

Lesson plan for the odd semester July to November 2019

Subject- Health & Physical Education

Class- B.A IYU (ISEM)

July, 2019 3 <sup>rd</sup> Week	INTRODUCTION TO HEALTH & PHYSICAL EDUCATION & SPORTS
4 <sup>th</sup> Week	Py: KHO-KHO (HISTORY)
	MEANING, DEFINITION AND SCOPE OF PHYSICAL EDUCATION, RELATIONSHIP OF GENERAL EDUCATION WITH PHYSICAL EDUCATION.
5 <sup>th</sup> Week	Py: KHO-KHO (SPECIFICATION)
	AIMS, OBJECTIVES & IMPORTANCE OF PHYSICAL EDUCATION IN MODERN SOCIETY
August, 2019 1 <sup>st</sup> Week	Py: KHO-KHO (SPECIFICATION)
	MISCONCEPTIONS REGARDING PHYSICAL EDUCATION. MEANING & INTRODUCTION TO HEALTH
2 <sup>nd</sup> Week	Py: KHO-KHO (GEN RULES)
	IMPORTANCE OF HEALTH FACTORS INFLUENCING HEALTH
3 <sup>rd</sup> Week	Py: KHO-KHO (GEN RULES)
	INTRODUCTION & IMPORTANCE OF PERSONAL HYGIENE HYGIENE OF VARIOUS BODY PARTS
4 <sup>th</sup> Week	Py: KHO-KHO (GEN RULES)
	FACTORS INFLUENCING PERSONAL HYGIENE YOGA CONCEPT & HISTORICAL DEVELOPMENT
5 <sup>th</sup> Week	Py: KHO-KHO (GEN SKILLS)
	TYPES OF YOGA
September, 2019 1 <sup>st</sup> Week	Py: KHO-KHO (GEN SKILLS)
	IMPORTANCE OF YOGA IN HEALTHY LIVING. PRANAYAMA - MEANING, TYPES & BENEFITS
	Py: KHO-KHO (GEN SKILLS)

2 <sup>nd</sup> Week	PRANAYAMA Continu.  Pr: SHOT PUT
3 <sup>rd</sup> Week	INTRODUCTION TO HUMAN ANATOMY & PHYSIOLOGY  Pr: SHOT PUT
4 <sup>th</sup> Week	IMPORTANCE OF HUMAN ANATOMY AND PHYSIOLOGY  Pr: SHOT PUT
October, 2019 1 <sup>st</sup> Week	SESSIONAL EXAMS  Pr: VIVA VOICE <del>KABAI</del> (KHO-KHO)
2 <sup>nd</sup> Week	CELL TISSUE ORGAN AND SYSTEM  Pr: VIVA VOICE (KHO-KHO)
3 <sup>rd</sup> Week	STRUCTURE AND PROPERTIES OF CELL.  Pr: VIVA VOICE (SHOT PUT)
4 <sup>th</sup> Week	Vacations w.e.f. 24 <sup>th</sup> Oct to 30 <sup>th</sup> oct, 2019
Nov, 2019 1 <sup>st</sup> Week	REVISION
2 <sup>nd</sup> Week	REVISION

Lesson plan for the odd semester July to November 2019  
 Subject- Health & Physical Education  
 Class- B.A - V Semester (B.A - III Year)

July, 2019 3 <sup>rd</sup> Week	INTRODUCTION TO GROWTH & DEVELOPMENT MEANING, DEFINITION & DIFFERENCE Pr. PRANAYAM:
4 <sup>th</sup> Week	STAGES OF GROWTH & DEVELOPMENT PRINCIPLES OF GROWTH & DEVELOPMENT Pr. PRANAYAM
5 <sup>th</sup> Week	FACTORS AFFECTING GROWTH & DEVELOPMENT AGE & SEX DIFFERENCES IN RELATION TO PHYSICAL ACTIVITIES & SPORTS. Pr. PRANAYAM
August, 2019 1 <sup>st</sup> Week	CONCEPT & IMPORTANCE OF POSTURE CAUSES OF POOR POSTURE Pr. PRANAYAM
2 <sup>nd</sup> Week	SYMPTOMS AND CAUSES OF POSTURAL DEFORMITIES PRECAUTION AND REMEDIES FOR POSTURAL DEFORMITIES Pr: SPECIFICATION OF VOLLEY BALL
3 <sup>rd</sup> Week	INTRODUCTION TO MUSCULAR SYSTEM GROSS ANATOMY OF MUSCLES Pr: GENERAL RULES OF VOLLEY BALL
4 <sup>th</sup> Week	GROSS ANATOMY OF MUSCLES TYPES OF MUSCLES IN HUMAN BODY Pr. GENERAL RULES OF VOLLEY BALL
5 <sup>th</sup> Week	EFFECTS OF EXERCISE ON MUSCULAR SYSTEM COMPOSITION OF HUMAN BLOOD Pr: GENERAL RULES OF VOLLEY BALL
September 2019 1 <sup>st</sup> Week	COMPOSITION OF HUMAN BLOOD FUNCTIONS OF BLOOD Pr. GENERAL SKILLS OF VOLLEY BALL

