**Lesson Plan**

Class- BA. 1ST Semester (Odd Sem.)

Subject- Physical Education

Name of the course- History and foundation of Physical Education

Core Course-1 (Major)

Course Code- B23-PED-101

Session-2024-25

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| **Month** | **Theory syllabus/topics** | **Practical syllabus/ topics** |
| 22-31  July 2024 | **Unit-1-**  **Introduction of physical education**   * Meaning and definition of physical education | Kho-Kho- court  specification, general rules and basic skill |
| 1-15  August | * Relationship of physical education with health and general education * Aim and objectives of physical education * Scope of physical education | Kho-Kho- court  specification, general rules and basic skill |
| 16-31  August | * Need of physical education in modern society * Misconception regarding physical education * Physical education as art or science | Kho-Kho- court  specification, general rules and basic skill |
| 1-15 Sept. | * **Unit-2-**   **History of physical Education in India**   * Physical education during Indus valley civilization (3250 BC-2500 BC) * Physical education during Vedic period-2500bc-600bc | Kho-Kho- court  specification, general rules and basic skill |
| 16-30  Sept. | * Physical education during early Hindu period-600 BC-320 AD * Physical education during later Hindu period-320AD-1000AD * Physical education during medieval period-1000AD-1757AD   Physical education during British period-(till 1947) | Kho-Kho- court  specification, general rules and basic skill |
| 1-15 Oct. | * **Unit-3-**   **Biological basis of physical education**   * Meaning of growth and development * Meaning of chronological age, anatomical age, physiological age and mental age | Badminton- court specification, general rules and basic skills |
| 16-31 Oct. | * Principles of growth and development * Difference between growth and development * Factor affecting growth and development * Growth and development at various level of childhood-pre-Adolescence-Adolescence-Adulthood | Badminton- court specification, general rules and basic skills |
| 1-15 Nov. | * **Unit-IV**   **Career opportunity in physical education and sports**   * Qualifications and responsibilities of physical education and sports professionals at various level of institutes * Qualifications and responsibilities as coach, fitness trainer, yoga instructor and other * Qualifications and responsibilities as sports event manager, technical official, researcher and others * Qualifications and responsibilities in health club and fitness Centre, Aerobic, dance, & recreation club in corporate sector and others | Badminton- court specification, general rules and basic skills |
| 16-22  Nov. | * Qualifications and responsibilities of sports journalist, commentators, sports photographers, and video analysis * Career opportunity in various central govt. state govt. private organization and others * Career opportunities in manufacturing and marketing sector, * Entrepreneurship opportunities, in physical education and sports | Revision/ Practice |

**Course learning outcomes: -**

After completing the course, the learner will be able to:

* Will be able to understand the aims, objectives and scope of Physical Education
* Will be able to understand the Historical Development of Physical Education in India
* Will be able to understand the basic knowledge of biological aspects of Physical Education
* Will be able to understand the various career opportunities in Physical Education and Sports

**Teacher`s Signature Principal**

**Lesson Plan**

Class- BA. 3rd Semester (Odd Sem.)

Subject- Physical Education

Name of the course- Exercise Physiology

Core Course-3 (Major)

Course Code- B23-PED-301

Session-2024-25

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| **Month** | **Theory syllabus/topics** | **Practical syllabus/ topics** |
| 22-31  July 2024 | **Unit-1**   * Introduction of exercise physiology | football-court specifications and general rules |
| 1-15 Aug. | * Meaning of exercise physiology, anabolism, catabolism and metabolism * Importance of exercise physiology in physical education | football-court specifications and general rules |
| 16-31 Aug. | * Types of muscular contraction, isometric, isotonic, isokinetic * Meaning of body composition, components of body composition, * Effect of exercise on the body composition | football-court specifications and general rules |
| 1-15 Sept. | **Unit-2-**  **Muscular system and exercise**   * Gross structure of muscular system * Functions of muscular system | Wrestling/judo/boxing-ring /mat  Specification. general rules and basic skill |
| 16-30  Sept. | * Properties of slow twitch and fast twitch muscle fiber * Meaning of aerobic activity, anaerobic activity, muscle tone, muscle hypertrophy, and atrophy * Effect of exercise and training on the muscular system | Wrestling/judo/boxing-ring /mat  Specification. general rules and basic skill |
| 1-15 Oct. | **Unit-3**  **Cardiovascular system and exercise**   * Meaning and function of cardiovascular system * Meaning of stroke volume, cardiac output, heart rate, blood pressure, and cardiac hypertrophy | Wrestling/judo/boxing-ring /mat  Specification. general rules and basic skill |
| 16-31 Oct. | * Conduction system of heart * Blood circulation in the heart, blood supply to the heart * Effect of exercise and training on the cardiovascular system | Wrestling/judo/boxing-ring /mat  Specification. general rules and basic skill |
| 1-15 Nov. | **Unit-4**  **Respiratory system and exercise**   * Meaning of lung volume, inspiratory reserve volume, expiratory reserve volume, tidal volume and residual volume * Meaning of lung capacity, total lung capacity, inspiratory capacity, vital capacity, and functional residual capacity | Wrestling/judo/boxing-ring /mat  Specification. general rules and basic skill |
| 16-22 Nov. | * Mechanism of breathing * Diffusion of gases-exchange of gases in the lungs and tissues * Effect of exercises and training on respiratory system | Revision/ Practice |

**Course learning outcomes: -**

After completing the course, the learner will be able to:

* Will be able to understand the exercise physiology, body composition and types of contraction.
* Will be able to understand the effect of exercise on the various aspects of skeleton system.
* Will be able to understand the effect of various aspects of circulatory system.
* Will be able to understand the various effect of exercise on the various capacities and volume of Lungs.

