

Lesson Plan 2023-24

Dr Dinesh

Subject - Physical Education

Paper - Theory

Class - BA 1st 1st Sem

Unit 1.

- Introduction of Physical Education : Meaning and definition of Physical Education week - I
- Relationship of Physical Education with Health and General Education week - I
- Aim and Objectives Physical Education week - II
- Scope of Physical Education week - II
- Need of Physical Education in modern society week - III
- Misconceptions regarding Physical Education week - III
- Physical Education as Arts or Science week - IV

Unit - 2

- History of Physical Education in India :
- Physical Education during Indus Valley Civilization (3250 BC- 2500 BC) week - IV
- Physical Education during Vedic period (2500 BC - 600 BC) week - IV
- Physical Education during Early Hindu Period (600 BC - 320 AD) Physical Education during Later Hindu Period (320 AD - 1000 AD) week - V
- Physical Education during Medieval Period (1000 AD - 1757 AD) Physical Education during British Period (Till 1947) week - VI
- Physical Education during After Independence week - VII

Unit -3

- Biological Basis of Physical Education : week - VIII
- Meaning of Growth and Development week - VIII

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Dr. Dinesh

Subject - Physical Education

Class - BA 2nd. *IIIrd Sem.*

UNIT 1 : CONCEPT OF SAFETY EDUCATION

1.1 Meaning , need and importance of Safety Education Week -1

1.2 Sports Injuries : Types and causes Week -2

1.3 Principles of prevention of sports Injuries . Week -3

1.4 General treatment for common sports injuries i.e. Abrasion , Contusion , Sprain , Strain , Fracture and Dislocation of Joints .

Week : 4-5

UNIT -2 : COMMON DISEASES

2.1 Meaning of Communicable and Non - Communicable diseases. Week -6

2.2 Modes of transmission , prevention and control of communicable diseases .

Week -1 7

2.3 Common diseases : HIV / AIDS , Hepatitis , Dengue , Typhoid , Malaria and Influenza .

Week -8

2.4 Allergy related diseases : Asthma and Sinuses Week -9

UNIT III : CONCEPT OF BALANCE DIET

3.1 Balanced Diet : Meaning and importance Week -10

3.2 Components of balanced diet and their sources Week -11

3.3 Factors affecting balanced diet

3.4 Harmful effects of Junk Food Week -12

UNIT IV :

ANATOMY AND PHYSIOLOGY OF BODY SYSTEM

4.1 Circulatory System : Structure of Heart Week -

4.2 Functioning of Heart

Week -13 Week -14 Holiday

4.3 Types of Circulation : Systemic and Pulmonary

Week -15

4.4 Effects of exercise on Circulatory System .

Week -11-17



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Class :- BA 5th Semester

- UNIT 1 :

GROWTH AND DEVELOPMENT

1.1 Meaning and definition of Growth and Development Week -1

1.2 Stages of Growth and Development Week -2

1.3 Principles and factors influencing growth and development Week -3

1.4 Age and sex difference in relation to physical activities and sports Week -4

UNIT II : CONCEPT OF SPORTS ORGANIZATION AND ADMINISTRATION

2.1 Meaning and importance of organization and administration in Physical Education and Sports Week -5

2.2 Principles of sports organization and administration Week -6

2.3 Organization and administration of Intramural and Extramural activities Week -7

2.4 Tournaments and their types (League and Knock out) Week -8

UNIT III CONCEPT OF POSTURE

3.1 Meaning of posture and importance of good posture Week -9

3.2 . Causes of poor posture Week -10

3.3 Symptoms and causes of Postural Deformities : Lordosis , Kyphosis , Scoliosis , Flat Feet , Knock Knee and Blow Legs Week -11-12

3.4 Precautions and Remedies for postural deformities Week -13

UNIT IV

ANATOMY AND PHYSIOLOGY

4.1 Gross Anatomy of muscle , Types of Muscles in human body Week -15

4.2 Effects of exercise of Muscular System Week -16

4.3 Composition of Human Blood Week -17

4.4 Functions of Blood BA Week -18