2<sup>nd</sup> Week  
INTRODUCTION TO ORGANISATION & ADMINISTRATION  
IN PHYSICAL EDUCATION & SPORTS  
Pr: GENERAL SKILLS OF VOLLEY BALL

3<sup>rd</sup> Week  
IMPORTANCE OF ORGANISATION AND  
ADMINISTRATION  
Pr: GENERAL SKILLS OF VOLLEY BALL

4<sup>th</sup> Week  
ORGANISATION AND ADMINISTRATION OF  
INTRAMURALS AND EXTRAMURALS ACTIVITIES  
Pr: GENERAL SKILLS OF VOLLEY BALL

October  
,2019  
1<sup>st</sup> Week  
SESSIONAL EXAMS

2<sup>nd</sup> Week  
TOURNAMEN & TYPES OF TOURNAMENT  
FIXTURES OF KNOCK-OUT  
Pr: VIVA VOICE OF VOLLEY BALL

3<sup>rd</sup> Week  
FIXTURES OF LEAGUE TOURNAMENT  
Pr: VIVA VOICE OF PRANAYAM

4<sup>th</sup> Week  
Vacations w.e.f. 24<sup>th</sup> Oct to 30<sup>th</sup> oct,2019

Nov,2019  
1<sup>st</sup> Week  
REVISION OF SYLLABUS  
UNIT - I & II

2<sup>nd</sup> Week  
REVISION OF SYLLABUS  
UNIT - III & IV

Lesson plan for the odd semester July to November 2019

Subject- HEALTH & PHYSICAL EDUCATION

Class- B.A - II<sup>nd</sup> (SEMESTER - III)

July, 2019 3 <sup>RD</sup> Week	INTRODUCTION TO SAFETY EDUCATION MEANING, NEED AND IMPORTANCE OF SAFETY EDUCATION
4 <sup>th</sup> Week	Pr. BMI SPORTS INJURIES TYPES AND CAUSES OF SPORTS INJURIES
5 <sup>th</sup> Week	Pr. BMI PRINCIPLES OF PREVENTION OF SPORTS INJURIES GENERAL TREATMENT FOR COMMON SPORTS INJURIES SOFT TISSUE INJURIES.
August, 2019 1 <sup>st</sup> Week	Pr. BMI GENERAL TREATMENT FOR SPORTS INJURIES : FRACTURES & DISLOCATIONS MEANING / CONCEPT OF COMMUNICABLE AND NON - COMMUNICABLE DISEASES Pr: KABADDI SPECIFICATION
2 <sup>nd</sup> Week	Pr: KABADDI SPECIFICATION MODES OF TRANSMISSION, PREVENTION AND CONTROL OF COMMUNICABLE DISEASES COMMON DISEASES : HIV/AIDS
3 <sup>rd</sup> Week	Pr: KABADDI SPECIFICATION COMMON DISEASES : HEPATITIS, DENGUE, TYPHOID MALARIA AND INFLUENZA
4 <sup>th</sup> Week	Pr. KABADDI GENERAL RULE ALLERGY RELATED DISEASES
5 <sup>th</sup> Week	Pr: KABADDI GENERAL RULE CONCEPT OF BALANCE DIET . MEANING & IMPORTANCE
September , 2019 1 <sup>st</sup> Week	Pr: KABADDI GENERAL RULE COMPONENTS OF BALANCE DIET & THEIR SOURCES Pr. KABADDI GENERAL SKILLS

2 <sup>nd</sup> Week	COMPONENTS OF BALANCE DIETS & THEIR SOURCES Pr: KABADDI GEN SKILLS
3 <sup>rd</sup> Week	FACTORS AFFECTING BALANCE DIET & HARMFUL EFFECTS OF JUNK FOOD Pr: KABADDI GEN SKILLS
4 <sup>th</sup> Week	INTRODUCTION TO CIRCULATORY SYSTEM STRUCTURE OF HEART Pr: VIVA VOICE BMI
October, 2019 1 <sup>st</sup> Week	SESSIONAL EXAMS
2 <sup>nd</sup> Week	STRUCTURE OF HEART FUNCTIONING OF HEART Pr. VIVA VOICE KABADDI
3 <sup>rd</sup> Week	TYPES OF CIRCULATION & EFFECTS OF EXERCISE ON CIRCULATORY SYSTEM. Pr. VIVA VOICE KABADDI
4 <sup>th</sup> Week	Vacations w.e.f. 24 <sup>th</sup> Oct to 30 <sup>th</sup> oct, 2019
Nov, 2019 1 <sup>st</sup> Week	REVISION UNIT I & II
2 <sup>nd</sup> Week	REVISION UNIT III & IV