**Teacher`s Signature** **Principal**

**Lesson Plan**

Class- BA. 5th. Semester (Odd Sem.)

Subject- Physical Education

Name of the course- Health & Physical Education

Session-2024-25

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| **Month** | **Theory syllabus/topics** | **Practical syllabus/ topics** |
| 22-31 July 2024 | **Unit-1-Growth & Development:**   * Concept of Growth & Development | * Pranayama * Basic concept |
| 1-15 August | **Unit-1-Growth & Development:**  Meaning and definition of Growth and development   * Stages of Growth & Development * Principles of Growth & Development | * Pranayama * Basic concept Bhramari * Anulom Vilom * Kapal Bhati |
| * 1. Aug. | * Factors influencing the Growth & Development * Age and sex differences in relation to Physical activities and sports | **Anyone game of the following**   * Volleyball * Hockey * Judo/boxing/wrestling * Self-defense tactics * (ground, specifications, general rules and general skills) |
| 1-15 Sept. | **Unit-II**  **Concept of Sports Organization and Administration**   * Concept of Sports Organization and Administration * Meaning and importance of organization and administration in physical education and sport. | **Anyone game of the following**   * Volleyball * Hockey * Judo/boxing/wrestling * Self-defense tactics * (ground specifications, general rules and general skills) |
| 16-30 Sept | * principles of sports organization and administration * organization and administration of intra mural activities * principles of organization and administration of extra mural activities * Tournaments and their types | **Anyone game of the following**   * Volleyball * Hockey * Judo/boxing/wrestling * Self-defense tactics * (ground specifications, general rules and general skills) |
| 1-15 Oct. | **Unit-III- Concept of posture**   * Meaning and importance of good posture * Causes of poor posture | Tying of different types of bandages and Arm slings |
| 16-31 Oct. | * Symptom and causes of postural deformities: - Lordosis, kyphosis, scoliosis, flat feet, knock knee and blow legs * Precautions and remedies for postural deformities | * Tying of different types of bandages and Arm slings |
| 1-15 Nov. | **Unit-IV- Anatomy and physiology**   * Gross Anatomy of Muscle, types of Muscles in human body * Effects of Exercise on Muscular system | * First Aid * (first aid for different injuries and circumstances, items of first aid box and their uses) |
| 16-22 Nov. | * Composition of human blood * Functions of blood | * First Aid * (first aid for different injuries and circumstances, items of first aid box and their uses) * Revision & Practice |

**Course learning outcomes: -**

After completing the course, the learner will be able to:

* Will be able to understand the Concept of Growth & Development.
* Will be able to understand the Stages of Growth & Development, Principles of Growth & Development.
* Will be able to understand the Concept of Sports Organization and Administration.
* Will be able to understand the concept and meaning and importance of good posture.
* Will be able to understand the Gross Anatomy of Muscle, types of Muscles in human body

Will be able to understand the Effects of Exercise on Muscular system. **Teacher`s Signature**  **Principal**

**Lesson Plan**

Class- BA. 3rd Semester (Odd Sem.)

Subject- **Health & Physical Education.**

Name of the course-Yoga and Meditation

Course type-**Value Aided Course-3**

Course Code-B23-VAC-302

Session-2024-25

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| **Month** | **Theory syllabus/topics** |
| 22-31  July 2024 | **Unit-1**  **Introduction of Yoga**   * Introductory part and basic concept |
| 1-15 Aug. | **Unit-1**  **Introduction of Yoga**   * Meaning and definition of yoga. * Aim and objectives of yoga |
| 16-31 Aug. | * Traditional and historical development of yoga. * The yoga Sutra:general consideration |
| 1-15 Sept. | * Need for and importance of yoga * Misconception about yoga |
| 16-30 Sept. | **Unit-2**  **Foundation of yoga**   * The Ashtanga Yoga-yamaniyma, asanas, pranayama   **Practices** |
| 1-15 Oct. | **Unit-2**  **Foundation of yoga**   * Pratyahara, dharna, dhyan ,smadhi * Yoga in the Bhagavad-Gita * Kram yoga, Raj yoga   **Practices** |
| 16-31 Oct. | **Unit-2**  **Foundation of yoga**   * Jnana yoga, bhakti yoga * Brief introduction of hatha yoga   **Practices** |
| 1-15 Nov. | **Unit-3**  **Meditation**   * Introduction of meditation * Basic principles of meditation * Benefits of meditation, obstacles in meditation   **Practices** |
| 16-22 Nov. | * Relationship of concentration and meditation * Meaning and techniques of Trataka, ujjayi and OM meditation   **Practices** |

**Course learning outcomes: -**

After completing the course, the learner will be able to:

* Will be able to understand the aims, objectives, scope and principles of Yoga
* Will be able to understand the basic knowledge about various type of Yoga.
* Will be able to understand the principles of various types of Asanas and Pranayama.
* Will be able to understand the meditation and its techniques.
* Will be able to know the concept of “OM”

**Teacher`s Signature Principal**