

Lesson Plan 2023-24

Dr. Dinesh

Subject - Physical Education

Paper - Theory

Class - BA 2nd Sem

Introduction of Anatomy and Physiology

- 1.1 Meaning and Definition of Anatomy and Physiology week - I
- 1.2 Importance of Anatomy and Physiology in Physical Education and sports week - I
- 1.3 Cell : Structure , Properties and functions week - 2
- 1.4 Meaning of Cell , Tissues , Organs and System week - 2
- 1.6 Skeletal System : Structure and functions of Skeletal System 1.5 Bone Meaning and types week - 3
- 1.7 Axial and Appendicular Skeleton II Joints and Muscular System week - 5
- 2.1 Meaning of Joints , Type of Joints week - 6
- 2.2 Types of Synovial Joints present in human body week 7
- 2.3 Meaning of Muscle , Types of muscles present in human body week - 7
- 2.4 Gross Structure of Skeletal Muscle week - 8
- 2.5 Structural Classification of Skeletal muscles week - 8
- Circulatory System and Digestive System week - 9
- 3.1 Constituents of blood and Function of blood week - 9

IV 3.2 Structure of the heart

- 3.3 Types of Blood Circulation : Systemic , Pulmonary and Coronary week - 10
- 3.4 Organs of Digestive System week - 10
- 3.5 Structure and functions of the digestive system - week - 10
- 3.6 Process of Food absorption , Name and functions of various digestive juices and enzymes Respiratory System and Excretory System week - 11
- 4.1 Organs of Respiratory system and their functions 4.2 Structure of Respiratory system week 11-12
- 4.3 Exchange of gases in the lungs and tissues week - 13
- 4.4 Organs of Excretory System kidneys and skin week - 13
- 4.5 Parts and Functions of the urinary system week - 15
- 4.6 Structure and functions of skin week - 15

Practicals :-

- * Name & Location of Bones week - 16
- * Name & Location of Muscles - week - 17
- * Name & Location of System - week - 18.

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Class : BA - IInd - IV Sem.

UNIT 1 : WARMING UP AND COOLING DOWN .

1.1 Meaning , types and significance of warming up

1.2 Meaning , types and significance of cooling down 1.3 Methods of warming up and cooling down .

1.4 Physiological aspects of warming up and cooling down ..

UNIT II PSYCHOLOGICAL ASPECTS OF PHYSICAL EDUCATION 2.1 Meaning of Psychology and sports Psychology

2.2 Need and importance of sports psychology

2.3 Learning : meaning and laws

2.4 Learning curve

UNIT III : MAJOR SPORTS EVENTS

3.1 Ancient Olympic Games

3.2 Modern Olympic Games

3.3 Asian Games

3.4 Common Wealth Games

UNIT IV : ANATOMY AND PHYSIOLOIGY OF HUMAN BODY SYSTEM

4.1 Structure of Respiratory Organs

4.2 Physiology of Respiratory System

4.3 Effect of exercise on Respiratory system

4.4 Terminology of respiration : Tidal Volume , Residual Volume and Total Lung Capacity



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Paper - Practical

Class - BA 2nd . ~~Year 1~~ Year 1

1 . Measurement of Body Mass Index

Week: 1-3

2 . Any one game from the following :

(Normal Range of B.M.I. for Children , Women and Men)

Week: 4-5

(With ground specifications , general rules and general skills)

Week : 6-7

(i) Basketball Week - 8

ii) Football Week-9

3 . Athletics Week -10

(iii) . Kabaddi Discus throw and Long jump

Week : 11-13

(Specifications , general rules and general skills)

Week : 15-17

4 . Viva - Voce and Practical File Week -18



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Prepar :- Theory

Class- BA6th Sem

UNIT 1 : CONCEPT OF MOTIVATION AND SOCIALIZATION

- 1.1 Meaning and definition of motivation Week - 1
- 1.2 Types of motivation and importance of motivation in sports Week -2
- 1.3 Meaning and Socialization and Socialization through sports Week -3
- 1.4 Effect of social behaviour on performance of sports person Week - 4

UNIT 11 : CONCEPT OF SPORTS TRAINING AND DOPING

- 2.1 Meaning and definition of sports training Week - 5
- 2.2 Factors affecting sports training Week - 6
- 2.3 Types of sports training : Circuit training , Interval Training and Continuous Training
- 2.4 Doping : Meaning , types and its effects on health Week -8

UNIT - III : CONCEPT OF SPORTS BIOMECHANICS

- 3.1 Meaning and definition of sports biomechanics Week - 9
- 3.2 Importance of Biomechanics in sports Week - 10
- 3.3 Newton's Laws of motion and their application in sports Week -11
- 3.4 Levers : Meaning , types and their application in sports Week -12

UNIT - IV ANATOMY AND PHYSIOLOGY

- 4.1 Organs of Digestive System Week -13
- 4.2 Structure of Digestive System Week 15
- 4.3 Mechanism of food digestion Week -17
- 4.4 Effects of exercise on Digestive System Week -18



Session 2023-24

Dr Dinesh

Subject Physical Education

Paper - Practical

Class - BA 5th & 6th Sem

1. Pranayam (i) Bhramari

(ii) Anulom Vilom Week -1-2

(iii) Kapal Bhati Week -3-4

2 . Any one game from the following : (Ground specifications , general rules and general skill) (ii) Hockey Week : 4-7

3 . (i) Volleyball Typing of different types of Bandages and Arm Slings (iii) Judo / Boxing / Wrestling / Self - defense tactics Week: 8-12

4 . First Aid bunker nemi 10 (First aid for different injuries and circumstances , items of First aid box and their uses)

Week : 12-17

5 . Viva - Voce and Practical File

Week : 18