

RAJIV GANDHI GOVT. COLLEGE FOR WOMEN, BHIWANI		
LESSON PLAN 2022-23		
Class: B.A. 2 nd Semester		
Subject: Health & Physical Education		
Name of Paper: Health, Hygiene & Nutrition		
Name of Teacher: Dr. Rajesh Kumar		
Month	Week	Topics
March	Week 4th	Introduction of Health: Introduction, meaning and definition of health.
	Week 5th	Dimensions of health.
April	Week 1st	Health & Hygiene: Importance of health and factors affecting health,
	Week 2nd	Characteristics of a healthy individual, Unit Test and Assignment. Meaning and importance of personal hygiene.
	Week 3rd	Personal hygiene of : (a) Teeth (b) Ears (c) Eyes (d) Skin (e) Nails and Fingers (f) Clothes
	Week 4th	Meaning, aim, objectives and guiding principles of First-Aid. First -Aid in case of : a) Drowning b) Fracture c) Fainting d) Heat Stroke Unit test and Assignment.
May	Week 1st	Health & Nutrition: Concept of Nutrition and Balanced Diet
	Week 2nd	Components of Balanced diet.
	Week 3rd	Factors affecting Diet.
	Week 4th	Importance of Balanced Diet. Unit test and Assignment.
June	Week 1st	Communicable Disease: Meaning of Communicable and non-communicable diseases.
	Week 2nd	Various modes of transmission of Communicable Diseases.
	Week 3rd	Prevention and Control of Communicable diseases.
	Week 4th	Symptoms, prevention and control of: (a) A.I.D.S (b) Hepatitis (c) Tuberculosis (d) Malaria Unit test and Assignment.

RAJIV GANDHI GOVT. COLLEGE FOR WOMEN, BHIWANI		
LESSON PLAN 2022-23		
Class: B.A. 4th Semester		
Subject: Health & Physical Education		
Name of Paper: Basics of Sports Training.		
Name of Teacher: Dr. Rajesh Kumar		
Month	Week	Topics
March	Week 4th	Psychology in Sports: Introduction meaning and definition of sports training.
	Week 5th	Aim and objectives of sports training.
April	Week 1st	Warming up and cooling down: Basic methods of sports training: (a) Continuous Method (b) Interval method (c) Repetition method. Unit test and Assignment
	Week 2nd	Introduction of warming up and cooling down, Methods and types of warming up.
	Week 3rd	Guiding principles of warming up, importance of warming up and cooling down.
	Week 4th	Exercise, types of exercise and importance of exercise in daily life. Unit test and Assignment
May	Week 1st	Physical fitness: Meaning and definition of Physical fitness.
	Week 2nd	Importance of Physical fitness.
	Week 3rd	Components of Physical fitness.
	Week 4th	Factors influencing physical fitness. Unit test and Assignment
June	Week 1st	Fatigue: Meaning, definition and types of Fatigue.
	Week 2nd	Symptoms of Fatigue.
	Week 3rd	Causes and Remedies of fatigue.
	Week 4th	Massage, Types and benefits of Massage. Unit test and Assignment.

RAJIV GANDHI GOVT. COLLEGE FOR WOMEN, BHIWANI		
LESSON PLAN 2022-23		
Class: B.A. 6th Semester		
Subject: Health & Physical Education		
Name of Paper: Organization and Management of Physical Education		
Name of Teacher: Dr. Rajesh Kumar		
Month	Week	Topics
March	Week 4th	Track: Need, Importance & characteristics of Track,
	Week 5th	Care and maintenance of Track
April	Week 1st	Sports Management: Conduct of Annual Athletic meet, Organization and conduct of tournament Unit test and Assignment.
	Week 2nd	Meaning, importance and scope of sports management, Factor influencing sports management.
	Week 3rd	Qualification and qualities of Physical Education teachers.
	Week 4th	Duties of an official (Pre-game, during-game and post-game) Unit test and Assignment.
May	Week 1st	Sports Injuries: Prevention of sports injury and rehabilitation, sports injury and various factors causing injury.
	Week 2nd	Principles of prevention of sports injury.
	Week 3rd	Meaning and scope of rehabilitation, facilities available for rehabilitation.
	Week 4th	Role of Physical Education teacher in rehabilitation Unit test and Assignment.
June	Week 1st	Professional Preparation: Meaning of Professional Preparation.
	Week 2nd	Definition and significance of profession preparation in Physical Education.
	Week 3rd	Curriculum Design in Physical Education. Unit test and Assignment
	Week 4th	Revision