**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** |
| 22-31July 2024 | **Unit-1-****Introduction of physical education*** Meaning and definition of physical education
 | Kho-Kho- court specification, general rules and basic skill |
| 1-15August  | * Relationship of physical education with health and general education
* Aim and objectives of physical education
* Scope of physical education
 | Kho-Kho- courtspecification, general rules and basic skill |
| 16-31August  | * Need of physical education in modern society
* Misconception regarding physical education
* Physical education as art or science
 | Kho-Kho- courtspecification, 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- courtspecification, general rules and basic skill |
| 16-30Sept. | * 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- courtspecification, 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 |
| 16-22Nov. | * 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** |
| 22-31July 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 /matSpecification. general rules and basic skill |
| 16-30Sept. | * 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 /matSpecification. 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 /matSpecification. 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 /matSpecification. 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 /matSpecification. 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** |
| 22-31July 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**