiac hypertrophy.	
10---23 Oct. Unit test will be organized	• Conduction system of Heart • Blood circulation in the Heart and Blood supply to the Heart. • Effects of exercise and training on cardiovascular system.	Judo- Ring/Mat specifications, general rules and basic skills learning by practices.
24 Oct.31 Oct.	• Unit -4- Respiratory system and exercise. • An introduction about Respiratory system. • Meaning of Lung Volume, inspiratory reserve volume, expiratory reserve volume, tidal volume and residual volume. • Meaning of Lung capacities- total Lung capacity, inspiratory capacity, vital capacity, and functional residual capacity.	Boxing - Ring/Mat specifications, general rules and basic skills learning by practices.
November 1-9	Diwali Vacation	
10-15 November Unit test will be organized	• Mechanism of breathing. • Diffusion of gases-exchange of gases in the Lungs and exchange of gases in the tissues. • Effects of exercise and training on Respiratory system.	Boxing - Ring/Mat specifications, general rules and basic skills learning by practices.
16 Nov.04 December	Revision of all the syllabus of theory and doubts clearance	Revision of all the above sports by practice.

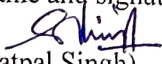
Note- Two Assignments will be taken

➤ COURSE LEARNING OUTCOME OF THEORY AND PRACTICAL

After completing this course, the learner will be able:

- Describe Exercise Physiology. Body composition and types of muscular contractions.
- Explain the effects of exercises on the various aspects of muscular system.
- Illustrate the effects of various aspects of circulatory system.
- Tell the various effects of exercises on the various capacities and volume of Lungs.
- Know the basic specifications of courts/ground, general rules and demonstrate the basic skill of football and boxing/wrestling/Judo.

Name and signature of Faculty


(Satpal Singh)

