

Lesson Plan

Name of the Assistant Professor: **Dr. Rajesh Kumar**

Class and Section: **B.A.-Ist (Sem-1st)**

Subject: **Health & Physical Education**

Paper: **Foundations of Physical Education**

In the Month of September, 2022

Unit-I) Introduction of Physical Education:

- Meaning, definition and scope of physical education
 - Aim and objectives of physical education
 - Importance of physical education in modern society
 - Qualities and qualification for a physical education teacher.
- Unit test and assignment

In the Month of October, 2022

Unit-II) Historical Development of Physical Education:

- Pre-independence development of Physical Education & sports in India
 - Post-independence development of Physical Education & sports in India
 - S.A.I., NSNIS and role of these agencies in development of physical education and sports
 - IOA, Aim, objectives and role in promotion of sports.
- Unit test and assignment

In the Month of November, 2022

Unit-III) Olympic Movement:

- Historical development of ancient Olympic games
 - Historical development of modern Olympic games
 - India in Olympics
 - Asian games, Common wealth games and highlights of India's performance in these games.
- Unit test and assignment

In the Month of December, 2022

Unit –IV) National Sports Awards:

- Rajiv Gandhi Khel Ratna award
 - Arjuna award
 - Dronacharya award
 - Bhim award (Haryana)
 - Maulana Abdul Kalam Azad (MAKA) trophy
 - Major Dhyanchand award.
- Unit test and assignment

Lesson Plan

Name of the Assistant Professor: **Dr. Rajesh Kumar**

Class and Section: **B.A.-2nd (Sem-3rd)**

Subject: **Health & Physical Education**

Paper: **Psycho-Physiological basis of Physical Education**

In the Month of September, 2022

Unit-I) Psychology in Sports:

- Psychology: Meaning, definition and importance of psychology
 - Learning: Meaning, laws and transfer of learning
 - Motivation: Meaning, definition, types and methods of motivation
 - Individual differences: Types and causes.
- Unit test and assignment

In the Month of October, 2022

Unit-II) Fundamentals of Anatomy and Physiology:

- Meaning, definition and importance of anatomy and physiology
 - Circulatory system and effects of exercise on circulatory system
 - Respiration system and effects of exercise on respiratory system
 - Bones, types and function of bones.
- Unit test and assignment

In the Month of November, 2022

Unit-III) Posture and Postural deformities:

- Meaning and types of good posture
 - Causes of poor posture
 - Common postural deformities, prevention and remedial measures
 - Importance of good posture.
- Unit test and assignment

In the Month of December, 2022

Unit –IV) Tournament/Competition:

- Meaning and types of tournaments
- Procedure to draw fixtures for single knock-out tournament
- Procedure to draw fixtures for league tournament
- Merits and demerits of knock-out and league tournament

Lesson Plan

Name of the Assistant Professor: **Dr. Rajesh Kumar**

Class and Section: **B.A.-3rd (Sem-5th)**

Subject: **Physical Education**

Paper: **Socio-Psychological Foundation of Physical Education**

In the Month of September, 2022

Unit-I) Psychological aspect of Physical Education:

- Learning of sports activity
 - Psycho-Physical Unity of human being
 - Law of learning, their application to situations on play ground
 - Theories of play
 - Individual differences, adjustment, motivation.
- Unit test and assignment

In the Month of October, 2022

Unit-II) Sports Socializing Agency:

- Sports as medium of socialization
 - Effects of socio-economic status on sports
 - Spectators and crowd behaviour (Positive, Negative and Neutral) sports and economy
 - Traditions and their influence on behaviour patterns.
- Unit test and assignment

In the Month of November, 2022

Unit-III) Conditioning:

- Need and Importance of conditioning
 - Methods of conditioning (Circuit training, Interval training, Fartlek training, Weight training).
- Unit test and assignment

In the Month of December, 2022

Unit –IV) Doping:

- Types of doping
 - Prevention of doping
 - Hazard of smoking and drinking
 - Prevention of smoking and drinking
 - Quitting techniques of smoking and drinking habits.
- Unit test and assignment